

SOCIAL NETBALLSMART POWER WARM-UP



ACC SportSmart



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



STAY **INJURY FREE** WITH



NetballSmart



ACC SportSmart

Social NetballSmart Power Warm-Up

- > Confined space and restricted time can interfere with a good warm-up.
- > The Power Warm-up can be done in a confined space (on the sideline) and in 5 minutes. A short netball specific warm-up is better than no warm-up at all. It helps to decrease injury and gets you primed and ready to play.
- > For tips on technique and to watch the videos head to the NetballSmart website www.netballsmart.co.nz



NETBALL
NEW ZEALAND