Smart Training

Smart Training is ensuring the players body is prepared to play. This includes loading, strength, endurance, power and flexibility.

3 Tips!

It's important to train to prepare for the game

Ensure training adds value and meets the needs of the player/team

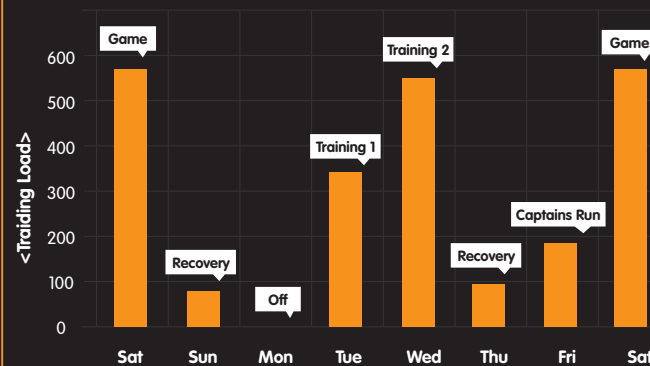Replicate a game by training at high intensity at some point during a week

Match Demands — DO WE KNOW WHAT WE'RE TRAINING FOR?

> Tailor training to ensure players are prepared for the demands of the game.

> Statistics below highlight some of the physical attributes players can expect to cope with.

	Total Distance (M)	>15KPH (m)	>20KPH (m)	Time >85% of Max Heart Rate	Number of Jump/Land
GS	1650	19	0.5	7%	55
GA	3841	102	1	43%	33
WA	3733	108	4	25%	41
C	4724	443	35	63%	36
WD	3411	214	63	46%	25
GD	3534	240	65	49%	45
GK	1651	80	5	23%	33

[Reference: Journal of Strength and Conditioning Research Publish Ahead of Print, 2017]

Rated Perceived Exertion (RPE) and Training Load

Bar chart — x-axis: Sat, Sun, Mon, Tue, Wed, Thu, Fri, Sat; y-axis: <Traiding Load> 0–600. Labels: Game, Recovery, Off, Training 1, Training 2, Recovery, Captains Run, Game.

> RPE is how hard each athlete perceives the training to have been.

> Use RPE x duration (time) of the training to estimate the load intensity of each session.

> 10/10 is a very hard session and is potentially game intensity - it is important for preparing for game.

> Players can't always train at a Level 10, nor should players always train at a Level 2.

Planning Training

PLAN EACH TRAINING

Does each training complement the other trainings of the team or of the player?

Remember that a player may be in multiple teams/sports.

How does your training reflect the game?

Is the training specific to the requirements of the game?

What value is the training adding? Is your training smart?

How will your training improve the player or teams?

> Remember the strength elements of the NetballSmart Dynamic Warm-Up quality strength training is key!

NETBALL NEW ZEALAND

ACC SportSmart   Netball Smart