



NetballSmart Power Warm-Up

The NetballSmart Power Warm-Up is for a tournament setting only. Use the full NetballSmart Dynamic Warm-Up for training and game day (when there is 1 game a day).

For tips on technique, and to watch the videos, head to the NetballSmart website: www.netballsmart.co.nz

Get primed and ready to play!

QUICK GUIDE: (see over page for more detail)

PART B – RUNNING

Running Straight Ahead	To transverse line and back 2-3 times
Hip Stretch and RDL	To transverse line and back
Running – Circling Partner	To transverse line and back 2-3 times
Running – Quick Forwards and Backwards Sprints	To transverse line and back 2-3 times

PART C – DYNAMIC PREPARATION

Squats and Single Leg Squats	5, and 3 single leg squats each side
Walking Lunges	5 each side
Lateral Jump	3 each side

PART D – JUMPING AND LANDING

Running, Stopping and Jump, Turn and Land	To transverse line and back 2-3 times
Prop, Prop and Stick	To transverse line

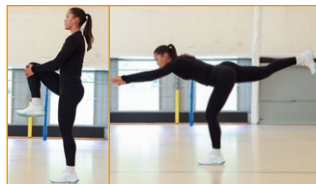
Visit www.netballsmart.co.nz for more NetballSmart resources.

Part B – Running

Place 2 cones out every 3 metres between base line and centre court.

RUNNING STRAIGHT AHEAD

- Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game. To transverse line and back 2-3 times..



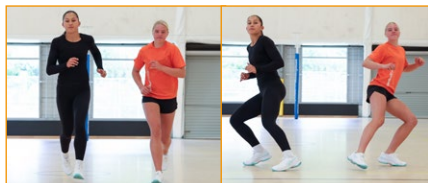
HIP STRETCH AND RDL

- 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.



RUNNING – CIRCLING PARTNER

- Run to first cone, side shuffle inwards and around partner, then back out to cone. Run to next cone, side shuffle to the middle, repeat. Continue to transverse line and back 2-3 times.



RUNNING – QUICK FORWARDS AND BACKWARDS SPRINTS

- Run to second cone and back to first cone. Repeat 2 cones forwards, one back to transverse line and back 2-3 times.

Part C – Dynamic Preparation

SQUATS AND SINGLE LEG SQUATS

- Squats, calf raise and body extension. Do 5 squats.
- Single leg squats each leg. 3 each side.



WALKING LUNGES

- Walking lunges, calf raise and body extension. Do 5 each side.



LATERAL JUMP

- Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 leg. Hold for 1 second. 3 each side.

Part D – Jumping and Landing

RUNNING, STOPPING AND JUMP, TURN AND LAND

- Run to first cone at 75–80% speed and stop double foot landing and jump 180 degrees, land in SBP and return. Run to next cone and do 1-2 foot landing. Jump 90 degrees and land in SBP and return. To transverse line and back 2-3 times.



PROP, PROP AND STICK

- Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position. To transverse line and jog back.

