

Stage One: Core Control and Stability for Netball

Netball is a dynamic game involving extreme body movements. Controlling the core and ensuring stability on landing assists performance and helps reduce injury risk. Work on this simple programme 2-3 times a week and develop core control and stability on the court.



SIMPLE 30 MINUTE WORKOUT



SIDEWAYS BENCH & KNEE TO CHEST

Lift pelvis off ground. Keep pelvis stable and control rotation of the body. Bend knee to chest.

DO 8 EACH LEG



BENCH AND LIFT LEG OUT TO THE SIDE

Keep pelvis stable and back stable. Control rotation of the body.

DO 8 EACH LEG



MOUNTAIN CLIMBER

Press up position and bend knee to chest. Keep back completely straight.

DO 8 EACH LEG



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 8 EACH LEGS

Make it more difficult. Do it on a bosu ball.



ROTATE BALL OR MEDBALL AROUND HEAD

Keep trunk stable.

DO 8 EACH DIRECTION



RDL AND OPEN OUT

Do RDL and then open out. Keep stable. Return to RDL position and then stand up.

DO 8 EACH LEG



BALL THROW

Ball throw in pairs. Move ball around waist and throw back. Stabilise trunk.

DO 8 EACH LEG

Vary pass: Overhead, chest, bounce pass.



BALANCE & ROTATE

Balance on one leg with ball at chest. Rotate leg to one side and ball to the opposite side. Repeat in other direction.

DO 8 EACH LEG

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Simple 30 minute workout



LUNGE AND ROTATE

Lunge forward with knee in line with foot. Trunk strong. Rotate arms to the side of the front leg. Control rotation.

DO 8 EACH LEG



PROP FORWARD AND LAND WITH BALL

Prop forward and land on line on court. Land with ball out to side (landing leg). Ensure trunk is strong and straight. Knee is in line with foot. Knee bent.

DO 8 EACH LEG



PRESS WITH ARM LIFT

Press up position and pull one elbow back into retraction. Keep back completely straight.

DO 8 EACH ARM



BIRD DOG

Keep back straight and extend opposite arm and leg. Hold for 5 seconds.

DO 8 EACH SIDE



LEG SWINGS

Swing leg out to side, across front of body and then out and behind the body. Keep trunk stable and maintain balance.

DO 8 EACH LEG

ADD BALL - HOLD BALL IN HAND



LEG SWINGS TO LANDING

Swing leg from back to front while hopping forward. Land on one foot. Bend knee in line with foot. Keep trunk stable and maintain balance.

DO 5-8 EACH LEG