
Landing Skills

LEVEL 1, 2 AND 3



Overview

Completing 10 minutes of this Landing Skills module after a NetballSmart Dynamic Warm-Up (NSDWU) or during skills and activity sessions helps reduce injuries and improve performance.

- Landing Skill sessions should be short in duration and focused on quality. The focus is on the skill of the landing movement rather than the height of the jump.
- Once a player has developed the skill and quality of the landing movement they can progress onto plyometric activity or harder balance, proprioception tasks.
- Plyometrics are used to develop jumping and power capability, however it's important that a player knows how to land well, before they practice taking off and jumping.
- Proprioception is a player's ability to determine where their joints and body is in time and space. It is their capability to balance and control their movements, whilst coordinating all their muscles affectively.

There are three levels within Landing Skills, they are as follows:

Level One: Core Foundation

Level Two: Multi-Directional

Level Three: Plyometrics [Landing on uneven surfaces and balance]

Nb.

Level Three should be treated as a separate resource. It is an advanced module that is primarily for those looking to progress to a high performance level. It is best to be done in a gym or strength and conditioning space.

Players may be at different levels of the programme at any one time and individual members of the team may be able to do some exercises and not others.

The three levels will allow you to offer alternatives or adaptations for each player during the session.

Remember, the quality of the exercise is most important, a player should only progress once they can do the exercise confidently and safely.

Definitions

- **Stick Landing:** When a player lands and holds position for 2-3 seconds.
- **Stable Body Position [SBP]:** SBP is when a player's feet are shoulder width apart, they are in a demi-squat (hip and knees bent), their knees are in line with their feet and not in front of feet, they are on the balls of their feet, their trunk is upright, and their head is facing straight ahead.
- **Soft Landing:** When a player bends their hips and knees on landing, rather than landing straight-legged and stiff.
- **NetballSmart Dynamic Warm-Up:** This warm-up has been designed for Netball players of all levels and includes strengthening, running, dynamic preparation, and Netball specific preparation. For more information, go to www.NetballSmart.co.nz.

Adapting the Activities

Here are some general ideas on how you can adapt the activities to make it progressive and fun.

- Add a ball. Catching high in the air or on landing. You can progress to medicine ball to increase strength.
- Add pillow pushing. Partner pushes player with pillow either in the air or on landing.
- Combine ball and pillow. Catching ball when landing while being pushed by partner.
- Jump up to tap an object on the wall and land in a SBP.
- Complete an agility or skills activity followed by a landing exercise. This helps replicate what happens in a game, landing when fatigued.
- Identify and use a key word (i.e. Silver Fern or local ANZ Premiership Team name) and when shouted the team jumps and lands correctly.
- Close eyes on take-off and/or landing. Do not attempt this when jumping on to an object (box) or when using a ball.
- If working with a young team, turn the activity into animal jumps. i.e. frogs leaping to reach lilly pads.
- Award a 'Movement Winner' of the week.
- The activities can be used to assist players post-injury. A player must be able to do the NSDWU and Landing Skills activities before progressing to an on-court training.

How to put Landing Skills into a training session?

OPTION ONE:

After the NSDWU, select two of the Landing Skills activities and teach players the correct technique. Change the activities for each training.

OPTION TWO:

Add two Landing Skills activities into the training. For example a training session could follow this structure:

1. NetballSmart Dynamic Warm-Up
2. Netball Skill/Activity
3. Landing Skill
4. Netball Skill/Activity. Ideally transition the Landing Skill into a Netball Skill/Activity.
5. Change the Landing Skills activity each training.

OPTION THREE:

Immerse Landing Skills into an activity. Below are two examples:

- Drive onto the circle edge to feed shooter. Mid-courter focusses on driving onto the circle edge and completing a quality landing, shooter focusses on getting free to receive the ball, turn in the air and land well to shoot.
- Turning on ball. Ball travels down the court and each athlete jumps, turns in the air and lands in a SBP. The focus is on turning on the ball in the air and landing. Ensure the focus of this skill transfers to the next activity or game play.

Level One: CORE FOUNDATION

Select two of the landing activities within this level. Use a player to demonstrate the important movement competencies. Then each player practises.

Activity: Vertical Jump and Stick Landing

DO 5
DO 2 SETS

TIPS

- Good squat technique to initiate jump. Ensure good limb alignment – no kissing knees.
- Bend in hips and knees – push back through hips.
- Knees not in front of feet – push back through hips.
- Land in good squat technique [SBP].
- Equal weight bearing.
- Soft landing – bend in hips and knees.
- Control trunk.

ADAPTATIONS

- Go to Page 2 to see how you can adapt this activity.



[SIDE ON VIEW]

Level One: CORE FOUNDATION

Activity: Vertical Jump, Turn in Air and Stick Landing

DO 5 (EACH SIDE)
DO 2 SETS

TIPS

- Good squat technique to initiate jump. Ensure good limb alignment – no kissing knees.
- Bend in hips and knees – push back through hips.
- Knees not in front of feet – push back through hips.
- Jump and turn in the air – either 90°, 180°, 270° or 360°.
- Land in good squat technique [SBP].
- Equal weight bearing.
- Soft landing – bend in hips and knees.
- Control trunk.

ADAPTATIONS

- Shout north, south, west, east and players land facing that direction. Mix directions up and add a ball.
- Shout a key word [Silver Ferns or name of local ANZ Premiership Team] and follow with a command – either 90°, 180°, 270°, or 360°. I.e. Silver Ferns 180°.



Level One: CORE FOUNDATION

Activity: Broad Jump and Stick Landing (Double Leg)

DO 3
DO 2 SETS

TIPS

- Good squat technique to initiate jump. Ensure good limb alignment – no kissing knees.
- Bend in hips and knees – push back through hips.
- Jump forward for distance.
- Land in good squat technique [SBP].
- Equal weight bearing.
- Soft landing – bend in hips and knees.
- Knees not in front of feet – push back through hips.
- Trunk not too far forward, control trunk, head up.
- Stick landing – not falling forwards.

ADAPTATIONS

- Jump to a destination. I.e. Jump to land on centre line or on circle edge.
- Coach shouts 90° left or 90° right. I.e broad jump, turn 90° in air and land.



Level One: CORE FOUNDATION

Activity: Tuck Jumps 5x and Stick Landing on Last Landing

DO 1
REST
REPEAT x 3

TIPS

- Keep body upright.
- Knees to chest, not chest to knees.
- Knees tucked up equally, no lag of one leg.
- Last landing soft in SBP.
- Stick the landing.
- Height dependent on quality of movement and player ability.

ADAPTATIONS

- Hold a ball in hand while jumping.



Level One: CORE FOUNDATION

Activity: Drop Box (Small 20cm Box) and Stick Landing

DO 5
DO 2 SETS

TIPS

- Bend in hips and knees - push back through hips.
- Jump down off box.
- Land in good squat technique [SBP].
- Ensure good limb alignment - no kissing knees.
- Equal weight bearing.
- Soft landing.
- Control trunk, head up.
- Trunk not too far forward.
- Stick landing - not falling forwards.



ADAPTATIONS

- Slowly increase height of the box.
- Jump up and land on to the box.
- Jump backwards off the box and land on two feet facing the box.
- Jump off one box and up onto another box.



Level One: CORE FOUNDATION

Activity: 5x Horizontal Jump and Stick Last Landing

DO 2 SETS

TIPS

- Same as Broad Jump [Page 6] however repeated jumps and stick the last landing.

ADAPTATIONS

- Add ball catching in the air or on landing [1st, 2nd, 3rd, 4th or 5th landing].
Mix up the order.
- Jump over hurdles or between ladder wrungs. [Level Two, Page 17]



Level One: CORE FOUNDATION

Activity: Jump and Land on One Foot

DO 5 [EACH LEG]
DO 2 SETS

TIPS

- Good squat technique to initiate jump. Ensure good limb alignment – no kissing knees.
- Bend in hips and knees – push back through hips.
- Jump in air off both feet and land on single leg.
- Control trunk, head up.
- Keep pelvis level.
- Keep knee in line with foot.
- Soft landing. Stick landing.

ADAPTATIONS

- Coach shouts out north, south, west, east and players land facing that direction.
- Shout a key word (Silver Ferns or name of local ANZ Premiership Team), jump and land on one foot.
- Add a ball.



Level One: CORE FOUNDATION

Activity: Single Leg Vertical Hop and Stick Landing

DO 5
DO 2 SETS

TIPS

- Good single leg squat technique to initiate jump. Ensure good limb alignment.
- Bend in hips and knees - push back through hips.
- Jump in air off one foot and land on single leg.
- Control trunk, head up.
- Keep pelvis level.
- Keep knee in line with foot.
- Soft landing. Stick landing.

ADAPTATIONS

- Coach shouts out north, south, west, east and they land facing that direction.
- Shout a key word (Silver Ferns or name of local ANZ Premiership Team), but this time follow with either 90° or 180°.
- Add a ball.



Level Two: MULTI-DIRECTIONAL

Select two of the landing activities within this level. Use a player to demonstrate the important movement competencies. Then each player practises.

Activity: Horizontal Hop or Broad Jump Forward onto One Leg

DO 5
DO 2 SETS

TIPS

- Good single leg squat technique to initiate jump. Ensure good limb alignment.
- Or broad jump forward off two feet.
- Bend in hips and knees - push back through hips.
- Knees not in front of feet - push back through hips.
- Land on one foot in good single leg squat technique (SBP).
- Soft landing, bend in hips and knees.
- Control trunk, head up.
- Stick landing - not falling forwards.
- Trunk not too far forward.

ADAPTATIONS

- Coach shouts out north, south, west, east and they land facing that direction.
- Shout a key word (Silver Ferns or name of local ANZ Premiership Team), followed with command of either 90° or 180°.



[FRONT ON VIEW]

Level Two: MULTI-DIRECTIONAL

Activity: 5x Single leg Horizontal Hop

DO 1 (EACH LEG)
DO 2 SETS

TIPS

- Same as single leg hop as per previous activity [Page 12], however with repeated hops and stick the last landing.

ADAPTATIONS

- Add ball catching in the air or on landing [1st, 2nd, 3rd, 4th or 5th landing]. Mix up the order.
- Coach shouts out north, south, west, east and players land facing that direction.



[FRONT ON VIEW]

Level Two: MULTI-DIRECTIONAL

Activity: Drop Box (Small 20cm box) Land and Broad Jump Forward onto One Leg

DO 4 [EACH SIDE]
DO 2 SETS

TIPS

- Bend in hips and knees.
- Knees not in front of feet - push back through hips.
- Jump down off box.
- Land in good squat technique [SBP].
- Ensure good limb alignment - no kissing knees.
- Equal weight bearing.
- Soft landing.
- Then broad jump forward and land on one leg.
- Control trunk, head up.
- Soft landing and stick landing - not falling forwards.
- Pelvis level, no trunk deviation.
- Knee in line with foot.

ADAPTATIONS

- Jump to touch or tap an object high up, be aware of safe quality SBP landing.
- Slowly increase height of the box.
- On landing jump sideways [laterally], and land on one foot.
- Jump backwards off box and land on both feet. On landing jump sideways [laterally], and land on one foot.



[FRONT ON VIEW]

Level Two: MULTI-DIRECTIONAL

Activity: Multi-Directional Hopping Around a Compass

DO 1 (EACH SIDE)
DO 3 SETS

TIPS

- Draw out a compass shape with tape [N, E, S, W].
- Balance in the centre of the compass.
- Bend in hip and knee.
- Knee not in front of foot.
- Head up.
- Trunk not too far forward.
- Control of head and trunk [no tipping].
- Keep pelvis level.
- Knee in line with foot.
- Hop following compass.
- Ensure all landings have good technique [SBP].
- Do five hops.

ADAPTATIONS

- Coach shouts north, south, west, east in any order. Add in a diagonal, i.e. north-east.
- Shout a key word [Silver Ferns or name of local ANZ Premiership Team], and N, E, S, W or hop the four compass points.
- Increase the distance between each compass point, ensuring quality.



Level Two: MULTI-DIRECTIONAL

Activity: Triple Hop Diagonally Across a Line - Forward and Backwards

DO 3 SETS
EACH SIDE

TIPS

- Bend in hip and knee.
- Knee not in front of foot - knee in line with foot.
- Head up.
- Trunk not too far forward.
- Control of head and trunk [no tipping].
- Keep pelvis level.
- Hop, forwards and to the side of the tape.
- Soft landing.
- On same foot hop to opposite side of line.
- Do three hops moving forward.

ADAPTATIONS

- Increase the distance between each jump, ensuring quality.
- Change direction and go backwards, shout out which direction.
- Hop backwards as well as forwards.



Level Two: MULTI-DIRECTIONAL

Activity: Jumping or Hopping Forwards, Backwards and Sideways, over a Ladder or Small Hurdles

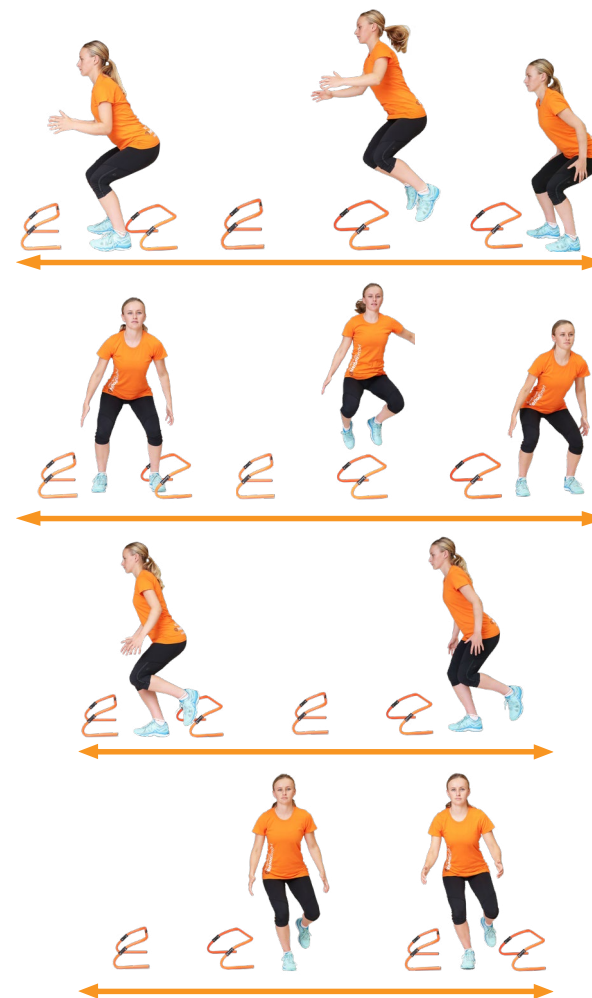
5-10 (JUMPS OR HOPS)
DO 1 (EACH FOOT)
DO 2 SETS

TIPS

- Bend in hip and knees.
- Knees not in front of feet.
- Head up.
- Trunk not too far forward.
- Control of head and trunk [no tipping].
- Keep pelvis level.
- Knees in line with feet.
- Jump or hop forwards over a ladder rung, small hurdle or line and land on both feet or on one foot.
- No trunk deviation on landing.
- Soft landing.
- Do multiple double or single leg jumps/hops.
- Stick final landing.

ADAPTATIONS

- Catch a ball in the air or in landed position. Mix up when players catch the ball. [Landing or in the air]
- Increase the distance ensuring quality of landing.
- Change direction backwards or sideways.
- Coach shouts out back, forward, sideways and keeps mixing up the directions.
- Change direction when landing in each rung or over a hurdle. I.e. Jump in air 90°.



Level Three: PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Select two of the landing activities within this level. Do these two activities as part of your gym or strength and conditioning programme.

Activity: Jog, Jump and Land on Both Feet

DO 3
DO 2 SETS

TIPS

- Jog up to the wobble board/balance mat or Bosu ball and jump forwards and land on wobble board/balance mat or Bosu ball in SBP.
- Bend in hips and knees. Knees not in front of feet. Push back through hips.
- Ensure good limb alignment – no kissing knees.
- Equal weight bearing.
- Soft landing.
- Control trunk, jump forwards.
- Hold for a few seconds then jump off, onto ground and stick the landing.



Level Three:

PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Activity: Jog, Jump and Land on One Foot

DO 1 (EACH SIDE)
DO 5 SETS

TIPS

- Take-off as per previous activity with both feet [Page 18], however land with one foot on the wobble board/balance mat or Bosu ball.
- Knees not in front of foot.
- Head up.
- Trunk upright and not too far forward.
- Control of head and trunk [no tipping].
- Keep pelvis level.
- Knee in line with foot.
- Soft landing.
- Hold for a few seconds.
- Jump off and onto ground and stick landing on a single foot.



Level Three:

PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Activity: Lateral Landing on Both Feet

DO 1 (EACH SIDE)
DO 5 SETS

TIPS

- Bend in hip and knees.
- Knees not in front of feet.
- Head up.
- Trunk not too far forward.
- Control of head and trunk [no tipping].
- Keep pelvis level.
- Knee in line with feet.
- Jump to the side [laterally] off one foot or two feet.
- Soft landing on both feet and stick the landing on wobble board/balance mat or Bosu ball.
- Repeat on opposite leg/side.



Level Three:

PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Activity: Lateral/Side Hop Landing on One Foot

DO 1 (EACH SIDE)
DO 5 SETS

TIPS

- As per previous activity (Page 20) take off on one or two feet.
- Land on a single leg on wobble board/balance mat or Bosu ball.
- Soft landing and stick landing.
- No trunk deviation on landing.
- Repeat on opposite leg.



Level Three:

PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Activity: Vertical Jump and Sticking the Landing

DO 5 (EACH SIDE)
DO 2 SETS

TIPS

- Stand on wobble board/balance mat or Bosu ball.
- Good squat technique to initiate jump.
- Bend in hips and knees.
- Push back through hips.
- Knees not in front of feet.
- Jump up in air and back on wobble board/balance mat or Bosu ball.
- Land in SBP.
- Ensure good limb alignment – no kissing knees.
- Equal weight bearing.
- Control trunk.



Level Three:

PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Activity:

- Vertical Jump from Wobble board/ Balance Mat/ Bosu ball turn 90° and Land on Ground
- Jump from Ground, Turn 90° and Land on Wobble board/Balance Mat/ Bosu ball

DO 5 (EACH DIRECTION)
Do 2 SETS

TIPS

- Stand on wobble board/balance mat or Bosu ball.
- Good squat technique to initiate jump.
- Bend in hips and knees.
- Push back through hips.
- Knees not in front of feet.
- Jump and turn in the air (90° or 180°).
- Land in SBP on ground.
- Ensure good limb alignment – no kissing knees.
- Equal weight bearing.
- Soft landing and stick landing.
- Control trunk.
- Jump from ground, turn 90° land on Bosu ball.



Level Three:

PLYOMETRICS, LANDING ON UNEVEN SURFACES AND BALANCE

Activity:

- Jump from One Bosu ball to Another and Stick the Landing
- Sideways as in picture or forwards and backwards

DO 3
DO 2 SETS

TIPS

- Bend in hips and knees.
- Knees not in front of feet.
- Push back through hips.
- Land in SBP.
- Ensure good limb alignment – no kissing knees.
- Equal weight bearing.
- Jump from one bosu to another.
- Soft landing and stick landing.
- Knees not front of feet.
- Push back through hips.
- Control trunk.
- Head up.
- Trunk not too far forward.
- Progress to single leg and prop or hop from one Bosu ball to the other.





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For more information visit www.netballsmart.co.nz



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