

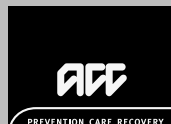
Netball Smart

for Coaches

www.netballsmart.co.nz



NETBALL NEW ZEALAND
Pōtārahiri Aotearoa



PREVENTION. CARE. RECOVERY.

Te Kaporeihana Āwhina Hunga Whāra

INTRODUCTION

Whakatūwheratanga

This NetballSmart resource has been developed for Netball coaches to provide important information for enhancing player performance and preventing injuries. The principles outlined should be taught to players and integrated into all practices and games.

The following symbols indicate which community the material is most relevant to:



Year 7 & 8 Coaching Community



Secondary School Coaching Community



Senior Coaching Community

NetballSmart is based on the ACC SportSmart action plan for sports injury prevention.

This resource contains information on these points in relation to Netball.

Further information can be found on www.netballsmart.co.nz

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Section One:

PLAYER PROFILING

Whakaaturanga Kaitākaro

As a coach, player profiling and pre-screening enables you to assess your players prior to the season to identify:

- Any past or current injuries or health conditions that might be of concern or increase the risk of player injury.
- If your players have the necessary level of fitness for the grade they are participating in.
- If there are any areas of weakness that specifically need to be addressed with a physical conditioning programme.
- Other sports and activities that your players may participate in.

Depending on the level of the Netball player, the following components may be included in the physical assessment: flexibility, strength, balance, core stability, speed, aerobic and anaerobic endurance and muscle balance. Refer to the NetballSmart website for information on simple fitness and physical assessment tests, instructions and protocols.

Follow-up player profiling can be used to assess improvements and progress in your players during the pre-season phase and throughout the Netball season. It can also be used to assess if a player is fit to return following an injury.

To download Netball player profiling forms visit www.netballsmart.co.nz

Section Two:

WARM-UP

Whakamahana

Warming up prepares the body for Netball. It increases blood supply to the heart and muscles, increases muscle temperature, makes the muscles more pliable and prepares the body for physical activity.

A well structured warm-up not only prepares the player for the game but helps with conditioning and technique. Warming up also helps to enhance performance and to reduce the risk of injury.

The warm-up should take about 20 minutes and be done before every game and practice.

It is important for coaches to lead and teach a well structured warm-up until players are familiar enough with the regime to be able to undertake the warm-up independently.

The warm-up should include:

- Aerobic exercise.
- Dynamic stretching.
- Anaerobic exercise.
- Netball specific exercises and
- A short period of time for players to perform static stretching should they wish to during the warm-up.

Following the warm-up players' bodies should be prepared for the movements and the speed / intensity which they will perform in and around the Netball court.

Within a tournament environment, when the team plays multiple games in a day or on consecutive days; the warm-up process remains essential for enhancing performance and preventing injury.

1. AEROBIC EXERCISE

Haukori tinana

This part of the warm-up should last at least 10 minutes.

Begin slow and at a low intensity, gradually building up.

This will raise the body temperature so that the player is sweating slightly.

OPTION A



Whistle drill

Gently jog around the lines of the court. On coaches whistle move to a new line and continue jogging in the opposite direction.

Whistle code:

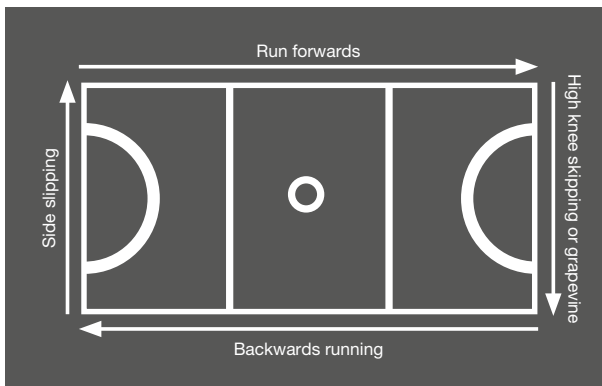
1 short whistle = jog.

2 short whistles = skip.

1 long whistle = hop.

2 long whistles = run.

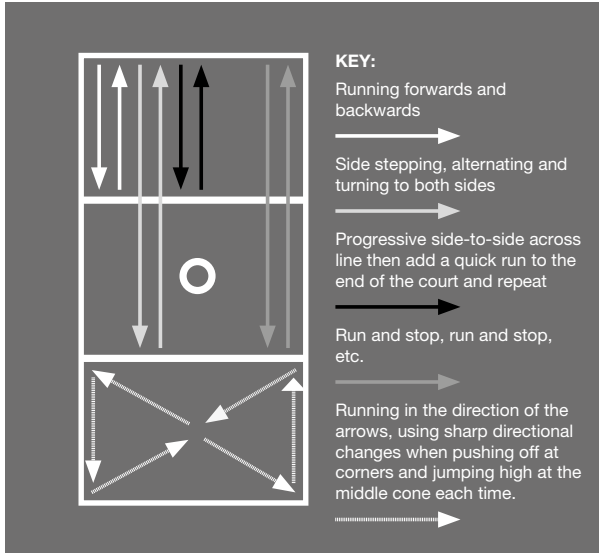
OPTION B



- Jogging lightly and progressively increasing intensity.
- Running in varying directions (forward, backwards, sideways or diagonal).
- Shadow running in pairs.

NB: This can be done anywhere, a Netball court is not necessary (e.g. on a grassed area).

OPTION C



OPTION D



Often lack of space is an issue for the aerobic warm-up. Try these options:

- Jog on the spot for one minute (variation: include high knees and fast feet).
- Skip on the spot for two minutes.
- Side to side agility.
- Low double foot jumps (forwards/backwards, side to side).

Running circles

With the team standing in a circle, all running fast feet on the spot, each player takes a turn of running around the outside of the circle and back to their original spot.

Running clock

Place a cone in the middle, with the team standing in a circle around cone. Team running fast feet on the spot while each player takes a turn of quickly running to the middle cone, pushing off then back to each player in the circle giving a hand slap and repeat all the way back to their original spot.

2. DYNAMIC STRETCHING

Hōkari mātātoa



The movements used during dynamic stretching prepare the body more specifically for those which will be performed during a Netball game. They also help to maintain the increase in body temperature achieved during the aerobic part of the warm-up.

Dynamic stretches are smooth, controlled movements where muscles are moved through their full range of motion (ROM). The position is not maintained and the range of motion is gradually increased with each repetition. Stretching should always be performed prior to high intensity work, such as sprints and shuttle work.

As a coach, ensure that players have good core stability when doing dynamic stretching activities and that the trunk is strong and not swaying around. Refer to page 32 for more information on core stability.

SQUATTING

KEY POINTS

Squatting is a vital movement to master. It is the fundamental movement pattern for landing and jumping. Squatting should occur during dynamic stretching but also be part of training and conditioning exercises.

The squatting movement must occur in hip joints as well as knee joints.

- 1 Trunk upright and in the neutral position. Look up.
 - 2 Bend at hips and knees and stick bottom out.
 - 3 Imagine you are sitting on a chair.
 - 4 Feet shoulder width apart.
 - 5 Knees in line with toes.
 - 6 Knees not in front of toes.
 - 7 Heels on ground.
- Do ten squats.



LUNGING

KEY POINTS

Lunging is an important movement for Netball players' to master as it mimics the stopping action used in the game.

- 1 Trunk upright and in the neutral position.
 - 2 Ensure feet are shoulder width apart.
 - 3 Body should be controlled (no swaying of the trunk).
 - 4 Bend in hips and knees.
 - 5 Knee in line with toes.
 - 6 Knee not in front of toes.
 - 7 Heel on ground.
 - 8 Front knee bent up to 90 degrees (no greater - less if necessary for control).
- Do five each leg moving from the baseline towards the transverse line.



PRONE CALF CYCLES

KEY POINTS

The calf muscles perform a lot of work of varying intensities and directional changes around the Netball court. It is therefore essential to stretch the calf muscles appropriately and dynamically.

- 1 Resting on your hands with straight arms on the ground in a prone (face down) position.
 - 2 Legs behind you and hips raised slightly.
 - 3 Alternating your feet, push one heel back towards the ground while the other raises slightly on tip toes.
 - 4 Keep alternating smoothly.
- Do twenty cycles.

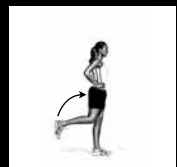


BUTT FLICKS

KEY POINTS

The quadriceps muscles are a large muscle group that work continuously throughout a Netball game. It is therefore essential to stretch the quadriceps dynamically.

- 1 Standing tall, either on the spot or progressing forward.
 - 2 Keeping knees pointing downward to the ground during the movement kick one heel up to the butt bending at the knee joint and alternate the legs continuously.
- Do twenty cycles or one third of the Netball court.



BENT OVER UPPER BODY ROTATION AND STRETCH UP

KEY POINTS

This is a generalised body stretch that takes the legs and arms through a large range of motion.

- 1 Keep back straight throughout.
- 2 Bend knee as the weight is transferred over.
- 3 Reach with arm to opposite foot.
- 4 Ensure one knee is always bent.

Do five each side.

- 1 Reach up high.
- 2 Ensure one knee is always bent.
- 3 Keep back straight.
- 4 Pull in abdominals.

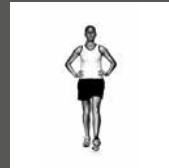
Do five each side.



WALK, WALK AND STRETCH

- 1 Walk four steps and stretch up and out to the right.
- 2 Keep heels on the ground.
- 3 Repeat the process and stretch to the left.
- 4 Repeat the process this time bending forward to touch toes or ground on one leg, then step forward and repeat on the other, maintaining balance.

Do five stretches each side.



There are a range of other dynamic stretches which are able to be used such as:

- High knees.
- Side steps.
- Grapevine.
- Change of direction (or zig zag) running.

3. STATIC STRETCHING

Ka tū ka hōkari



Static stretching of the major muscle groups that are used during a game of Netball will help to increase muscle flexibility and reduce muscular stiffness and post-exercise soreness. Static stretching is most beneficial during the cool-down but can also be used in the warm-up. Statically stretch during the periods of rest in the warm-up. Do not perform static stretches for too long as they allow the body to cool-down.

- Stretching needs to be slow and gentle.
- Stretch to a point of tension, not pain.
- Hold each stretch for at least 20 - 30 seconds.
- Breathe normally.
- Static means stationary - DO NOT allow bouncing up and down or stretching rapidly.
- Stretch two to three times on each side if the muscle is very tight.
- Static stretches can be used alternately with dynamic stretching and/or bursts of energy.

CALF STRETCHES

KEY POINTS

Calf muscles are commonly tight in Netball players due to the amount of jumping and landing in the game.

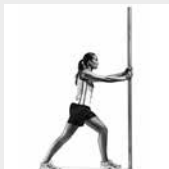
Calf tightness can be associated with a number of injuries such as:

- Ankle injuries.
- Achilles/calf injuries.
- Shin pain.
- Stress fractures.

There are two calf stretches which can be done:

- 1 Long calf stretch (straight leg).
- 2 Short calf stretch (bent knee).

Note – Either of these static calf stretches can be used alternately with dynamic prone calf cycles.

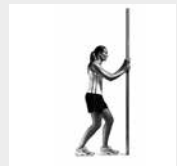


LONG CALF STRETCH

- 1 Place hands on wall, with one leg to rear.
- 2 Keep rear leg locked straight and foot flat.
- 3 Turn rear foot slightly inwards.
- 4 Bend front leg, taking stretch through rear calf.

SHORT CALF STRETCH

- 1 Place hands on wall taking weight through rear leg.
- 2 Turn rear foot slightly inwards and keep heel flat.
- 3 Bend rear knee forward over rear foot.



QUADRICEPS STRETCH

KEY POINTS

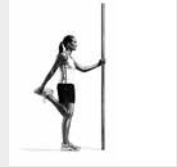
Tight quadriceps can affect the knee and result in pain or injury. Either one of the following stretches can be used to stretch the quadriceps.

Note – The static quadriceps stretch can be used alternately with dynamic butt kicks or squats.

OPTION 1 ►

- 1 Pull heel towards buttock.
- 2 Keep back straight.
- 3 Keep knees together and in line.

To promote better balance try not to use the post/wall.



OPTION 2 ►

- 1 Kneel on sweatshirt.
- 2 Pull heel to bottom and push pelvis forward.
- 3 Keep pelvis facing straight ahead.
- 4 Keep back straight and in neutral position.



HAMSTRING STRETCH

KEY POINTS

If tight, hamstring muscles (back of thigh) can affect players' ability to get low to the ball. Hamstring tightness can also have a negative effect on the lower back. Some players will be very tight in their hamstrings and need to stretch regularly. There are a number of variations of hamstring stretches. Two examples are:

OPTION 1 ►

- 1 Kneel on sweatshirt.
- 2 Keep back straight.
- 3 Ensure hips are facing forward.
- 4 Lean forwards towards feet while keeping back straight.



OPTION 2 ►

- 1 Place foot on a raised surface.
- 2 Stand with supporting foot turned in slightly.
- 3 Bend supporting knee.
- 4 Keep back straight.



HIP FLEXOR STRETCH

KEY POINTS

Flexibility of hip flexors (at the front of the hip) is important. If tight they can affect the lower back.

Note – Static hip flexor stretches can be used alternately with dynamic hamstring stretches.

- 1 Kneel on ground with front knee at 90 degrees.
- 2 With back straight, tilt the pelvis back by tucking abdomen up and in and squeezing buttocks.
- 3 Keep head up.



CHEST AND SHOULDER STRETCHES

KEY POINTS

Chest and shoulder flexibility is important in Netball, especially for passing and shooting. Encourage your players to stretch using either/both of these options.

Note – Static triceps/shoulder or chest stretches can be performed alternately with dynamic arm circles.

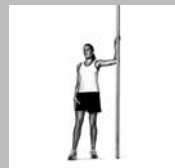
TRICEPS/SHOULDER ►

- 1 Place hand between shoulder blades.
- 2 Place opposite hand on elbow.
- 3 Pull elbow towards midline with help of opposite hand.
- 4 Keep trunk strong and do not arch back.
- 5 Keep tummy muscles pulled in.



CHEST ►

- 1 Stand side-on to wall/post with one leg forward.
- 2 Place forearm on wall/post with shoulder slightly above 90 degrees.
- 3 Tummy muscles pulled in.
- 4 Turn upper body away from wall/post.



4. ANAEROBIC EXERCISE

Haukori tinana hā ora-kore

The anaerobic part of the warm-up is a progression to high intensity activity and should last at least 5–10 minutes. It involves a combination of sprints and recovery to prepare the anaerobic energy systems for game play.

At the end of this part of the warm-up, players should be breathing more heavily. They should also be sweating lightly and have an elevated heart rate. This anaerobic intensity will continue through to the Netball specific drills and skills.

OPTION A



Skipping ropes:

- Skipping ropes scattered around the court. Players run to a rope, skip x 10, drop the rope and move on to another. Change styles of skipping to backwards, double jumps, cross arms.
- Running on the spot and forwards using short, quick shuttles.

OPTION B



Court shuttles:

- Sprinting court thirds and returning at a slow jog.
- Sprint widths of the court and jog lengths.
- Sprint lengths of the court and jog widths.

OPTION C



Triangle cone sprints. Place cones in a large triangle. Sprint and jog alternate edges of the triangle.

5. NETBALL-SPECIFIC EXERCISES

Kori tinana mō te poi tarawhiti

Players' bodies need to be prepared for a lot of sudden, sharp and stop-start movements during the game. Players will be jumping and therefore landing often. Landing safely is important for improving performance and reducing the risk of injury.

Netball-specific exercises involve activities such as: jumping, landing, agility, stopping as well as ball skills and drills. Make sure these are part of the warm-up before every training and game and ensure that good technique is used.

Section Five of this resource provides detail on basic techniques, skills and movements that can be incorporated as part of the warm-up before every game and practice.

OPTION A



Try combinations of the following movements:

- Fast Feet for 3 seconds into a short court sprint.
- One step forward, 2 footed jump (and reach).
- Side stepping, forward sprint, side stepping, forward sprint.
- Hopscotch type activities.

OPTION B



- Propping right foot, left foot, right foot into a short court sprint.
- Right foot prop, step on left foot, dodge and drive forward.
- 90 and 180 degree jump turns into a short forward drive or sprint.

Section 3:

COOL-DOWN AND RECOVERY

Whakamātao hei whaioranga

Cooling down is the first and most important step in the recovery process. Both the cool-down and on-going recovery techniques are highly important for the body's recovery, preparing for the next game/training and to assist in preventing injury.

Cool-down and immediate recovery involves:

- Light aerobic exercise.
- Hydration.
- Static stretching.
- Nutrition.
- Injury assessment and treatment.

Note – low level, mild dynamic stretching can be of benefit in the cooling down process also (refer to section two for more information on dynamic stretching).

Cool-down and recovery is not complete until all five recovery processes have been completed. They are all equally important.

Set up a routine with your team that is followed at every training/game. Explain why cooling down is important and that it involves all five components. As a coach it is beneficial to have cool-down and recovery regimes for; post trainings, post games and during tournaments.

Within a tournament environment, when the team plays multiple games in a day or day after day, cool-down, recovery and nutrition are vital.

1. LIGHT AEROBIC EXERCISE

Kori tinana ngāwari

Light aerobic activity helps to assist the body in removing lactic acid (a waste product which is produced in the muscles during exercise), which also aids in recovery.

Light aerobic exercise should start shortly after the final whistle.

Slowly jog three to four lengths of the court and continue walking on the court for up to five minutes.

If you have to leave the courts (as the next game is to begin) then incorporate a jog or walk to the pavilion or to a central space as part of the five-minute light aerobic exercise.

2. HYDRATION

Me inu wai

As soon as cool-down starts, hydration should begin. Encourage players to drink while cooling down. Re-hydrating is important to replace fluids that have been lost during the game/training.

Refer to Section Nine for more information on hydration.

3. STATIC STRETCHING

Ka tū ka hōkari

Static stretching after a game of Netball is important to increase flexibility and reduce muscle stiffness and post exercise soreness.

Refer to page 9 for further information on static stretching.

Note – Mild, low level dynamic stretching can also be beneficial in the cool-down prior to static stretching. This can aid in blood lactate removal and joint ROM. Refer to page 6 for further information on dynamic stretches.

4. NUTRITION

Kai tōtika

It is important to eat appropriate food after exercise to replace energy and assist with muscle repair. The body readily absorbs energy in the first one to two hours after activity. If a player is to play another game that day the first 30 minutes are vital for restoration of energy levels. Note that players can start eating recovery food during static stretching.

Refer to Section Nine or www.netballsmart.co.nz for more information on nutrition.

5. INJURY ASSESSMENT AND TREATMENT

Aromatawai me te Maimoa Wharatanga

Ensuring that players receive appropriate treatment for any injuries they may have sustained is an important part of recovery.

Refer to Section Eight for detailed information on injury assessment and management.

6. RECOVERY STRATEGIES

Rautaki Whakaora

The level of recovery strategies that you utilise with your team will depend on the level of your team, individual injury status of players and if it is within a tournament structure or weekly game play and trainings.

Recovery starts with the simple mandatory methods of:

- Cooling down effectively and immediately post games and trainings.
- Thoroughly stretching.
- Rehydrating immediately post games/trainings and for up to two hours post.
- Refueling with the right foods.

As your team's capability and game intensity increases the players are placing more demands on their bodies, joints and muscles and there becomes more of a need for your players to participate in more specialised methods of recovery such as:

- Hot & cold treatments or baths.
- Water recovery/pool sessions.
- Flexibility sessions.
- Massage therapy - if injury free.
- Compression clothing or 'Skins'. These garments must be fitted correctly and work best with good on-going hydration practices.

The NetballSmart website will provide you with additional information on recovery strategies and techniques (www.netballsmart.co.nz).

Section Four:

PHYSICAL CONDITIONING

Whakaora i te tinana

Players that are in good physical condition will benefit from:

- Enhanced performance.
- Reduced fatigue.
- Reduced rate of injury.

As a coach, you should provide guidance for your players on appropriate training activities outside of Netball coaching sessions.

Training activities must be appropriate to a player's age, ability and level of play.

Careful consideration needs to be given to children and adolescents as their bodies are still developing.

A useful resource is the NetballSmart website www.netballsmart.co.nz. This enables players to develop specifically tailored physical conditioning programmes for the pre-season, in-season and off-season.

The NetballSmart website conditioning programme tool allows players with all levels of fitness and ability to have their own conditioning programme focused towards Netball specific movements. These programmes can be performed either at home or gym environments.

OVER-TRAINING

Netball is a physically demanding sport. Over-training and over-performing can be a concern in Netball players. Players and coaches need to be aware of the potential for over-training and be aware of the signs and symptoms associated with it.

Over-training occurs when Netball players push their bodies too hard and train without adequate rest and recovery.

Over-performing is where Netball players over commit themselves during the season. This could occur through players playing at several different levels of Netball at one time or being involved in multiple sports.

The start of the season is a good time to identify which players may be at risk of over-training due to their level of sporting commitments.

Young players in particular may often be involved in a range of sports and teams - Basketball, Rugby, Touch, Volleyball and more than one Netball team (i.e. – school, club, representative). Over-performing will lead to over-training and the symptoms that occur with this.

Too much training / exercise + too little rest = over-training.

Players should be having at least one complete rest day per week doing no exercise (often the day before game day).

Try to avoid two or three hard training days in a row as this will lead to fatigue, stress injuries and ultimately over-training.

Ensure that hard training days are mixed up with moderate or easy sessions, such as a light jog/cycle, pool session, pilates or yoga.

As the season progresses coaches may notice that players are struggling to cope with the demands of training, both physical and mental.

COMMON SYMPTOMS OF OVER-TRAINING

- Decrease in training capacity / intensity.
- Moody, easily irritated.
- Decline in physical performance.
- Decreased or disturbed sleep.
- Loss of competitive desire and enthusiasm.
- Decreased appetite.
- Increased incidence of injuries, particularly stress injuries (shin splints, joint pain).
- Pain and aches in muscles and joints.
- Washed-out feeling, tired, drained, lack of energy, including headaches.
- Significantly decreased or increased resting heart rate or blood pressure.
- Inability to relax, twitchy, fidgety.
- Lowered resistance to common illnesses; colds, sore throat, etc.

HOW TO MANAGE OVER-TRAINING

As a coach, if you think that a player may be overtraining, you should take steps to address the situation. Review the amount of training they are doing taking into account other activities that they are involved in.

Managing a player's training load can be difficult and coaches may have limited control over this. Making modifications to training may require speaking to players (and parents of younger players), so that players, parents and other coaches can reach an amicable arrangement.

Possible options for reducing training load may include the player reducing the number of training days or selectively reducing intensity at training i.e. walking through moves rather than doing the impact part of the session.

In some cases of overtraining where the symptoms are more severe, players should seek advice from their doctor. It may be appropriate for them to take some time off and rest from all sports.

Regular massage can be a useful treatment in those who undertake a lot of physical activity to assist with relieving stiffness and post exercise soreness.

A player's nutritional requirements will be affected by the amount of training they are undertaking. Adequate nutrition and hydration are essential to provide energy for physical activity and assist with recovery. A doctor should be able to identify whether a player has any nutritional issues that need to be addressed and provide them with guidance in this area (or refer them onto a nutritionist if necessary).

Section Five:

TECHNIQUE AND SKILLS

Ngā whakahaere me ngā pūkenga

Having good techniques for Netball specific skills is essential to prevent injury and enhance performance on the court.

This section provides advice on correct technique for key skills and examples of activities to develop these skills.

1. PASSING Te maka

CORRECT TECHNIQUE ►

TEACHING POINTS

- 1 Hold the ball with the hands in a “W” shape.
- 2 Hands behind the ball.
- 3 Ball at chest height.
- 4 Step forward into the pass.
- 5 Follow-through in direction of pass.
- 6 As you step forward ensure your feet are shoulder width apart.



COMMON FAULTS ►

- 1 Base too narrow.
- 2 Ball not at chest height.
- 3 Poor follow-through of arms.



2. CATCHING

Te hopu

CORRECT TECHNIQUE ►

TEACHING POINTS

- 1 Step forward and reach with hands to receive the pass.
- 2 Ensure landing is controlled and balanced. Allow time to gain balance.
- 3 Ensure feet are shoulder width apart.
- 4 Soft fingers and hands.
- 5 Spread fingers wide.
- 6 Bend arms as receiving the ball to lessen impact.
- 7 Bring ball back to chest ready for return pass.



COMMON FAULTS ►

- 1 Poor landing position.
- 2 Base too narrow.
- 3 Not stepping into pass.
- 4 Arms too rigid.
- 5 Not looking at ball.



3. SHOOTING

Te kuru

CORRECT TECHNIQUE ▼

TEACHING POINTS

- 1 Feet shoulder width apart for balance.
- 2 Bend knees.
- 3 Bend elbows and lower ball to head.
- 4 Aim above the hoop.
- 5 During shooting motion straighten knees and extend up through the body.
- 6 Straighten elbows to shoot ball towards goal.
- 7 Follow-through with hand/wrist.



COMMON FAULTS ►

- 1 Ball dropped behind head.
- 2 No bending of knees.
- 3 Shooting action involves arms only.
- 4 No follow-through with arms.
- 5 Poor balance because weight is too far forward onto toes.



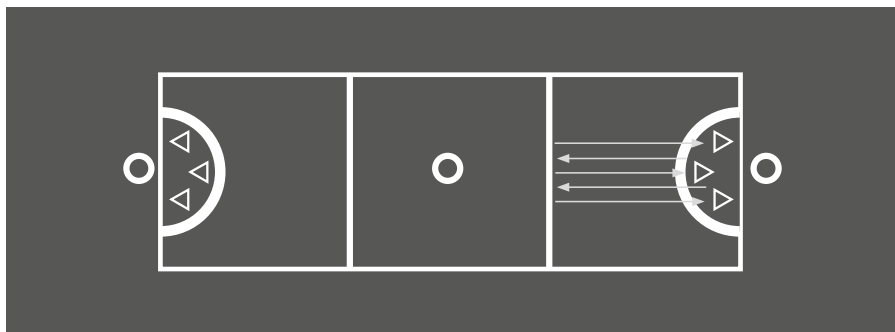
ACTIVITIES FOR DEVELOPMENT



1. Practise squatting – the player must be able to squat and use the legs as part of the shooting action. Do 10 – 20 squats. Ensure technique is correct.
2. Practise using the squatting action (from activity 1) while also practicing the shooting action.
3. Practise 10-20 shots using these components in one action.

POSSIBLE GAMES

- Place three cones within the goal circle. Practice shooting from each cone.
- Set up cones in goal circle. Starting at a cone, run to transverse line and back to goal and shoot two goals. Repeat five times.
- Create relays which incorporate shooting, e.g. players stand in lines from transverse corner to a spot about 1m from the goal post. Ball is passed down the line to the last player who pivots and shoots at goal. The shooter then collects ball and returns to become passer 1.
- Progression: create a race of these chosen relays against the opposing team.



4. JUMP-LANDING TRAINING

Te peke me te whakatau

JUMPING

CORRECT TECHNIQUE ▼

TEACHING POINTS

- 1 Head upright.
- 2 Shoulders level.
- 3 Trunk strong and upright.
- 4 Controlled trunk.
- 5 Feet shoulder width apart.
- 6 Bend at hips (like sitting on a chair).
- 7 Bend at knees.
- 8 Knees in line with feet and not in front of toes.
- 9 Drive up using arms and buttocks and leg muscles.

TRAINING A GOOD LANDING



Players need to jump and more specifically land well. This means that coaches need to take the time to assist players in learning how to land correctly.

Good landing technique and good jump-landing training will enable your players to land then move quickly, without the risk of injury from poor landing techniques.

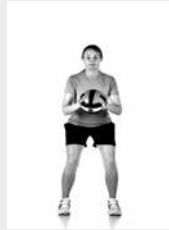
Jump-Landing activities are recommended for all players.

DOUBLE FOOT LANDING

CORRECT TECHNIQUE ▼

TEACHING POINTS

- 1 Head upright.
- 2 Shoulders level.
- 3 Trunk strong, upright and controlled.
- 4 Feet shoulder width apart.
- 5 Bend at hips 45 degrees (like sitting on chair).
- 6 Bend at knees 45 degrees.
- 7 Knees in line with toes and not in front of toes.
- 8 Soft landing (you should not hear the player landing).



COMMON FAULTS ►

- 1 Feet too narrow (should be shoulder width apart).
- 2 Knees not in line with toes.
- 3 Insufficient bend in hips/knees.
- 4 Weight distribution too far forward.
- 5 Knees in front of toes, or off balance and falling forward.
- 6 Heavy landing.
- 7 Looking down.



1-2 FOOT LANDING

CORRECT TECHNIQUE ►

TEACHING POINTS

- 1 Feet shoulder width apart.
- 2 Bend at knees.
- 3 Bend at hips.
- 4 Knees in line with toes.
- 5 Knees not in front of toes.
- 6 Equal distribution of weight.
- 7 Trunk/vision upright.
- 8 Soft landing.
- 9 Ensure second foot lands shortly after first foot.



COMMON FAULTS ►

- 1 Feet too close together.
- 2 Knees not in line with toes.
- 3 Insufficient bend in hips/knees (especially back leg).
- 4 Stride length too long.
- 5 Weight not equally distributed.
- 6 Weight too far forward and trunk leaning too far forward. This position promotes over balancing and stalking on the front foot.



ACTIVITIES FOR DEVELOPMENT

1 SQUATTING



- A squat is fundamental for landing from a jump. Practise the squat.
- Do 10 times.



2 JUMP-LAND LANDING TRAINING



- Practise jumping and landing, with good technique.
- Jump and perform a double foot landing/1-2 foot landing.
- Jump forward slightly and perform a double foot/1-2 foot landing.
- Jump up and touch the wall and double foot land/1-2 foot landing.

3 DROP AND LAND



Once your players have mastered landing techniques from the ground, have them practise landing from low steps or benches. Two foot landing and one-two foot landing. Players start by stepping off the low bench and absorbing the landing as they meet the ground with good technique.

4 JUMP, CATCH AND LAND WITH THE BALL



- It is important to add catching into the landing process but ensure that the quality of landing is maintained.
- Practise double foot landings and 1-2 foot landings while receiving a pass.

5. STOPPING

Te Tū

CORRECT TECHNIQUE ►

TEACHING POINTS

- 1 Head up.
- 2 Upright trunk.
- 3 Bend in hips.
- 4 Bend in knees.
- 5 Knees in line with toes.
- 6 Feet shoulder width apart.
- 7 Equal distribution of weight between both feet – centre of gravity balanced.



COMMON FAULTS ►

- 1 Feet not shoulder width apart.
- 2 One or both knees buckling in and not in line with feet.
- 3 Knees and hips too rigid and not enough bend.
- 4 Stride length too large and weight too far forward.
- 5 Weight not equally distributed.
- 6 Leaned forwards in the trunk.



ACTIVITIES FOR DEVELOPMENT

1 LUNGING



- Practice small lunges onto front foot to rehearse the stopping position.
- Focus is on keeping feet shoulder width apart and weight evenly distributed. Do 10 each leg.



2 RUN AND STOP

- Run in different directions and practise stopping on the whistle with good technique.
- Alternate stopping on the right and left feet.
- Change the speed – slow/medium/fast pace.
- Add a pivot on the left and right foot.

6. PIVOTING

Te Takahuri

CORRECT TECHNIQUE ▼

TEACHING POINTS

- 1 Weight over grounded foot.
- 2 Turn on the ball of the foot.
- 3 Non-grounded foot is lifted and regrounded to maintain balance.
- 4 Turn head to begin pivot.
- 5 Rotate towards the play on the court.
- 6 Keep ball close to the body as pivoting.
- 7 Inside and outside rotation needs to be mastered.

COMMON FAULTS ▼

- 1 Insufficient weight on grounded foot and it is dragged during pivot motion.
- 2 Grounded foot lifted and re-grounded (ie stepping).
- 3 Pivot not on ball of foot.
- 4 Inability to pivot in both directions.

BUMPER CARS



In one third of the court, with all team members in pairs, players stand side by side joining their hands in front. The players move freely in the third and pivot in order to avoid bumping into each other.

This activity can be progressed by changing the speed of players' movement and by decreasing the space where the players are able to move.



7. AGILITY AND DODGING

Whakaoreore me te karo

BALANCING ON ONE LEG

Propping, changing direction, dodging and landing on one leg are all parts of Netball. These skills need to be practised. In addition, strength and stability on one leg is vital! Single leg work should be part of Netball training and part of Netball players' conditioning.

COMMON FAULTS ►

- 1 Hip sags on the supporting leg.
- 2 Poor balance.
 - If player is having difficulty balancing get them to focus their gaze on a particular point. Alternatively place a book on their head and ask them to control it. Often balance will be better when the player is focusing on something external.
 - If a player is better at balancing on one leg they will need to practise more at balancing on the leg that is not as good.



PROGRESSIONS:

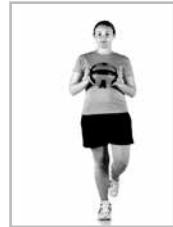


- Use hopscotch games for younger players to learn movement patterns.
- Single leg balance activities, e.g. sprinters arms or swimming stroke while balancing on one leg.



- Balancing on one leg throwing and catching a ball.
- Vary the passing – chest, bounce, etc.
- With eyes shut, step forward on one leg and maintain balance.
- Single leg squatting.

(refer to teaching points of two legged squat).

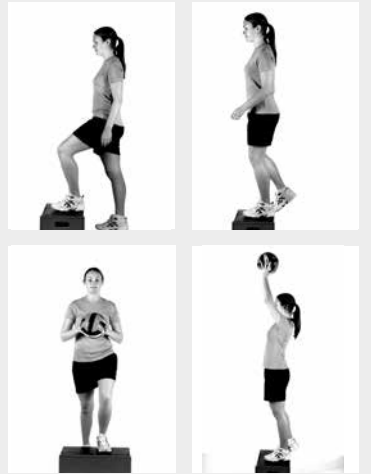


STEP-UPS ONTO A BOX

CORRECT TECHNIQUE ►

TEACHING POINTS

- 1 Keep trunk strong and upright.
- 2 Pull in stomach muscles.
- 3 Do not let hip sag.
- 4 Step up with the left leg.
- 5 Drive up using the left leg and bring the right foot up onto the step.
- 6 Step down with the left leg first, then the right leg.
- 7 Repeat 10 times alternating legs.



PROGRESSIONS:



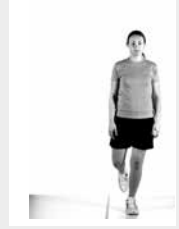
- Step up with Netball in hand and push the ball up above head.
- Step up and catch a ball from a passer, throw back and step back down.
- Step up solely on one leg, balance at full extension without placing second foot on bench or step for support, lower and repeat both legs. (This progression requires increased balance.)

PROPPING SIDE TO SIDE ACROSS A LINE

CORRECT TECHNIQUE ►

TEACHING POINTS

- 1 Balance on one foot.
- 2 Shoulders level.
- 3 Trunk upright, straight and strong.
- 4 Pelvis level.
- 5 Bend in hip and knee.
- 6 Knee in line with toes and not collapsing inwards.
- 7 Prop from one foot to the other.
- 8 Land ball of foot and then drop onto heel.
- 9 Balance after each landing.
- 10 Do ten each side.



COMMON FAULTS ▼

- 1 Shoulders not level.
- 2 Trunk not strong.
- 3 Sagging in pelvis of weight-bearing leg.
- 4 Knee turned in.
- 5 Knee not in line with toes.
- 6 Insufficient bend in hip and knees.

PROGRESSIONS:



- Add a ball. Hold on to a ball while propping side to side.
- Maintain control of trunk and pelvis.
- Prop to side, land on one leg, catch the ball, balance and then throw back to passer.
- Prop to other side and repeat process.
- Prop and turn in the air to receive the ball.
- Prop, lower and pause. Prop over the line/cone, lower your body close to ground and hold/pause the push up and repeat other side.



DODGING

CORRECT TECHNIQUE ▼

TEACHING POINTS

- 1 Prop off left leg.
- 2 Transfer weight and body onto right leg.
- 3 Drive off right leg out towards the ball.
- 4 Turn body in direction of ball.
- 5 Repeat in opposite direction.
- 6 A player will often be better one way. Practise both sides.
- 7 Do five each side.

COMMON FAULTS ▼

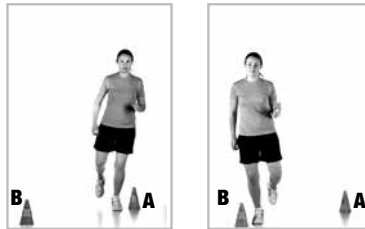
- 1 Initial prop hips sag.
- 2 Body sags on second prop and trunk not strong.
- 3 Insufficient transfer of weight onto stabilizing leg.
- 4 Not a definite enough movement in direction of the ball.
- 5 Poor landing on catching of ball.

ACTIVITIES FOR DEVELOPMENT



CONE DODGING

- Run forward.
- Place left foot up to cone A, prop and dodge to cone B landing and pushing off right foot.
- Repeat propping opposite way.
- Repeat and catch a ball after second prop.



AGILITY DRILLS



UPS AND DOWNS (4 VS 4) ▼

Working in a third of the court, cones are scattered randomly; some are lying down, while others are upright. The teams have 15 seconds in which one team is responsible for tipping over the cones while the other team has to pick them up. Each time they reach a cone they have to make a change in direction before moving off to the next cone.

IN THREES ▼

In threes, working in a third of the court, an attacking player stands on either side of the third, while the third person is defence in the middle. The attacking players have to run up to the defence and make a change of direction to beat the defence to receive the pass. Defence is stationary.

8. CORE STABILITY

Kia tū pakari te tū

What is core stability?

Core stability involves using the muscles around the trunk and pelvis to support the spine and provide a solid foundation for all movements. Having good core stability is important for performing well on the Netball court.

What does good core stability look like?

A player with good core stability will:

- Have good stability when landing, passing and turning.
- Be a strong player on the court and in the air.
- Be agile and quick with dodging and changing direction.



What does poor core stability look like?

It is easy to identify the athlete with poor core stability – they will walk, stand and generally present their body in a sloppy manner. They often stand by hinging on one leg/hip, with their tummy sagging and shoulders hunched.

A player with poor core stability will:

- Step or lose control of their footing frequently.
- Land poorly and often off balance or stalking onto one leg.
- Have a weak pass that is not very accurate.
- Go offside often as they are unable to maintain a stable balanced position.
- Be unable to hold defending or shot position for three seconds often falling forward causing contact on the opposition.
- Have poor body control when one-on-one defending.



By getting the player to start by standing tall and evenly on two feet, and reminding them of this throughout not only training but daily activities in general, you can start to change poor habits and improve body control.

Remember: The 'sloppy floppy' player in everyday life, will be a sloppy and floppy player on the court!

ACTIVITIES FOR DEVELOPMENT

ACTIVATING CORE MUSCLES:

The player needs to spend time learning how to activate these muscles before they move on to the specific exercises.

- 1 Ask your players to lie on their back placing their fingers on the inside of their hips.
- 2 Now get them to cough. They should feel the muscles tighten under their fingers – these are the lower abdominal muscles, which are the main core stability muscles.
- 3 See if they can activate these muscles by reproducing that same sensation – but without coughing tightening the pelvic floor muscles at the same time, may help. These are the muscles that you use to hold on when you need to go to the toilet.

Note: The player should still be able to breathe normally and keep their shoulders relaxed. The lower back should stay in a neutral position (ie not curved, but not flat against the floor – somewhere in between).

As the player gets better at activating these muscles on the floor, they will be able to try activating them in different positions (standing, standing on one foot, throwing a ball, lunging, squatting, jumping, landing and dodging).

Encourage players to activate their lower abdominal muscles with all their Netball skills and activities to promote good stability.

SPECIFIC CORE STABILITY EXERCISES:

Below are some specific exercises that you can get your players to do to progress core stability. Encourage them to do these on a daily basis.

1 LOWER ABDOMINALS KNEE LIFTS

- Lie on back with knees bent.
- Activate the lower abdominal muscle.
- Lift the right leg slowly bending the hip and knee to 90 degrees. Maintain abdominal control while doing this.
- Lift the left leg slowly to the same position.
- Ensure activation of the abdominal muscles is maintained.
- Lower the right leg slowly and then the left leg.
- Repeat 10 times alternating the leading leg.

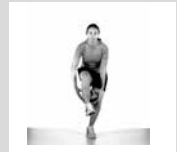
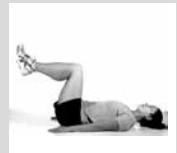
2 PRONE BRIDGING

- Lie face down propped up on forearms with toes tucked under.
- Activate the abdominal muscles and come up to a bridging position keeping the back straight.
- Hold for 10-15 seconds. Repeat five times.

3 FIGURE OF EIGHT

- Balance on the left leg holding onto a ball.
- Pass the ball under the right leg from your left hand to your right hand.
- Now pass the ball behind the left knee from the right hand to the left hand.
- Repeat five to 10 times, then do the same exercise on the opposite leg.

Note – Refer to the NetballSmart website for additional core stability conditioning exercises.



Section Six:

FAIR PLAY

Tākaro pono

Coaches should aim to:

- Encourage effort and skill; this will increase self-esteem and self-confidence.
- Maintain self-control at all times and encourage players to do the same.
- Ensure players enjoy and develop their skills and play by using positive, specific and constructive feedback.
- Encourage players to show respect for opponents, team-mates, officials and spectators.
- Encourage players to show respect for umpires and their decisions.
- Provide players with opportunities where decision making skills can be developed.
- Emphasise the importance of learning and respecting the rules and playing within them.
- Encourage players to 'play hard but fair'. Foul play can result in injury and also damage the image of the game of Netball.

Section Seven:

PROTECTIVE EQUIPMENT

Taputapu ārai tinana

Encourage your players to wear the correct footwear during training and games. Netball shoes and cross trainers are most ideal.

The following elements are important in a good pair of Netball shoes:

- Provide good support for the foot and ankle.
- Have good cushioning to help reduce impact.
- Have good tread to assist with grip on the court.

Taping or bracing may be used to provide added support for players who have had a previous injury.

Body parts that are commonly taped in Netball include:

- Knees.
- Ankles.
- Thumbs.
- Fingers.

Taping or bracing should not be used to get injured players back on the Netball court early and is not a substitute for treatment and rehabilitation. Bracing should be prescribed and fitted by a physiotherapist (medical professional). Bracing is not an accessory and can cause more harm than good if worn incorrectly or worn un-prescribed.

Section Eight:

INJURY ASSESSMENT AND MANAGEMENT

Aromatawai me te Whakahaere Wharatanga

INJURY REPORTING

Injury reporting is all about gathering information to learn how and why injuries happen – and find ways to prevent them from happening again.

Coaches should get into the habit of recording injuries as they happen. This will help to identify injury trends of individuals and the team. Having a good understanding of the injuries that are occurring enables appropriate injury prevention measures to be put in place.

To download a copy of an injury reporting form for Netball go to www.netballsmart.co.nz

ENVIRONMENT

A safe environment will reduce the potential for injury and allow greater enjoyment of the game. The environment includes not only the weather but also the facilities, court surfaces, equipment (i.e. – the Netball and goal posts) and the ‘safety culture’ in the Netball club or centre.

Coaches should ensure that the team is adequately prepared for the weather conditions they are playing in. Cold conditions may necessitate a longer warm-up and players wearing additional clothing (i.e. – thermal underlayers). In warmer weather conditions, players should increase their fluid intake to avoid dehydration.

Before the players take to the court, coaches must be satisfied that the environment is safe. It is important that any potential hazards (i.e. icy courts) are addressed before play begins.

OVER-TRAINING

Over-training is a factor that we need to consider with Netball players of all ages and can be the cause of repetitive injury, illness or under-performance. Refer to Over-Training in Section Four for more information.

INJURY MANAGEMENT

As a coach it is extremely beneficial to be competent in acute, onsite injury care and management. This will enable you to have the skills and confidence to manage the situation, provide immediate injury care for your players and to refer for medical diagnosis when necessary.

It is important to treat all injuries. Effective treatment allows a more rapid return to Netball and helps prevent the injury from recurring.

Have a first aid kit available at all games and trainings. Suggested first aid kit contents are:

- Cool pack (or have ice available).
- Surgical gloves.
- Towel.
- Antiseptic and saline solutions.
- Scissors.
- Sterile gauze.
- Band-aids.
- Compression bandages.
- Adhesive / strapping tape.
- Eye wash.
- Sling bandage.

Follow the **R.I.C.E.D.** protocol for all soft tissue injuries – strains, sprains and bruises (for the first 48 hours):

REST – the injured area. This helps to prevent further injury.

ICE – the affected area. Apply an ice pack (or ice wrapped in a damp towel) for 20 minutes. Repeat every two hours for 48 – 72 hours, depending on severity.

COMPRESSION – of the injured area will help to prevent swelling. Keep compression on between icing by applying a bandage.

ELEVATION – of the injured area will help prevent increasing swelling.

DIAGNOSIS – correct diagnosis is important. Get professional medical help if the pain or swelling hasn't gone down in 48 hours.

If any of the following signs are present then the injured player should seek immediate medical advice from a physiotherapist or doctor:

- Inability to weight-bear.
- Reddened area.
- Lots of swelling.
- Deformation or an odd angle.

Players should also avoid **H.A.R.M.**ful factors for the first three days: **HEAT, ALCOHOL, RUNNING** (or stressing affected part), **MASSAGE**.

If a player sustains an injury and is back training and playing symptom-free within a week, monitor the player to ensure they do not have any further problems.

If the injury does not recover sufficiently to train during the week but the injury has improved significantly, continue to monitor the improvement. If improvement stops, the player should seek professional advice.

If the injury does not make any, or minimal, improvement during the week, the player should seek professional advice.

It is also important to encourage players to seek professional advice if they are suffering from recurrent injuries.

GUIDELINES FOR RETURNING TO NETBALL AFTER AN INJURY

Kaupapa arataki i te hunga ka hoki mai ki te purei poi tarawhiti i muri i te wharatanga

It can be difficult to know whether or not a player is ready to return to Netball after an injury. The player (or even their parent) may say that they are fine to play however, as a coach, you need to be confident that the player is fully recovered and can safely return to the court.

Comparisons with player profiling undertaken pre-injury is a useful way of monitoring whether a player has made a full recovery.

A player should not return to Netball until they:

- Have clearance from any medical professional that they may be seeing for treatment and rehabilitation.
- Have gained full strength and movement in the injured area.
- Can take part in full training with no problems.
- Can pass a simple fitness test.

Remember – “If in doubt leave them out”. This means if you are in doubt of a player’s injury, severity or stage of rehabilitation, then leave them out of play.

FITNESS TESTING AFTER INJURY

Below are some simple tests that can be used to evaluate recovery from injury.

Lower limb injury (i.e. low back, hip, knee, ankle, foot)

Check the player can do all of these confidently and without pain:

- Run the full length of the court x 4.
- Run, jump and land on both feet x 10.
- Jump and land on one foot x 10 (on the side of the injury).
- Run shuttles x 2 (e.g. run and turn quickly at four cones spread in a line, two metres apart).

Upper limb injury (i.e. neck, shoulder, elbow, hand, finger)

Check the player can do all of these confidently and without pain:

- Chest passes in pairs x 10.
- Overhead passes in pairs x 10.
- Passing off each hand (if appropriate) x 10 each side.
- Run and receive the ball on the run and pass back x 10.

Remember that players are much more likely to injure themselves if they have gone back to Netball before recovering fully from an injury. They may then be ‘out’ for another six to eight weeks, rather than the one extra week of rehabilitation which they initially needed.

If, after the fitness test, you are still unsure if the player is ready to return to sport, get them to seek professional advice from a physiotherapist.

Section Nine:

HYDRATION AND NUTRITION

Te inu wai me te kai tōtika

Good hydration and nutrition will provide the following benefits for players during training and games:

- Enhanced performance.
- Reduced fatigue.
- Reduced rate of injury.
- Efficient recovery.
- Improved concentration.

The following factors need to be considered when determining what food and fluid requirements are appropriate for players:

- Age.
- Duration, intensity and frequency of training and games.
- Size.
- Weather conditions.

HYDRATION

Me inu wai

Hydration is vital before, during and after the game.

Pre-hydration (super-hydration):

- Consume 500-600ml of water two hours before the game.

Hydration:

- Consume 200-500ml during warm-up.
- Consume 150-300ml at a time during breaks.

Re-hydration:

- Consume one to two litres after the game.

As a coach, encourage players to bring a drink bottle to every training session so that they can re-hydrate continuously throughout, particularly during the cool-down.

Do not allow sharing of drink bottles as this could assist with spreading illnesses throughout the team.

Encourage players to avoid alcohol and caffeinated drinks (i.e. coke or energy drinks) before, during and after training and games.

NUTRITION

Kai tōtika

Restoration of muscle energy stores is important after exercise. The body readily absorbs energy in the first one to two hours after activity. If a player is to play another game that day (i.e. – in a tournament situation) the first 30 minutes are vital for restoration of energy levels.

The recovery food should consist of:

- Carbohydrate for muscle energy stores.
- Protein to aid tissue repair.

Encourage the players to have food available for straight after the game/training.

The ability to eat food straight after physical activity needs to be trained, as does the ability to drink fluid during physical activity. Practise this at training.

Good food to eat immediately after the game includes:

- Chewy lollies (i.e. jet planes or jubes).
- Carbohydrate drink (i.e. Powerade/Replace).
- Banana.
- Muesli bar.

Good food to eat 20 minutes after the game includes:

- Plain bread roll, banana and flavoured milk.
- Ham or chicken filled roll (this contains protein and carbohydrate).
- Muffin and yoghurt.

For more information on nutrition, go to **www.netballsmart.co.nz**

Section Ten:

PLAYER WELFARE

Oranga o te Kaitākaro

Player and athlete welfare is the term used to describe how we look after, manage and provide for our athletes/players. We must remember that our players are athletes first and foremost and then they are Netballers. Many Netball players will participate in several sporting codes.

To develop sound players we need to be aware of players' welfare and provide for this in our coaching roles.

It is the coach's responsibility to look after, develop and manage their players. Player welfare is putting the whole package together. A coach with good player welfare procedures will understand and provide for sections one through to ten of the NetballSmart for coaches booklet, as best they can.

Good player welfare will include:

- Athlete profiling or pre-screening.
- Athlete management, time spent in trainings and games.
- Injury prevention, management and monitoring.
- Good support and communication systems, including parents and other coaches.
- Learn and use correct warm-ups, cool-downs and recovery principles.
- Learn, use and teach correct techniques.
- Looking at the big picture.

The NetballSmart website www.netballsmart.co.nz will provide further information on player welfare.



NetballSmart

www.netballsmart.co.nz