



The NetballSmart Dynamic Warm-Up (NSDWU) is specifically designed for Netball to help performance and minimise injury.

Do the **NSDWU** with every training and game. Do Part **A**, **B**, **C** and **D** with each training. Do Part **B**, **C** and **D** on game day.

Part **A** – Strength

The purpose of Part A is to increase strength. Strength is vital in Netball to support jumping, landing, turning in the air, changing direction and stopping – the movement skills of Netball. Be flexible, but ensure you include Strength in your training session. **Do not do Part A on game day.**

- THE PLANK**
- Supporting on elbows/forearms.
 - Lift pelvis so body in a straight line. Do not let back sag.
 - Hold 20–30 seconds. Repeat 2–3 times.



- SIDE PLANK**
- Supporting on elbows/forearms.
 - Lift hips so body in a straight line. Do not let hip sag.
 - Hold 20–30 seconds. Repeat 2 x each side.



- HAMSTRINGS**
- Head up, front knee slightly bent, lift back leg and bend forward at the hip.
 - Return to upright.
 - Do 5 each side.



- BALANCE**
- Assume a stable body position. Knee slightly bent.
 - Lift and lower ball or around waist.
 - Balance for 30 seconds and do each side.

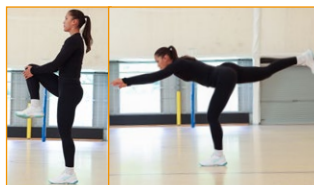


Part B – Running

The purpose of Part B is to increase blood flow to the muscles and raise body temperature.

RUNNING

- Slow jog, gradually increasing speed. Vary running direction. Strong core.
- Run to transverse line and back 3 times.



HIP STRETCH AND RDL

- Run forward. Stop, pull knee to chest then drop down into an RDL. Repeat on other leg.
- Stable and strong core. Back straight extend arms in front.
- To transverse line and back.



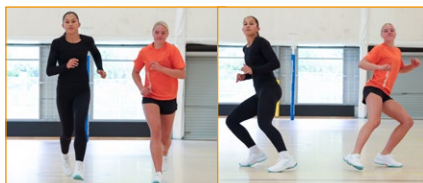
BUTT KICKS AND SKIPPING

- Kick the heel up towards the butt to activate hamstrings.
- High knee skip and drive arms up and aim for height in skip. Strong single leg landing.
- Butt kick to transverse and skip back.



CIRCLING PARTNER

- Run forwards as a pair – side slip towards and around partner.
- Keep the feet under the hips and shoulders, hips, knee and feet facing in the same direction. Fast feet during side slip.
- To transverse line and back.



RUNNING FORWARDS AND BACKWARDS

- Run forward 5 steps, stop, run backward 3 steps. Vary the direction of the backwards movement.
- Strong acceleration/deceleration.
- To transverse line and back.

Part C – Dynamic Preparation

The purpose of Part C is to prepare the body for the movement skills of jumping, landing and stopping. Doing these movements well is vital for improving performance and injury prevention.

SQUATS

- Feet hip width apart. Head, chest and eyes up. Push back through hips to squat. Hips knees and ankles aligned.
- Do 10.



SINGLE LEG SQUAT

- Head and chest up. Push back through hip and perform a single leg squat. Strong core. Knee in line with foot. Stay stable.
- Do 5 each side.



LUNGES

- Strong core and trunk. Feet hip width apart. Knee in line with foot. Maintain feet hip width apart with each lunge. Maintain stability.
- Do 5 each leg.

Part D – Jumping and Landing

The purpose of Part D is to prepare the body for landing, changing direction and stopping.

JUMP AND LAND

- Hips, knees and feet aligned. Jump and land with chest up. Push back through hips, bend knees and land in a good squat. Do double leg or single leg landing.



JUMP, TURN AND LAND

- Hips, knees and feet aligned. Jump, turn and land with chest up. Push back through hips, bend knees as land, and land in a good squat.



LATERAL PROP AND LAND

- Hip, knee and foot aligned. Prop to other leg. Land with chest up, push back through hip and bend knee on landing.



JUMP, PUSH AND LAND

- Hips, knees and feet aligned. Jump and push from partner. Land with chest up, push back through hips, bend knees and land in a good squat. Do double leg or single leg landing.



Do a total of 15–20 jumps. Do a variety of jumps. Ensure quality landings.

Netball Specific Preparation

PROP, PROP AND STICK

- Prop, prop and stick the last landing. Land with chest up, push back through hip and bend knee in line with foot.
- Do 3 each side.



CHANGE OF DIRECTION

- Varying the shape of the triangle. 3 sharp changes of direction. Do 3 movements. Repeat the other side.
- Do 3 times.



RUN AND STOP

- Run 5 steps and stop in a 2 foot or 1–2 foot landing. Land with chest up, push back through hip and bend knee in line with foot.
- Do 3 times.



You have prepared your players for the next phase of the warm-up. Progress onto Netball transition skills and activities.

NSDWU at a Glance

PART A – STRENGTH (only in training)

1. The Plank	20–30 sec x 2
2. Side Plank	20–30 sec x 2 each
3. Hamstrings (RDL)	5 each side
4. Balance	20–30 sec x 2 each

PART B – RUNNING

5. Running	2–3 x to transverse line
6. Hip Stretch and RDL	To transverse line and back
7. Butt Kicks and Skipping	To transverse line and back
8. Circling Partner	To transverse line and back
9. Running Forwards and Backwards	To transverse line and back

PART C – DYNAMIC PREPARATION

10. Squats	10
11. Single Leg Squats	5 each leg
12. Lunges	5 each leg

PART D – JUMPING AND LANDING

13. Jump and Land	Do a total of 15–20 jumps. Do a variety of jumps. Ensure quality landings.
14. Jump, Turn and Land	
15. Lateral Prop and Land	
16. Jump, Push and Land	

NETBALL SPECIFIC PREPARATION

17. Prop, Prop and Stick	3 each leg
18. Change of Direction	3 x triangle shapes each side
19. Run and Stop	3 x run and stop

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