

NETBALLSMART DYNAMIC WARM UP



ACC SportSmart



	NetballSmart Dynamic Warm-up	Time/Distance/Reps
Part A: Strengthening	1. The Bench i. The Bench - Static. Static bench on forearms (or hands) and feet. Lift pelvis off the ground. ii. The Bench - alternate leg (hold each 2 seconds). Continue for 20 - 30 seconds iii. Bench on forearms (or hands) and feet. Lift one leg and hold for 20-30 seconds	3 x 20-30 sec 3 x 20 - 30 sec 3 x 20 - 30 sec hold, alternative sides
	2. Hips – Sideways Bench i. Sideways bench - static. On elbow (or hand) and knee on ground or leg straight. Top leg out straight. Lift pelvis and maintain position. ii. Sideways bench raise and lower hips. On elbow (or hand) and legs out straight, raise and lower hips. iii. Sideways bench with leg lift. On elbow (or hand) and legs out straight. Lift hips, lift top leg and lower. Continue for 20 - 30 seconds.	2-3 x 30s ea side 2-3 x 30s ea side 2-3 x 30s ea side
	3. Hamstrings i. Beginner Nordic hamstring or Single leg Romanian Dead Lift (RDL) ii. Intermediate Nordic hamstrings or Single leg Romanian Dead Lift (RDL) iii. Advanced hamstring Single leg Romanian Dead Lift (RDL) throw and catch ball	3-5 or 3-5 each leg 7-10 or 5 each leg 10 each leg
	4. Balance i. Single leg stance - hold the ball (or imaging holding ball). Progress to moving ball around back. ii. Single leg standing throwing ball with partner iii. Single leg stance - test your partner. Facing partner. Hand on opposite shoulder of partner, tap each other. Keep balanced if possible or return to starting position. Continue for 30 seconds.	2 x 30 sec ea side 2 x 30 sec ea side 2 x 30 sec ea side
Part B: Running Warm-up	5. Running Straight Ahead. Run to centre of court and back. Repeat. You can vary direction of the running path as it happens in a Netball game.	2 x 15 metres
	6. Running Hip Out. Run to first cone, stop, lift knee forwards and rotate knee out to side and put foot down. Run to next cone and repeat with other leg.	2 x 15 metres
	7. Butt Kicks and skipping. Butt kick to first cone (kicking feet up to butt), skip to next cone, butt kick to third cone. Continue for length of 15m and back.	2 x 15 metres
	8. Running – Circling Partner. Run to first cone, side shuffle inwards towards and around partner and back out to cone. Run to next cone and repeat. Continue length of 15m and back.	2 x 15 metres
	9. Running – Shoulder Contact. Run to cone, side shuffle to the middle, jump shoulder to shoulder contact. Land in good stable body position. Continue length of 15m and back.	2 x 15 metres
	10. Running – Quick Forwards and Backwards Sprints. Run to second cone and back to first cone. Repeat 2 cones forwards one back for length of 15m and back.	2 x 15 metres

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Part C: Dynamic Preparation	11. Squats i. Squats ii. Squat, calf raise and body extension iii. Single leg squat iv. Combination of all three	10 10 10
	12. Walking Lunges i. Walking lunges ii. Walking lunges and calf raise iii. Walking lunges, calf raise and body extension	5 each side 5 each side 5 each side
	13. Jumping and landing i. Vertical jump and land on 2 feet in a stable body position [SBP] ii. Lateral jump – jump sideways 1m off one leg and land on other leg, iii. Broad jump – jump forward 1m off two and land on one foot hold one sec in a stable body position on one foot	5 each side 5 each side 5 each side
	14. Jumping, turning and landing i. Vertical jump and turn 90 degrees and land in SBP ii. Vertical jump and turn 180 degrees and land in SBP iii. Vertical jump and turn 270 degree and land in SBP	5 turns each side 5 turns each side 5 turns each side
Part D: Netball Specific Preparation	15. Running and Stopping. Run to first cone at 75- 80% speed and stop. Use either a double foot or 1-2 foot landing. Continue length of 15 metre and back stopping at each cone.	2 x 15m
	16. Running - Plant and Cut. Run at 80-90%. Run to first cone, plant, and cut off on an angle towards opposite cone. Continue length of 15 metre and back	2 x 15m
	17. Prop, Prop & Stick. Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.	15m and jog back

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