

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

OR

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



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



STEP UPS

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

DO 10 EACH LEG
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



THE BENCH

HOLD 10 - 30 SEC | DO 6

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

DO 5-10 TIMES



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



OR



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



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 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



SINGLE BRIDGE

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

HOLD 10 - 30 SECS

DO 5 EACH SIDE