

NETBALLSMART POWER WARM-UP

This shortened warm-up is ideal for the tournament setting where time is limited and a full warm-up is not necessary for every game.

	NetballSmart Power Warm-Up	Time/Distance/Reps
Part B: Running Warm-Up Place 2 cones out every 3 metres between base line and centre court.	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
	8. Running – Circling Partner and Shoulder Contact. Run to first cone, side shuffle inwards and around partner and back out to cone. Run to next cone, side shuffle to the middle, jump and shoulder contact. Land in good stable 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
Part C: Dynamic Preparation	11. Squats i. Squats, calf raise and body extension ii. Single leg squats each leg	5 each side 3 each side
	12. Walking Lunges. Walking lunges, calf raise and body extension	5 each side
	13. Lateral jump. Jump sideways 1m off one leg and land on other leg. Land in SBP on 1 leg. Hold for 1 second.	3 each side
Part D: Netball Specific Preparation	15. Running, Stopping and Jump, Turn and Land. Run to first cone at 75-80% speed and stop double foot landing and jump 180 degrees, land in SBP and return. Run to next cone and do 1-2 foot landing. Jump 90 degrees and land in SBP and return. Continue length of 15 metres and back.	2 x 15 metres
	17. Prop, Prop and Stick. Prop from one foot to another and then “stick” final landing for 2 seconds in a stable body position.	15 metres and jog back

Numbering is consistent with the full NetballSmart Dynamic Warm-Up which can be found under *Resources* when you visit netballnz.co.nz/useful-info/netball-smart



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NetballSmart Power Warm-Up

- > The full NetballSmart Dynamic Warm-Up is for training and game day (when there is 1 game a day).
- > The Power Warm-Up is for a tournament setting only.
- > For tips on technique and to watch the videos head to the NetballSmart website www.netballsmart.co.nz
- > Get primed and ready to play!



NETBALL
NEW ZEALAND