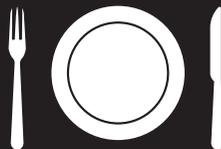


# Smart Preparation | Smart Preparation prepares the mind and body before you reach the court

## 3 Tips!

8

Sleep more than 8 hours a night and you will play better



ENERGY IN = ENERGY OUT.  
Eat well to play well



Check your shoes...  
how's the tread?

## Sleep

8<sup>h</sup>

> Research shows that having 8 hours a sleep, 5 days a week improves performance and decreases injury rate.



> Get a good night sleep before trainings and game days.

## Fluid



> Drink 500ml in the hour before the game. Plus drink during and after the game.

## Food

### TWO HOURS BEFORE GAME TIME EAT:



#### BREAKFAST

Cereal, yoghurt and fruit, scrambled eggs on toast



#### LUNCH

Salad and meat sandwich or wrap, scrambled eggs on toast, toasted sandwich

> If you have eaten more than two hours before a game, have a snack one hour before a game. i.e. sandwich or banana.

### POST-GAME FOOD TO EAT



## Environment

Consider both the physical and social aspects of a player environment. The environment is important for player growth, enjoyment and injury prevention.

### Ensure Fair Play

- Team Spirit
- Joy
- Support
- Respect

Celebrate success



The court and surrounding area should be free of hazards



Minimise fear of failure



If it's cold, wrap up warm



## Footwear



> Choose Netball shoes not running shoes to play the game.

> Netball shoes or cross trainers are designed for quick changes in direction.

## Physical Preparation

Build strength to cope with the physical demands of Netball.



> Do the NetballSmart Dynamic Warm-Up 2-3 times a week.

> Do 2-3 on your feet training sessions a week. i.e. running, circuits.