

NETBALL KNEE PROGRAM (RECREATIONAL)

WARM UP

Perform all exercises

Jogging



- Jog forwards and then backwards to ½ court from the base line
- X2 reps

Walking A's



- Lift your swing knee high with opposite arms and legs
- Come up onto toes of support leg
- ½ court/back.

Butt kicks



- Heel kicks to ½ court
- X2 reps

Side Skip and Squat



- Side skip x4 in semi squat position
- On 4th squat and hold one second
- ½ court/back

Forwards and Backwards Shuffle



- Using fast light feet take two steps forwards and backwards over sideline
- x10 leading each leg

Walking Lunge



- Take a large step forwards and drop back knee down to just off the floor
- Hold two seconds, repeat opposite leg
- ½ court/back.

Walking hamstring



- While walking forwards, bring right leg forwards with heel on ground keeping knee straight bend through hips to stretch hamstring
- Repeat on left leg
- ½ court

Walking gluteals



- Step forwards and cross right foot over left knee to stretch gluteals
- Repeat on other leg
- ½ court.

Hip rotation walk



- Walk forwards and lift your right leg up in front of you, then rotate leg outwards bringing knee out to side before placing back onto ground
- Repeat opposite leg
- ½ court.

Walking quadriceps



- Bring foot back towards buttocks bending knee
- Hold two seconds before stepping forwards and repeating on opposite leg
- ½ court.

STRENGTH

Perform 1 from each target muscle

Squat



- Bend hips and knees to squat backwards
- 2x12reps

Reverse lunge



- Step backward into reverse lunge dropping from the back knee
- Drive swing leg up into high hip/knee bend
- 2x12 reps each leg

Bridges



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

Arabesque



- Extend one leg behind and both arms forwards
- Bend forwards from hips keeping back straight and hips level
- Return to upright posture
- 2x8 reps each leg

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

JUMP AND LAND TECHNIQUE AND SINGLE LEG ACTIVITIES

Double leg landing



- Jump upwards and land with good technique on two legs
- Hold two seconds
- x10 reps.

Single leg landing



- Jump upwards and land with good technique on one leg
- Hold two seconds
- x10 reps.

Partner push



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

Slaloms +/- run on



- Jump diagonally forwards and land with good technique on one leg.
- Pause one second 2 x 5 jumps each direction.
- Repeat backwards

Surprises



- Begin with fast feet and throw x10 surprises, whereby ball is passed in a variety of directions.
- Jump and on single leg/2 legs or at 90degrees

DOUBLE LEG ACTIVITIES

Jump and rotate 180°



- Jump off both feet and rotate 180° to the right
- Land with good technique and pause for one second
- Repeat jumping turning 180° to left
- Repeat x5

Crosses



- Start in the middle and double leg jump and land diagonally to a point of the cross before returning the the middle
- Repeat the jump and land to all four points of the cross.
- x5 reps +/- ball

Partner Pushes



- Jump off both feet and while in air partner provides a firm push to off balance.
- X5 each leg in multiple directions

REPEATED EFFORTS

Repeated diagonal crosses



- Jump diagonally to point a of the cross
- Instantly take off again in the same direction
- Return to middle after two jumps in each direction
- Repeat to all points of the cross.
- x2 reps each way.

x3 step slaloms



- Take x3 forward steps and hold the 3rd landing on one leg for one second
- Repeat to the other direction
- +/- ball
- X2 reps each way

x3 side steps



- Move sideways in one direction x3 steps
- Pause on the third step landing to catch
- Pass ball prior to changing direction
- x10 reps.

Tuck Jumps



- Jump and land on the same spot
- X10

AGILITY

Perform 4 exercises in total

DECELERATION AND ANTICIPATED CHANGE OF DIRECTION

Sliding Shuffle



- Drive forwards 4-5 steps before decelerating over multiple short steps
- Run backwards 5 steps
- Alternate the leg that you push off from.
- 2x ½ court

Partner + ball



- Forward run on to catch and pass ball
- Accelerate to partner, then decelerate around partner and backwards shuffle to 10m apart
- 2x ½ court.

Lateral Shuffle



- Rapidly side step right x5 steps before changing direction to return to the middle
- Repeat to left.
- x3 each direction.

RUNNING TECHNIQUE

Forward Bound



- Start with a double leg squat backwards
- Commence running forwards towards the half court swinging legs high into exaggerated hip/ knee bend
- 2x ½ court.

Defensive Shuffle



- Perform x2 sidesteps diagonally backwards in semi squat position
- 2x ½ court

Forward Run On



- Run forwards to catch ball
- Do one step on and back peddle to start
- x2 reps each leg

NETBALL PLANE DRILLS

Y Drill (change direction)



- Drive forwards to the top of the circle before accelerating either to the left or right top corner transverse line
- Decelerate over multiple short steps to change direction back to midline
- x2 each direction.

Y Drill (decelerate)



- Drive forwards to the top of the circle before accelerating either to the left or right top corner transverse line
- Decelerate over multiple short steps to stop
- x2 each direction.

Y Drill (partner + ball)



- Drive forwards towards your partner, then quickly change direction and catch the ball.
- Repeat each direction x2