

NetballSmart Dynamic Warm-Up, Cool Down and Recovery

Warming-up before Netball prepares you for the upcoming activity. Cooling down prepares you for the rest of the day, while recovery prepares you for the next training session or game.

3 Tips!



Prepare and warm-up well using the NetballSmart Dynamic Warm-Up.



The NetballSmart Dynamic Warm-Up decreases injury.



Recover well and prepare for the next training.

Cool Down

The cool down begins the recovery process



- > It may assist in decreasing muscle soreness post activity.
- > Include jogging and walking.
- > Stretching of all main muscle groups.

NetballSmart Dynamic Warm-Up



The Warm-Up is designed to prevent common Netball injuries and enhance performance. Prepares the body to jump, land and stop correctly.

S M T W T F S

DO IT 2-3 TIMES A WEEK.



Proven to decrease ACL and lower limb injuries by at least 40%

Netball Injuries

There are 8,000 new Netball related ankle injuries per year.

Knee injuries cost over \$11m in New Zealand annually (July 2016-June 2017)

50% of players who have sprained their ankle will have another ankle injury within two years.

Recovery

There are two types of recovery: Passive and Active

Passive recovery includes rest, sleep, massage and meditation.



Active recovery includes cool downs, rolling, stretching and hydrotherapy (hot/cold).



- > Recovery helps prevent over-training.
- > Recovery prepares you for the next training session.
- > Nutrition and hydration supports recovery - replace fluid and energy lost while playing Netball.
- > Water is adequate hydration recovery for most Netball players.
- > Examples of healthy post-activity snacks are in the Smart Preparation resource.