

ATHLETIC DEVELOPMENT

PROGRAMME FOR
NETBALL PLAYERS



RATIONALE

This programme has been designed to develop your Athletic Development to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength and power whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

Athletic development aims to get you stronger in order for you to handle the physical demands of your sport safely and competently, as well as aiming to improve muscular and cardiovascular fitness. Increasing your capacity for exertion through movement, so you can perform better for longer.

TESTS

- **Height & Weight**
 - **10m & 20m Sprint**
 - **5-0-5 Agility Test**
 - **CMJ Test**
 - **Sit and Reach Test**
-

Ian Jones

Elite Performance Manager

Head of Athletic Development and Athletics

Gordon's School

ijones1@gordons.school

ATHLETIC DEVELOPMENT PROGRAMME FOR NETBALL PLAYERS

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Speed and power is vital for any netballer regardless of their position. The ability to accelerate, decelerate and change direction away from opponents is a huge advantage to today's game.

Strength / Power

Lower and upper body strength is imperative in netball. A strong core and lower body gives any netballer the strong base required when performing the mechanics of the game. Amongst other things, a strong upper body allows players to hold their position while protecting the ball, keeping their team on the attack.



Flexibility / Cool Down

Being agile is important in netball, to be able to shake off opponents simply by moving their body away from their opponents. Constantly stretching and cooling down properly after each session will increase flexibility and aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

ATHLETIC DEVELOPMENT

NETBALL LOWER BODY WORKOUT

Gordon's School Warm Up	
Bosu Ball - Bridge	2 x 5
SL Balance - Cushion	2 x 10 Secs EA
SL Hop and Hold - Cushion	2 x 5 EA
Pogo	2 x 10
BB Squat Jumps	2 x 3
SL Hop and Hold (Linear)	2 x 3 EA
Goblet Squat	3 x 6
SL Hamstring Bridge	3 x 4 EA
BB Hip Thrust (Box/Bench)	3 x 6
DB FFE Split Squat	3 x 6 EA
Nordics (Full)	2 x 4

ATHLETIC DEVELOPMENT

NETBALL UPPER BODY WORKOUT

NETBALL UPPER BODY WORKOUT	
Gordon's School Warm Up	
Single Arm Plank	2 x 20 Secs EA
Stability Ball Plank Roll Out	2 x 5
Banded YTI	2 x 3
MB Slam	3 x 5
MB Standing Chest Pass	3 x 5
BB Bench Press	3 x 6
Inverted Row (Pronated Grip)	3 x 8
DB Skull Crusher	3 x 8
DB Spider Curls	3 x 8
Deadbugs (Foam Roller)	2 x 30 Secs EA



GORDON'S SCHOOL
WEST END
WOKING
SURREY
GU24 9PT
01276 858084
info@gordons.school