



 **NetballSmart**

Prep 'n' Play

A skill based programme to aid transition to Game Play.

ACC SportSmart



NETBALL
NEW ZEALAND
POI TARAWHITI AOTEAROA

Get fit for the Netball season, build strength, core control and stability, and develop good Netball movement patterns.

ACC statistics show that between the months of April and May there is a 300% spike in Netball related injuries. This programme is designed to help transition players into the season and equip players with the knowledge on what they can be doing to support their strength and fitness in the off-season.

Your local NetballSmart Development Officers (NSDO) or NetballSmart Centre Activators (NSCA) are available to support with upskilling.

Additional support to help players prepare for the season can be found on the NetballSmart Website.

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NetballSmart Prep 'n' Play Programme

Programme Outline

Between the months of April and May there is a 300% increase in Netball related injuries. The Prep 'n' Play Programme has been developed to provide opportunities for coaches to support newcomers, returning players, social players or any person wanting to build strength and stability, increase fitness and prepare to play Netball in a fun environment.

Length of Programme

4-6 weeks. The content of the programme allows for flexibility to meet the needs of the schools, Centres and their communities.

Participation

This programme has been developed with Secondary School players in mind and is also a useful resource for the social Netball player who wants to prepare well for a season. It complements other Netball programmes that have been developed by Netball New Zealand.

Who will deliver the programme?

Sessions will be prepared and designed by the deliverer/Coach who will construct a programme using all components from the NetballSmart resources and then guide the participants through the exercises/activities.

Coaches of every level can deliver this programme once they have been upskilled by a NetballSmart Development Officer (NSDO).

Programme Design

The theme for this programme is building bodyweight strength, core strength and stability – all of which is vital in Netball to play well and minimize injury. The programme promotes Smart Movement by building jumping, landing, decelerating, and stopping capability and capacity.

Each session includes the NetballSmart Power Warmup, Bodyweight Strengthening, Core Control and Stability, Landing Skills Development, and finishes with some fun Netball activities. All activities can be adapted to meet the needs of the participants.

How to Put a Training Session Together

Session Time: 1 Hour

Time	8-10 mins	8-10 mins	8-10mins	8-10mins	X2 8-10 min Games	5 mins
Activity	NetballSmart Social Power WarmUp	Bodyweight Strengthening Exercises Select 2-4	Core Control and Stability Exercises Select 2-4	Landing and Stopping Skill Exercises Select 2-4	Game-play options	Cool Down and Recovery
Page	Page 7	Page 8-9	Page 10-11	Page 12-14	Page 15	Page 16-18



Planning Structure

There is an opportunity to put a theme to each session which gives it more structure if you want this approach. Talk to your local NSDO / NSCA about how you can structure your sessions in your school / community.

Week	Theme Ideas	Theme Rationale	Body Weight Strength	Core Control and Stability	Landing / Stopping Skill	Game	Cool Down	Notes
e.g.	Core	If the core is controlled, landing is more controlled (less stepping).	1. Press Ups 2. Netball Twist	1. Bench and lift leg out sideways. 2. Mountain Climber. 3. Lunge and Rotate. 4. Sideways bench, knee to chest.	1. Vertical Jump and Stick Landing. 2. Horizontal Jump and Stick Landing.	Touch Down	1. 2 mins walking 2. 3 mins static stretches	
1	Core	If the core is controlled, landing is more controlled (less stepping).						
2	Gluts and Hips	Netball involves a lot of changing of direction and stopping. Strength in the hip and gluts assists this.						
3	Stability	Netball is a one-legged stability and balance sport. Many landings are on one foot before the other foot is placed on the ground.						
4	The "Art" of Stopping in Netball	Netball is a game of stopping. 90-95% of the time the player will need to land and stop when they receive a pass.						
5	1 and 2-foot landings	"If I land well, I play well, and I look after my knees" - 2019 Silver Fern. Learning to land well is an important part of learning the skills of Netball.						
6	Jumping, turning in the air, and landing.	Working the ball down the court towards the goal often involves jumping, turning in the air, and landing. Doing it well and getting the body and head all the way around assists the landing process and protects the body from injury.						

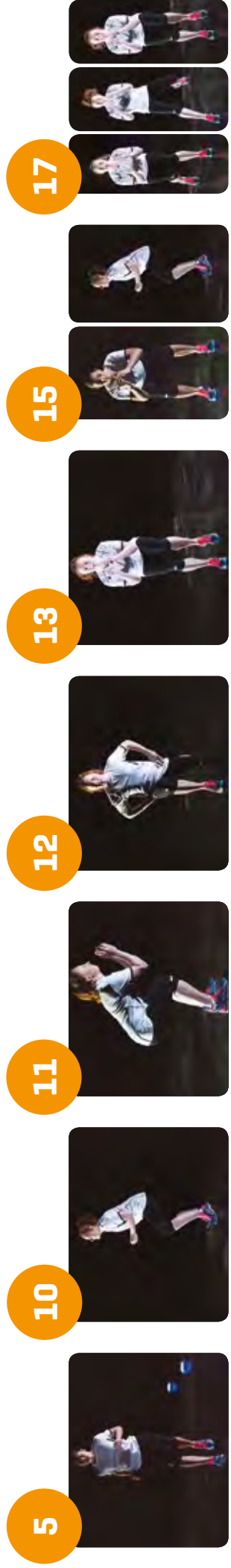
Resources



The power warm-up can be done in a confined space (on the sideline).

Social NetballSmart Power Warm-Up		Time/Distance/Reps
Part B: Running Warm-Up Place 2 cones out every 3 metres between base line and centre court or do on the spot.	5. Running Straight Ahead or Running on Spot. Run to centre of court and back You can vary direction of running path. or run on spot.	2 x 15 metres or 2 x 20 sec
	(N/A) Side Shuffle to left x 3, Side Shuffle to right x 3.	Repeat 3 times
Part C: Dynamic Preparation	10. Running - Quick Forwards and Backwards Sprints. Run forward 3 steps and backwards 3 steps on spot.	Repeat 2-3 times
	11. Squats i. Squat, calf raise and body extension	10
	12. Walking Lunges i. Walking lunges, calf raise and body extension	5 each side
Part D: Netball Specific Preparation	13. Lateral jump. Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 foot and hold for 1 second.	3 each side
	15. Running, Stopping and Jump, Turn and Land. Run to first cone at 75-80% speed or run on spot x 5 each leg. Stop in a double foot landing. Jump and turn 90/180 degrees and return. Run to next cone or run on spot x 5 each leg. Do a 1-2 foot landing. Jump and turn 90/180 degrees and return. Continue length of 15 metres and back or do 2-3 times.	2 x 15 metres
	17. Prop, Prop and Stick. Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position.	15 metres and jog back or on spot 3 each leg.

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



Stage One: Body Weight Strengthening Programme

Netball players need to have good core strength and limb control to jump, land and change direction. Strength helps develop the fundamental movement patterns required for Netball, improving performance and reducing injury risk. This programme is designed for novice/younger Netball players and should be done 2-3 times per week. Minimal equipment is required.



BODY WEIGHT SQUATS

Ensure good squat technique. Push back through hips. Knee in line with toes and not in front of toes.

DO 20 REPS | DO 2 SETS
Hold a ball



ADVANCED BODY WEIGHT SQUATS

Progress to holding weight.

Do 20 REPS | DO 2 SETS

Or isometric wall squats. In good squat position. Pelvis against wall. Back away from wall.

HOLD 45 - 60 SEC | DO 6



STEP UPS

Step up onto box. Bend knee up to 90°. Keep trunk stable.

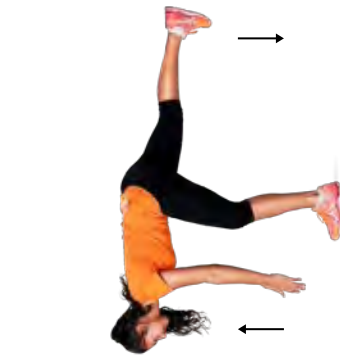
DO 10 EACH LEG
DO 2 SETS



SINGLE LEG BRIDGING

Extend 1 leg out. Lift pelvis off ground. Keep thighs in line with each other.

DO 10 EACH SIDE
DO 2 SETS



RDL

Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.

DO 10 EACH LEG
DO 2 SETS

Progression: Add weight



LUNGE

Strong body and pelvis level. Keep feet shoulder width apart. Knee in line with foot. Knee not in front of foot.

DO 10 EACH LEG
DO 2 SETS

Progression: Use weight above head



CALF RAISES

Double leg calf raises.

DO 10 - 15
DO 2 SETS

Progress to single leg raises.

DO 12 EACH LEG
DO 2 SETS



LATERAL LUNGE

Lunge out to side, strong body pelvis level. Knee in line with foot. Knee not in front of foot.

DO 10 EACH LEG
DO 2 SETS

Stage One: Body Weight Strengthening Programme



THE BENCH

HOLD 10 - 30 SEC | DO 6

Or bench up to a press up and down to a bench.

DO 5-10 TIMES



SWISS BALL BRIDGING OR HAMSTRING BRIDGE

With a swiss ball. Lift pelvis/hips of the ground. Roll ball in and out keeping pelvis/hips off ground.

DO 10 ROLLS | DO 2 SETS

Or using a box or chair, lift pelvis off ground and lower.

DO 10 | DO 2 SETS



SINGLE LEG SQUATS

Push back through hips. Knee in line with foot and body straight and stable. Squat back onto a box/chair.

DO 10 EACH LEG

DO 2 SETS



OR



PRESS UPS

Press ups is important for core and throwing a ball.

If you can't do a full press up, do it on a bench or chair.

DO 10 TIMES

DO 2 SETS



NETBALL/MEDBALL TWISTS

In V sit position rotate ball from left to right. Maintain a good position with a straight back.

DO 10 EACH SIDE

DO 2 SETS



SINGLE BRIDGE

On a straight arm maintain this position with a strong core. Straight line.

HOLD 10 - 30 SECS

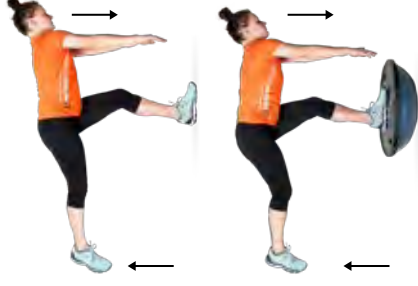
DO 5 EACH SIDE

Stage One: Core Control and Stability for Netball

Netball is a dynamic game involving extreme body movements. Controlling the core and ensuring stability on landing assists performance and helps reduce injury risk. Work on this simple programme 2-3 times a week and develop core control and stability on the court.



SIMPLE 30 MINUTE WORKOUT



SIDEWAYS BENCH & KNEE TO CHEST

Lift pelvis off ground. Keep pelvis stable and control rotation of the body. Bend knee to chest.

DO 8 EACH LEG



MOUNTAIN CLIMBER

Press up position and bend knee to chest. Keep back completely straight.

DO 8 EACH LEG



BENCH AND LIFT LEG OUT TO THE SIDE

Keep pelvis stable and back stable. Control rotation of the body.

DO 8 EACH LEG

RDL

Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.

DO 8 EACH LEG

Make it more difficult. Do it on a bosu ball.



ROTATE BALL OR MEDBALL AROUND HEAD

Keep trunk stable.

DO 8 EACH DIRECTION



BALL THROW

Ball throw in pairs. Move ball around waist and throw back. Stabilise trunk.

DO 8 EACH LEG

Vary pass: Overhead, chest, bounce pass.



BALANCE & ROTATE

Balance on one leg with ball at chest.

Rotate leg to one side and ball to the opposite side. Repeat in other direction.

DO 8 EACH LEG

Stage One: Core Control and Stability for Netball

Simple 30 minute workout



LUNGE AND ROTATE

Lunge forward with knee in line with foot. Trunk strong. Rotate arms to the side of the front leg. Control rotation.

DO 8 EACH LEG



PRESS WITH ARM LIFT

Press up position and pull one elbow back into retraction. Keep back completely straight.

DO 8 EACH ARM



LEG SWINGS

Swing leg out to side, across front of body and then out and behind the body. Keep trunk stable and maintain balance.

DO 8 EACH LEG

ADD BALL - HOLD BALL IN HAND



PROP FORWARD AND LAND WITH BALL

Prop forward and land on line on court. Land with ball out to side (landing leg). Ensure trunk is strong and straight. Knee is in line with foot. Knee bent.

DO 8 EACH LEG



LEG SWINGS TO LANDING

Swing leg from back to front while hopping forward. Land on one foot. Bend knee in line with foot. Keep trunk stable and maintain balance.

DO 5-8 EACH LEG



BIRD DOG

Keep back straight and extend opposite arm and leg. Hold for 5 seconds.

DO 8 EACH SIDE

Landing Skills: Level 1

Completing 10 mins of this Landing skill module offer a NetballSmart Dynamic Warm up or during a skills and activity session helps reduce injuries and improve performance. Players may be at different levels of this programme at any one time so adjust it for individual members of the team.



Vertical jump and stick landing

Ensure good squat technique.
Bend in hips and knees.
Push back through hips.
Soft landing in squat position.
Control trunk.

5x: 2 Sets



Vertical jump, turn and stick landing

Ensure good squat technique - no kissing knees.
Bend in hips and knees.
Push back through hips.
Jump and turn in the air 90, 180, 270, 360.
Soft landing in squat position, control trunk.

5x (each side): 2 Sets



Broad jump and stick landing (Double Leg)

Ensure good squat technique.
Bend in hips and knees.
Push back through hips.
Jump forward for distance.
Soft landing in squat position, control trunk.
Stick landing (not falling forward).

3x: 2 Sets



Tuck jumps, stick landing on last

Keep body upright.
Knees to chest.
Tuck knees equally.
Last landing soft in squat position.

5x: Rest: 3 Sets



Drop box and stick landing

Bend in hips and knees.
Push back through hips.
Jump down off box.
Soft landing in squat position.
Equal weight bearing, control trunk.

5x: 2 Sets

Adapt: Increase box height, jump and land onto box, jump off one box onto another.



Jump and land on one foot

Ensure good squat technique.
Bend in hip and knees.
Push back through hips.
Jump in air off both feet and land on a single foot.
Soft land, control trunk.
Keep knee in-line with foot.
Stick landing.

5x (each leg): 2 Sets



Single leg vertical hop and stick landing

Ensure single leg technique.
Bend in hip and knee.
Push back through hip.
Jump in air off one foot and land on single foot.
Soft landing, control trunk.
Keep pelvis level.
Keep knee in-line with foot.
Stick landing.

5x (each leg): 2 Sets



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Landing Skills: Level 2

Players may be at different levels of this programme at any one time so adjust it for individual members of the team. Level two offers adaptations and alternatives for each player during the season.



Horizontal hop onto one leg

Ensure good single leg squat technique.
Bend in hip and knee.
Push back through hip.
Knees not in front of feet.
Land on one foot in good single leg squat position.
Control trunk, trunk not too far forward.

5x: 2 Sets



Single leg horizontal hop

Same as previous exercise but with 5 repeated hops and stick the last landing.

5x (each leg): 2 Sets

Adapt: Add ball, call north, south, east and west - players land facing that position.



Drop box, land, broad jump forward onto one leg

Bend in hips and knees.
Push back through hips.
Knees not in front of feet.
Jump down off box, landing in a good squat position, soft landing.
Broad jump forward onto one leg.
Soft landing, control tuck.
Pelvis level.

4x (each leg): 2 Sets



Multi-directional hopping around a compass

Draw out a compass shape with tape.
Balance in the center of the compass.
Bend in hip and knee.
Knee in line with foot.
Head up.
Control of trunk.
Hop following compass.
Ensure all landings have good technique

5x: 2 Sets



Triple hop diagonally - forwards and backwards

Bend in hips and knees.
Knee in line with foot.
Knees not in front of feet.
Hop forwards and to the side of the tape.
On the same foot hop to the opposite side.
Do three hops moving forwards.
Control trunk, trunk not too far forward.

3 sets each leg

Adapt: Hop backwards, hop forwards and backwards.



Jumping or hopping over hurdles

Bend in hips and knees.
Knees not in front of feet.
Control trunk, trunk not too far forward.
Jump or hop over the hurdles and land on one or both feet.
Stick final landing.

5-10 jumps or hops: 1 each foot: 2 Sets

Adapt: if you do not have hurdles, use drink bottles or sweat shirts instead.



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Stopping

Prop, Prop, Prop, Sprint and Stop

- Prop, prop, prop forward and sprint forward 5 m.
- Stop in a good 1-2 or 2 foot landing.

5X

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary length of time must stick landing.



Broad Jump, Sprint and Stop

- Broad jump and land in a good squat.
- After broad jump sprint forward 5m.
- Stop in a good 1-2 or 2 foot landing.

5X. Do 2 sets

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary the length of time must stick the first broad jump landing.



Drop Box Land on Two Feet, Jump Forward, Land on One Foot, Sprint and Stop

- Drop box land on 2 feet, broad jump forward onto 1 foot and land in a good single leg squat.
- Sprint forward 2-3m.
- Stop in a good 1-2 or 2 foot landing.

5X each leg

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary the length of time must stick the single leg landing.



Hop and Land on One Foot, Sprint and Stop

- Hop forward and land in a good single leg landing.
- Sprint forward 5m.
- Stop in a good 1-2 or 2 foot landing.

5X each leg

Progression

Sprint in varying directions.
Add ball and catch ball on stopping, ensure a flat pass.
Vary the length of time must stick the single leg landing.



Jump, Push and Land on Two Feet or One Foot

- Jump in air and opposition pushes. Land in a good double or single leg landing.
- Sprint forward 5m.
- Stop in a good 1-2 or 2 foot landing.

6X (vary double foot and single foot landing)

Progression

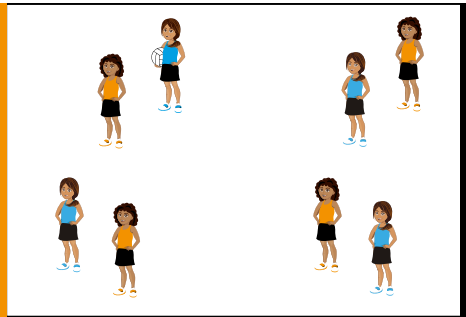
Sprint in varying directions.
Add ball and catch ball on first landing or stopping.
Vary length of time must stick landing.



Netball Specific Games

Adaptability is key in these sessions. Outlined are a few game-like activities that you can adapt to work with the number of participants you have.

TOUCH DOWN



Aim: To develop spatial awareness.

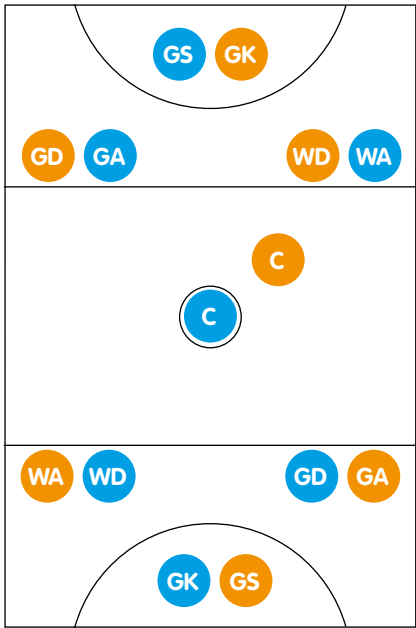
No. of players: two teams of 4-6 players

Area: one-third of the Netball court

Equipment: 1 ball, bibs

- Using one-third of the Netball court, the group is divided into two teams.
- Two players, one from each team, use Paper, Scissors, Rock to establish which team starts with the ball.
- Each team is allocated a sideline.
- The objective of the game is for the team to pass the ball around, utilising the space, to get the ball to the sideline and touch down to score 2 points.
- If the ball is intercepted, or an error occurs, the opposition then passes the ball towards its sideline.
- Once a touchdown is made, the opposition team throws in.
- First team to score 10 points.

7 ASIDE NETBALL



Aim: To give players a chance at playing a range of positions and get back into the flow of the game.

No. Players: 2 teams of 7-10 players with rolling subs.

Area: 1 Netball Court

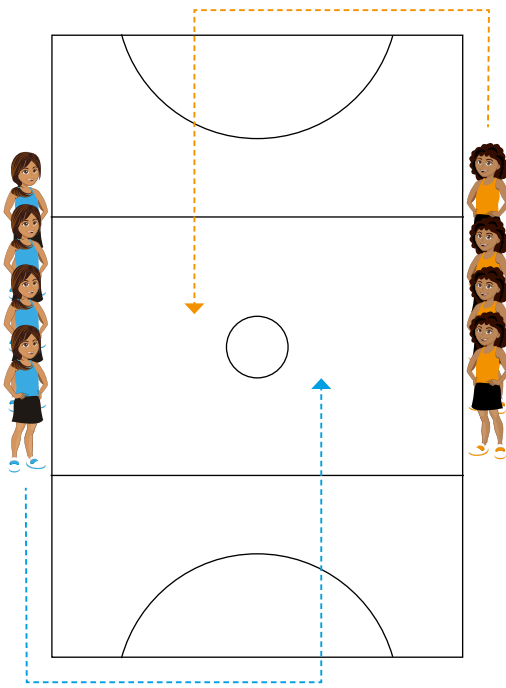
Equipment: 1 ball, bibs.

Rules: Standard Netball rules apply.

Adaptations:

- 6 aside (C,C,A,A,D,D)
- 5 aside (C,A,A,D,D)
- Fast Five (GS, GA, C, GD, GK) – full court [Fast5 Rules](https://www.netballnz.co.nz/Downloads/Assets/Download/514430/1/Fast5%205%20v%205.pdf) (https://www.netballnz.co.nz/Downloads/Assets/Download/514430/1/Fast5%205%20v%205.pdf)
- Switch up [Switch Up Rules](https://www.netballnz.co.nz/Downloads/Assets/Download/514434/1/Switch%20up%204%20v%204.pdf) (https://www.netballnz.co.nz/Downloads/Assets/Download/514434/1/Switch%20up%204%20v%204.pdf)

NUMBERS NETBALL



Aim: Players will develop spatial awareness and adaptability to working with different people in a fast game.

No. of players: 4-6 per team

Area: Netball Court

Equipment: Ball, bibs

Rules:

- Players line up behind the third line and each is allocated a number e.g. 1, 2, 3, 4, 5, 6.
- The Coach / facilitator calls out 2 or more numbers. E.g. "1, 4 and 6".
- The players whose numbers were called run around the court and around the goal post, the coach throws / drops the ball in the middle, the first team to gain possession of the ball starts working together to get the ball down the court and shoot a goal.
- Maximum of two players in the shooting circle at one time.

Adaptations:

- Vary team sizes.
- Make the last couple of rounds 'walking' Netball.
- Change it up by adding different balls to make 'multi-sport'. E.g. call out 'basketball, touch, football, Netball, frisbee when calling numbers and players will aim to score a goal in the respective sports.

Recovery

Recovery is an important aspect of any training or game. It should never be left out no matter what the age group.

Cool Down

1. Actively cool down with a light jog slowing to a walk. Continue for 5 minutes.
 - » If there is not sufficient time on the court for a cool down an alternative is to walk on the spot or along the footpath keeping moving for 5 minutes.
2. Static Stretching: Hold each stretch for 20 seconds each side. Include stretches for calves, quadriceps, hamstrings, hip flexors, glutes, arms, etc.
3. Wellbeing is an important element of recovery. Take your players through My Smart Roadmap to help them understand what they can do to maximize their wellbeing and recovery.

Other useful information:

<https://www.netballsmart.co.nz/netball-smart/resources.html>

- Recovery guide
- Hydration Guide
- Nutrition Guide

Stretches

HOLD EACH STRETCH FOR
20 SECONDS (MINIMUM) EACH SIDE

DO AFTER TRAININGS AND GAMES OR PART OF A RECOVERY SESSION



SHOULDER-TRICEPS



SHOULDER-POSTERIOR



QUADS



HIP FLEXORS



GLUTS



SHOULDER-FRONT



SHOULDER-PECS



LONG CALF



SHORT CALF



HAMSTRINGS



ADDUCTORS/GROIN



SPINE-ROTATION



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My Smart Roadmap

My Smart Roadmap is designed to help players take responsibility for their own wellbeing and recovery to ensure they are keeping a good training/life balance. In each section check in on yourself by marking either a 1, 2, or 3.

- 1 Over stressed. Pick two options from that category that fits into your day.
- 2 Mildly unbalanced. Pick one option from that category that fits into your day.
- 3 Well balanced and ready to go. No actions needed.

Smart Mind Balance

Ensure you have a clear mind. Where are you sitting mentally today, is your mind cluttered?

How do you feel?



Meditation

Take 5–10 minutes out of your day to focus on your breathing and relax your mind.

Positive Connection

Put aside some time in your day to have a positive connection with family or friends. This may just be 30 minutes over a coffee.

Enjoyment

Take some time to do something you love! This could be art, baking, building, reading. This is “you time”.

Get Outdoors

Take some time to remove yourself from it all and get some fresh air. This could be at the park, the beach, gardens, whatever works for you.

Plan

Sit back from it all and organise your thoughts. This could be by creating a ‘To Do’ list or setting small goals.



Smart Body Balance

How energised are you feeling today? Make sure you have done everything you can to look after your body.

How does your body feel?



Sleep

Aim to get 9–10 hours sleep tonight or have a 30 minute nap between 12–4pm to make up for lost sleep.

Screen Time

Minimise your screen time. Take an hour to put down all devices. This may also help with sleep quality.

Hydration

Make a conscious effort to drink at least 2 litres of water. Training or games may require you to drink more. Guidelines are in Smart Preparation on the NetballSmart website.

Nutrition

ENERGY IN = ENERGY OUT. Take a food diary to ensure you are fuelling yourself for what your day brings.

Hygiene

Do something that makes you feel clean and relaxed. e.g. tidy/organise your room or desk, hot shower before bed.



Smart Training Balance

Listen to your body and make sure you do what you can to look after it.

How do your muscles feel?



Stretch Session

Incorporate a 15–30 minute stretching session into your day. Guidelines can be found on the NetballSmart website.

Foam Rolling

Release affected muscles by incorporating a foam rolling session into your day. Guidelines can be found on the NetballSmart website.

Massage

Massage is a good option for muscular release if foam rolling is not an option. This can be either self-administered or administered by somebody else.

Active Recovery

Go on a light walk or bike ride to increase blood flow and relieve stress in muscles.

Pool Recovery Session

Have a 30 minute pool session. This can aid mobility without putting excess stress on muscles and joints. May also help induce fatigue to help sleep quality.



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