

Smart Movement

Smart Movement is developing a player's movement skill and technique correctly which allows them to compete and enjoy their sports.

3 Tips!



Smart Movement leads to a quality Netball experience and decreased injury rate



Practise your landings!



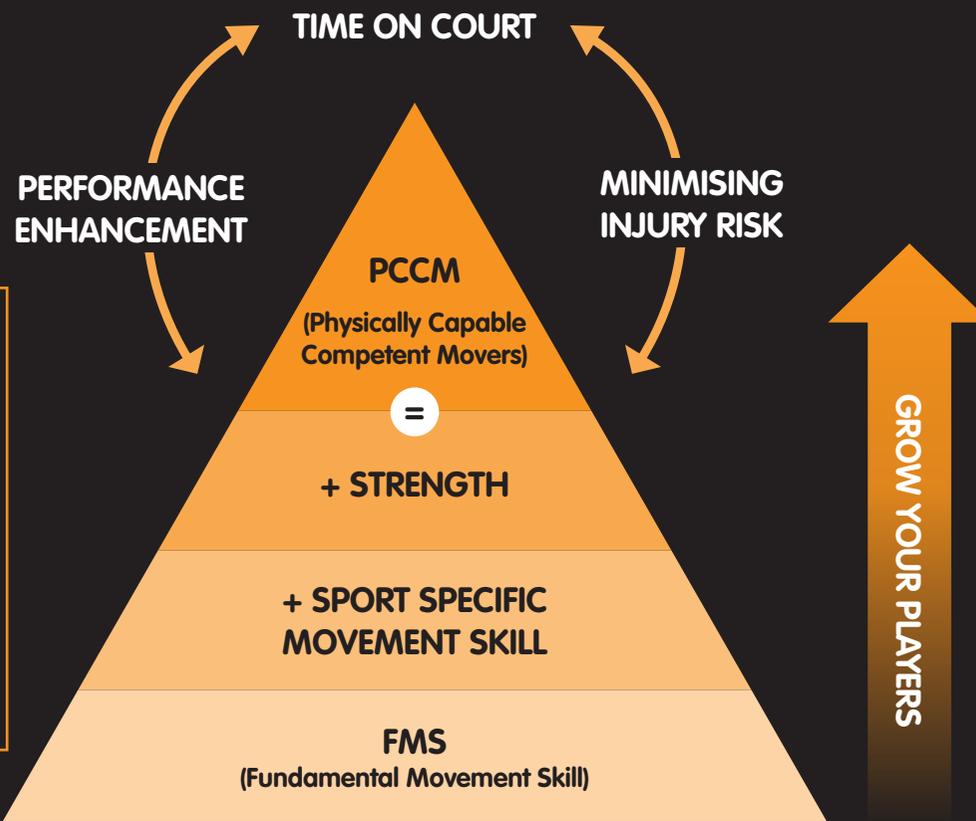
Strength supports you and your game

Smart Movement

TIME ON COURT

We want players to be 'physically capable and competent movers.' This means that they have the fundamental movement skills, the Netball specific movement skills and the strength needed to play the game.

Players that are physically capable and competent have more time on court, are less likely to get injured and therefore are constantly improving their performance.



Fundamental Movement Skills (FMS)

THE FMS NEEDED FOR NETBALL INCLUDE:



Running



Agility
Coordination
Balance



Jumping
Landing



Throwing
Catching

> Players need to regularly practise these FMS so they can effectively put them into a game - improving performance and decreasing injury risk.