STRENGTH AND CONDITIONING

PROGRAMME FOR GOOD TO GREAT NETBALL PLAYERS

RATIONALE

This programme has been designed to develop your levels of Strength and Conditioning to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength, power and endurance 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.

The Strength part refers to getting you stronger in order for you to handle the physical demands of your sport safely and competently.

This is partnered with Conditioning: increasing your capacity for exertion through movement, so that you can perform better for longer.

TESTS

- **Height and Weight**
- **10m Sprint**
- **20m Sprint**
- **T-Test**
- **Vertical Jump Test**
- **YOYO Test**
- **Sit and Reach Test**

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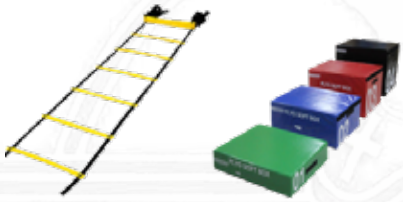
STRENGTH AND CONDITIONING GOOD TO GREAT PROGRAMME FOR NETBALL PLAYERS

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.

STRENGTH AND CONDITIONING

NETBALL

PREP WORK / WARM UP

Pulse Raiser of your choice

Yoga mobalisation sequence: Press up, Downward dog, Cobra x5

Complete glute activation activiation work

Build up of speed/power work from 50%-100%

SPEED / POWER

	Exercise	Sets	Reps	% of 1RM
1	Ladder Single Step	3		100%
2	Ladder Double Step	3		100%
3	Ladder Lateral Shuffle	3		100%
4	Single Leg Pogos	3	10 (Each)	100%
5	Broad Jumps	3	5	100%
6	Single Leg Broad Hops	3	5 (Each)	100%
7	MB Horizontal Shot	3	5	100%
8	Sprints - 10m, 20m, 30m	3	1 (Each)	100%

STRENGTH / POWER

	Exercise	Sets	Reps	% of 1RM
1	Push Press	3	8	70-80%
2A	Deadlift	2-3	6-8	80-90%
2B	Alt Dumbell Shoulder Press	2-3	8-10 (Each Side)	70-80%
3A	Dumbell Lateral Lunge	2-3	10-12 (Each Side)	70-80%
3B	Single Arm Row	2-3	10-12 (Each Side)	70-80%
4A	Lateral Bear Crawls	2-3	10m-20m	80-90%
4B	Resistance Band Pallof Press	2-3	10-12 (Each Side)	70-80%

CORE / STRETCHES

2x45s Bicycle Crunches	Hamstrings Quadriceps
2x45s Leg Raises	Calves Glutes

NOTES

Squat and Deadlift variations are to be judged on the technical ability of the athlete

All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight

Any efforts of 80% and over must have a spotter

IF YOU ARE UNSURE ON ANY EXERCISES PLEASE SPEAK TO MR JONES

STRENGTH AND CONDITIONING

NETBALL

PREP WORK / WARM UP
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Yoga mobalisation sequence: Press up, Downward dog, Cobra x5
Complete glute activation activiation work
Build up of speed/power work from 50%-100%

SPEED / POWER

	Exercise	Sets	Reps	% of 1RM
1	Ladder Single Step	3		100%
2	Ladder Double Step	3		100%
3	Ladder Reverse Lateral Shuffle	3		100%
4	Lateral Single Leg Pogos	3	10 (Each)	100%
5	Lateral Broad Jumps	3	5	100%
6	Single Leg Lateral Broad Hops	3	5 (Each)	100%
7	MB Horizontal Shot	3	5	100%
8	Sprints - 20m, 40m, 60m	3	1 (Each)	100%

STRENGTH / POWER

	Exercise	Sets	Reps	% of 1RM
1	KB Swing	3	10	60-70%
2A	Single Leg RDL	2-3	6-8 (Each Side)	80-90%
2B	Alt Dumbell Chest Press	2-3	8-10 (Each Side)	70-80%
3A	Goblet Squat	2-3	10-12	70-80%
3B	Pull Up (Asssisted if needed)	2-3	10-12	70-80%
4A	Hip Thrusters	2-3	6-8	80-90%
4B	Resistance Band Woodchop	2-3	10-12 (Each Side)	70-80%

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