

# NETBALL KNEE PROGRAM (JUNIOR)

## WARM UP

Perform all exercises

### Jogging



- Jog forwards and then backwards to ½ court from the base line
- X 2 reps

### Butt kicks



- Heel kicks to ½ court
- X2 reps

### High knees



- High knees to ½ court
- Opposite arms and legs
- Push up through toes to spring into the air
- X2 reps

### Side stepping



- Side skip in a semi squat position to ½ court
- X2 reps

### Fast feet



- Fast feet, 2 steps forwards and 2 backwards over sideline
- x10 reps left leg first
- x10 reps right leg first

## STRENGTH

Perform all exercises

### Squat



- Bend hips and knees to squat backwards
- 2x12reps

### Bridges



- Lying on your back with knees bent and lift bottom up and down
- 2x12 reps.

### Plank



- Push through forearms and knees to lift your body off floor
- 2x30sec

### Side Plank



- Push through forearms and knees lift body up off the floor into a straight position
- 2x30sec

## BALANCE/LANDING

Perform 4 exercises in total

## SINGLE LEG ACTIVITIES

### Partner push



- Stand on one leg and push partner off balance
- 30sec each leg

### Partner Passes



- Hold your balance and pass the ball
- X10 passes each leg

### Ball Rolls



- Roll ball around body and legs, overhead etc while maintaining balance
- 30 sec each leg

### Single leg balance



- Balance while moving arms and legs in various directions.
- 30sec each leg

### Side step



- Jump from one leg and land on the other
- +/- ball x10

### Side jumps









- Jump off both feet diagonally and land on one foot. Repeat in a zigzag pattern.
- Repeat going backwards.
- +/- ball X10

### 2 leg jump 1 leg land



- Jump off 2 legs and land on one leg.
- Focus on good landing technique
- X10


## DOUBLE LEG ACTIVITIES AND REPEATED EFFORTS

<p><b>Jumping forwards and backwards</b></p>  <ul style="list-style-type: none"> <li>• Jump from one leg and land on the other</li> <li>• +/- ball x10</li> </ul>	<p><b>Jumping in all directions</b></p>  <ul style="list-style-type: none"> <li>• Diagonally, forwards &amp; backwards</li> <li>• Jump off both feet diagonally and land on one foot. Repeat in a zigzag pattern</li> <li>• +/- ball X10</li> </ul>	<p><b>Jump and rotate 90°</b></p>  <ul style="list-style-type: none"> <li>• Focus on good landing technique</li> <li>• X10</li> </ul>	<p><b>Repeated crosses</b></p>  <ul style="list-style-type: none"> <li>• Jump forwards twice, and then jump back again. Repeat in each direction</li> <li>• +/- ball X10</li> </ul>	<p><b>Repeated x3 side step</b></p>  <ul style="list-style-type: none"> <li>• Take 3 sideways steps Hold the 3rd landing and repeat to the other direction</li> <li>• +/- ball X5 each direction</li> </ul>	<p><b>Modified Tuck Jumps</b></p>  <ul style="list-style-type: none"> <li>• Jump and land on the same spot</li> <li>• X10</li> </ul>
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## AGILITY

Perform 4 exercises in total

## DECELERATION AND ANTICIPATED CHANGE OF DIRECTION

<p><b>Sliding Shuffle</b></p>  <ul style="list-style-type: none"> <li>• Drive forwards 4-5 steps before decelerating over multiple short steps</li> <li>• Run backwards 5 steps</li> <li>• Alternate the leg that you push off from.</li> <li>• 2x ½ court</li> </ul>	<p><b>Defensive Shuffle</b></p>  <ul style="list-style-type: none"> <li>• Perform x2 sidesteps diagonally backwards in semi squat position</li> <li>• 2x ½ court</li> </ul>	<p><b>Lateral Shuffle</b></p>  <ul style="list-style-type: none"> <li>• Rapidly side step right x5 steps before changing direction to return to the middle</li> <li>• Repeat to left.</li> <li>• x3 each direction.</li> </ul>	<p><b>Zig-Zag Run</b></p>  <ul style="list-style-type: none"> <li>• Drive forwards to the right 4-5 steps</li> <li>• Quickly decelerate and change direction and drive to the left</li> <li>• 2x ½ court.</li> </ul>
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## FOLLOW ON STEP AND NETBALL PLANE DRILLS

<p><b>Forward Run On</b></p>  <ul style="list-style-type: none"> <li>• Run forwards to catch ball</li> <li>• Do one step on and back peddle to start</li> <li>• x2 reps each leg</li> </ul>	<p><b>V Drill (change direction)</b></p>  <ul style="list-style-type: none"> <li>• Have 2 players drive diagonally to opposite corners of transverse line and decelerate over 3-4 steps before changing direction to return to start position</li> <li>• x2 reps each direction</li> </ul>	<p><b>V Drill (decelerate)</b></p>  <ul style="list-style-type: none"> <li>• Have 2 players drive diagonally to opposite corners of transverse line and decelerate over 3-4 steps to stop</li> <li>• x2 reps each direction</li> </ul>
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