

One of the keys to training is to ready the body for the speed and forces that it will be subject to in a match. Like all the programs in different sports, focus on technique over volume. The following program provides a framework for improving strength, power and coordination. It should take around 15 mins once practiced and should be completed through the season at least twice per week. Focus on quality of movement and technique.

Warm up: Complete all

- Jog
- Partner jog
- A Skipping
- High knees
- Butt kicks
- Calf bounces
- Walking lunge and rotation
- Walking hamstring/arabesque
- Walking gluteals
- Leg swings

Landing: Complete 4 exercises

- Jump and land – double leg
- Jump and land – single leg
- Jump and push – double leg
- Jump and push – single leg
- Jump 180o
- 180o turn with ball
- Straight bounding
- Zig zag bounding

Strength: An exercise from each muscle group

- Hamstrings:
 - Arabesque
 - Nordic hamstrings
- Core:
 - Hand and foot tap
 - Reach and raise
 - Plank
 - Side plank
 - Single leg stance – partner
- Quads/gluts
 - Lunges
- Upper body:
 - Commando planks
 - Russian twists

Agility:

- Deceleration
- Dodge and decelerate
- Reverse sidestep
- Dodge with ball
- Y drill

This is a little bit about our leading Physiotherapist and her experience;

Laura is the Principal Physiotherapist of Therapy for Life (started in 2002), and an APA Sports and Exercise and Musculoskeletal Physiotherapist and has worked at five International Events including the Commonwealth Games in 2018. She is one of very few international medical professionals invited to The 2019 Netball World Cup in Liverpool, England.