

Social NetballSmart Power Warm-Up

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The Social NetballSmart Power Warm-Up can be done
in a confined space (on the sideline).

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 or on the Spot	2 x 15 metres or 2 x 20 seconds
Side Shuffle	x 3 right, x 3 left, repeat 3 times
Quick Forwards/Backwards Sprints	x 3 forward, x 3 backward, repeat 2-3 times

PART C – DYNAMIC PREPARATION

Squats and Single Leg Squats	10, 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	2 x 15 metres
Prop, Prop and Stick	1 x 15 metres or 3 each leg

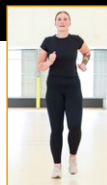
Visit www.netballsmart.co.nz for more NetballSmart resources.

Part B – Running

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

RUNNING STRAIGHT AHEAD OR ON THE SPOT

- Run to centre of court and back. You can vary direction of running path, or run on the spot. 2 x 15 metres or 2 x 20 seconds.



SIDE SHUFFLE

- Side shuffle to left x 3, side shuffle to right x 3. Repeat 3 times.



QUICK FORWARDS / BACKWARDS SPRINTS

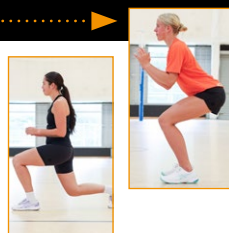
- Run forward 3 steps and backwards 3 steps. Repeat 2-3 times.



Part C – Dynamic Preparation

SQUATS AND SINGLE LEG SQUATS

- Squats, calf raise and body extension. Do 10 in total.
- 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 or run on spot x 5 each leg. Stop in a double foot landing. Jump and turn 90/180 degrees and return. Run to next cone or run on spot x 5 each leg. Do a 1-2 foot landing. Jump and turn 90/180 degrees and return. Continue length of 15 metres and back or do 2-3 times. 2 x 15 metres.



PROP, PROP AND STICK

- Prop from one foot to another and then "stick" final landing for 2 seconds in a stable body position. 15 metres and jog back, or on spot 3 each leg.

