

# NETBALLSMART POWER WARM-UP



ACC SportSmart



This shortened warm-up is ideal for the tournament setting where time is limited and a full warm-up is not necessary for every game.

	NetballSmart Power Warm-Up	Time/Distance/Reps
<b>Part B: Running Warm-Up</b> Place 2 cones out every 3 metres between base line and centre court.	<b>5. Running Straight Ahead.</b> Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.	2 x 15 metres
	<b>8. Running – Circling Partner and Shoulder Contact.</b> Run to first cone, side shuffle inwards and around partner and back out to cone. Run to next cone, side shuffle to the middle, jump and shoulder contact. Land in good stable position. Continue length of 15m and back.	2 x 15 metres
	<b>10. Running – Quick Forwards and Backwards Sprints.</b> Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.	2 x 15 metres
<b>Part C: Dynamic Preparation</b>	<b>11. Squats</b> i. Squats, calf raise and body extension ii. Single leg squats each leg	5 each side 3 each side
	<b>12. Walking Lunges.</b> Walking lunges, calf raise and body extension	5 each side
	<b>13. Lateral jump.</b> Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 leg. Hold for 1 second.	3 each side
<b>Part D: Netball Specific Preparation</b>	<b>15. Running, Stopping and Jump, Turn and Land.</b> Run to first cone at 75-80% speed and stop double foot landing and jump 180 degrees, land in SBP and return. Run to next cone and do 1-2 foot landing. Jump 90 degrees and land in SBP and return. Continue length of 15 metres and back.	2 x 15 metres
	<b>17. Prop, Prop and Stick.</b> Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.	15 metres and jog back

Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under *Resources* when you visit [netballnz.co.nz/useful-info/netball-smart](http://netballnz.co.nz/useful-info/netball-smart)

5



8



10



11



12



13



15



17



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# **NetballSmart**



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## **NetballSmart Power Warm-Up**

- > The full NetballSmart Dynamic Warm-Up is for training and game day (when there is 1 game a day).
- > The Power Warm-Up is for a tournament setting only.
- > For tips on technique and to watch the videos head to the NetballSmart website [www.netballsmart.co.nz](http://www.netballsmart.co.nz)
- > Get primed and ready to play!



**NETBALL**  
NEW ZEALAND