

# NETBALL VICTORIA'S WARM UP AND RECOVERY GUIDE



*The Netball Victoria warm up and recovery guide is in consultation with RAD Centre Ballarat and incorporates the Netball Australia KNEE program.*



## **Be your best ON court**

Injuries are far too common in Netball, forcing many of us from the court. Thankfully, research has provided us with some fantastic injury prevention and training programs to significantly decrease our risk. This resource has been developed in accordance with these programs to help us stay ON court; reduce our risk of injury, enhance our recovery, and help us to perform at our optimum.

## **Get ready to PERFORM**

### **1. Foam Rolling/Myofascial Release**

To prime our tissues by reducing adhesions.

### **2. Mobility**

Freeing up our joints and tissues to move freely.

### **3. Muscle Activation**

Targeted contractions to get our most important muscles switched on and firing.

### **4. Netball Specific Movement**

Providing a gradual increase to match intensity, maximising our ability to run, jump, land, throw and catch.

### **5. Ball Work**

Providing a gradual increase to match intensity, maximising our ability to run, jump, land, throw and catch. It is crucial to include ball work into our warm ups. The aim being after these drills the players are physically and mentally prepared for training/game.



## Foam rolling/Myofascial Release

Roll the length of the target muscles in a controlled manner, moving slowly over any sore spots. Roll for as long as you feel necessary, however use 5-10 rolls in each direction as a guide.



**CALVES**



**HAMSTRINGS**



**GLUTES**



**LOWER BACK**



**UPPER BACK**



**QUADRICEPS**

# Mobility

## CAT CAMEL



**Cat:** Bring our shoulder blades together and arch our lower back.



**Camel:** Separate your shoulder blades. Control movement between the two.

4

REPS PER  
MOVEMENT

## WORLDS GREATEST STRETCH



2

REPS EACH SIDE



Start in a push-up position, lunging one leg forward in line with the shoulders. Drop the elbow in line with the front ankle, and rotate through the body as far as possible, whilst staying square with the hips. Complete 3 consecutive rotations, then straighten the front leg to feel a stretch through the hamstring, holding for 5-10 seconds. Repeat twice each side.



# Muscle Activation

## TIP:

Perform these exercises with **CONTROL**, being aware of the contractions that are taking place.

## S/L CALF RAISE



15

## REPS EACH SIDE

Get up as high as possible onto your toes.

## GLUTE BRIDGE



10

## REPS

Squeeze your glutes at the top for 2 seconds and lower with control.

## S/L GLUTE BRIDGE



5

## REPS EACH SIDE

Keep your hips level and squeeze at the top for 2 seconds.

## SIDE LAY LEG LIFT



5

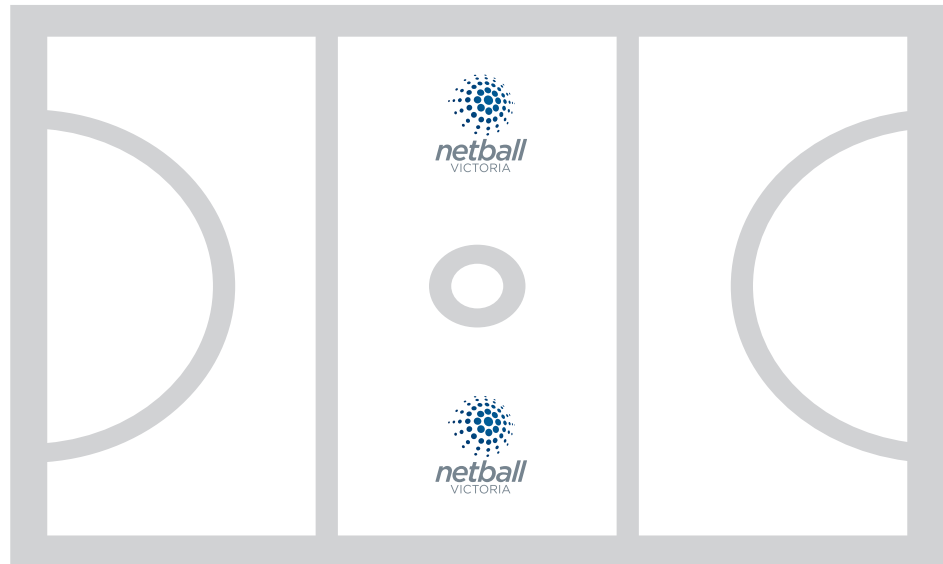
## REPS EACH SIDE

Hold your hips up off the ground, remaining strong through your body.

# Netball Specific Movement

## On the spot

Squat Jumps  
S/L hop w 90° turn  
Lateral bounds



	1ST ZONE	MIDDLE ZONE	3RD ZONE
Lap 1	Walking Lunges →	Sumo Squats →	60% effort jog →
	70% effort jog ←	Bounce, Bounce, Stick ←	45° hop & stick ←
Lap 2	Skip with arms →	Skip for height with arms →	80% effort run →
	90% effort run ←	Side shuffle right ←	Side shuffle left ←
Lap 3	Grapevine left →	Grapevine right →	90% effort run →
	Back pedalling ←	Cutting ←	Cutting ←
Lap 4	COD complex 1 →		
Lap 5	COD complex 2 →		

## SQUAT JUMP



Use your arm swing to help jump as high as possible on the spot, landing strong with the staying in line with your toes.

5

REPS

## S/L HOP W 90° TURN



Hop off of one leg, rotate outward 90°, stick and hold the landing strong before completing the action in reverse back to the start position.

4

REPS E/S

## LATERAL BOUND



From one leg, leap laterally to the other leg and hold in a strong position, before resetting and repeating the exercise in reverse.

4

REPS E/S



## WALKING LUNGES



Take a large step in front of the body, keep your chest tall and drop your back knee in a controlled manner. Alternate sides and continue in a walking pattern.

## SUMO SQUATS



Perform a squat with feet slightly wider than hip width apart facing a sideline. Perform a slow and controlled step before turning to face the opposing sideline and continuing the pattern.



OF THE COURT

## 45° HOP AND STICK



Hop off of one leg and land on the other, moving out at a 45° angle. Hold the landing in a strong position before resetting and repeating the process, jumping in the opposite direction.



OF THE COURT

## BOUNCE, BOUNCE, STICK



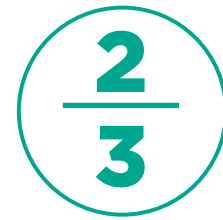
Complete three hops in a row, spending as little time on the ground as possible for the first two. For the final hop hold a strong landing position for two seconds, before repeating on the other side.



OF THE COURT



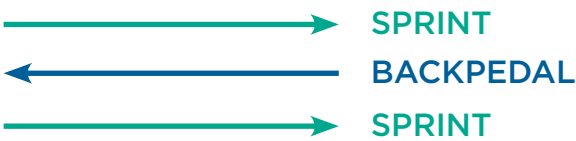
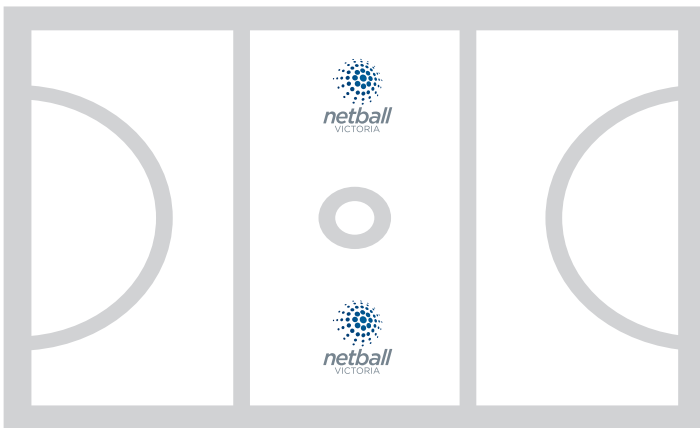
## CUTTING BOTH DIRECTIONS



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Commence a high-speed run, planting your foot and pivoting across the body. Continue this process and change direction.

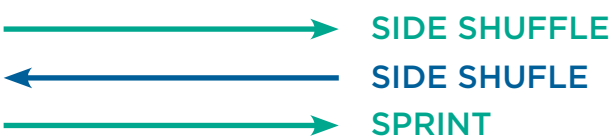
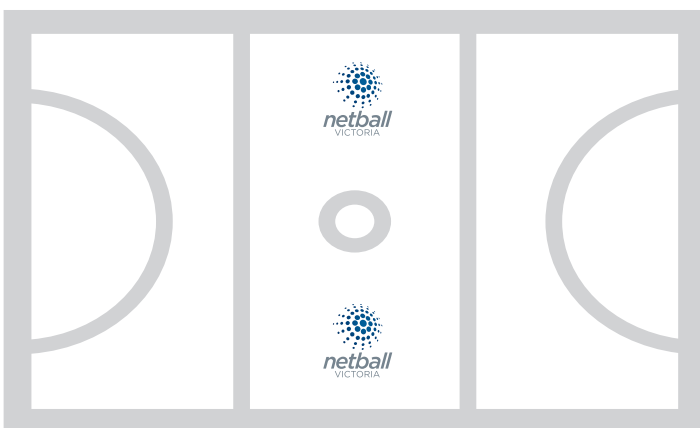
## CHANGE OF DIRECTION COMPLEX 1



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Starting on the baseline, sprint maximally to the 1/3<sup>rd</sup> line, stop quickly and backpedal to the baseline. Immediately change direction and sprint through to the 1/3<sup>rd</sup> line.

## CHANGE OF DIRECTION COMPLEX 2



### OF THE COURT

Starting on the baseline, side shuffle as fast as possible to the 1/3<sup>rd</sup> line and back facing the same direction, before immediately accelerating maximally to the 1/3<sup>rd</sup> line.

## NO.5 - BALL WORK

Slowly build intensity with the aim for the players to be physically and mentally prepared for training/game following ball work.

# COOL Down

This cool down has been developed to slowly return our body to rest, minimising a build-up of bi-products which cause soreness

## 1. Decreasing Movement Intensity

### Jog throughs

A light jog running to half way and back 2 times.

### Walk throughs

A relaxed walk to half way and back.

## 2. Mobility

### WALKING QUAD STRETCH



4

#### REPS EACH SIDE

Keep your knee pointing to the ground with your hips square and chest up tall.

### KNEE TO CHEST



4

#### REPS EACH SIDE

Maintain a tall chest, pulling your knee to the chest with square hips.

### WALKING GLUTE STRETCH



4

#### REPS EACH SIDE

Maintain a tall chest, keep your hips level and pull your ankle towards the sky.



## INCHWORM



4

REPS

Walk out with your hands into a push-up position before coming back to the start position by gradually stepping in with straight legs.

### 3. Static stretching

The final stage of cool down. Hold each stretch for 20 seconds.

#### STATIC CALF STRETCH



1

**REP EACH  
SIDE EACH**

Complete both the straight and bent leg approach.

#### GLUTE STRETCH



1

**REP EACH SIDE EACH**

Keep your chest tall, 'hinge through the hips' and lean over the front leg.

#### HAMSTRING STRETCH



1

**REP EACH SIDE EACH**

Keep your chest tall and 'hinge through the hips' over the outstretched leg.

#### BUTTERFLY GROIN STRETCH



1

**REP EACH SIDE EACH**

Bring your heels into the body and to increase stretch push the elbows into the knees.



# Recovery - 3 keys to REPAIR

## SLEEP. REHYDRATE. REFUEL

### SLEEP

8+ hours ideally every night, but especially following a match - doesn't everyone love to sleep anyway?

### REFUEL

Following a game or training we must replenish our food stores. The easiest way to do this is HIGH GI foods ASAP after the game, followed up by a full meal within 2 hours. In regard to macronutrients, ideally, we should consume 25g protein alongside 1g per kg of body weight of carbohydrates in the hour following exercise (e.g. someone weighing 60kg would require 60g carbohydrates).

#### Example options:

- 600ml flavoured milk
- Fruit smoothie
- 2 pieces of fruit and 200g of yoghurt
- Salad roll
- Bowl of pasta

### REHYDRATE

If we can, we should drink 1.5 times body weight lost. Weigh yourself before and after training, multiplying your weight loss by 1.5 (e.g. -1KG = 1.5L to drink). If this isn't available, 1-1.5L of a combination of water and an electrolyte-based drink in the 2 hours post-match will work well.

### THE EXTRAS

Sleep, nutrition, and hydration are the KEYS, but we can add in some one percenters in the following 24 hrs to assist your body in recovering. These include but are not limited to:

- 20min static stretching
- Foam rolling as per warm up protocol
- Hydrotherapy
- Low intensity exercise
- Compression garments
- Yoga
- Pilates
- Meditation