

## **Preseason – Performance and Injury Reduction Training.**

### **Starting Netball Specific Training.**

Preseason is an important time to prepare your body for the matches ahead. It also helps to develop good habits in your team that can develop discipline, team morale and reduce injury rates in the season ahead. The most common training error is when players do not train for the way they play. If you need to sprint, don't just train for how far or how fast you can walk. You need to be able to train your muscles with the same movements, speed, force and agility that you require them to achieve in a game, therefore train for what you want to achieve. Training affects both your speed, power and muscle coordination. Muscle coordination is one of the best ways to avoid injury and the more like your sport you train the better off your **performance** and **injury rates** will be.

A few years ago Netball Australia developed the Knee program in effort to reduce lower limb and especially knee injury rates. It also has been shown to have performance benefits so this should help the team as well as the individual athlete. The framework is broken up into Juniors (11-14), recreational (15+) and elite (for those on a talent pathway). These exercises only take a short period of time (15 mins) and can be incorporated into each training. They need to be completed each week for benefit and will have ongoing benefits when done through the season.

Keys to using the Knee Program:

- The Knee program should be conducted at least 2x per week
- Focus on form and quality of movement
- There are 4 sections in the program. Complete the Warm Up/Footwork Session in full, however, you can choose selected exercises from the other three sections (Strength, Balance/Landing and Agility).
- Coaches give clear instructions on technique. The manual covers everything you need including verbal prompts for good technique
- Utilise the website for videos – all exercises are shown in detail on the netball website <https://knee.netball.com.au>

The three programs are included on attached pages.

**KEY PRINCIPLES**

	<b>GOOD TECHNIQUE</b>	<b>POOR TECHNIQUE</b>
<b>TAKE OFF</b>	<ul style="list-style-type: none"> <li>Feet shoulder width apart</li> <li>Feet facing forwards</li> <li>Hips bent</li> <li>Knees bent</li> <li>Knees in line with feet</li> <li>Use arms to drive movement</li> </ul>	<ul style="list-style-type: none"> <li>Feet wide</li> <li>Feet turning outwards</li> <li>Hips stiff/upright posture</li> <li>Knees stiff/upright posture</li> <li>Knees collapsing inwards</li> </ul>
<b>LANDING</b>	<ul style="list-style-type: none"> <li>Hips bent</li> <li>Knees bent</li> <li>Roll down through feet</li> <li>Feet straight ahead</li> <li>Knees in line with feet</li> <li>Trunk stable</li> </ul>	<ul style="list-style-type: none"> <li>Hips stiff/upright posture</li> <li>Knees stiff/upright posture</li> <li>Feet stiff</li> <li>Feet not aligned</li> <li>Knees collapsing inwards</li> <li>Poor posture</li> </ul>
<b>DECELERATION</b>	<ul style="list-style-type: none"> <li>Multiple small steps</li> <li>Hips bent</li> <li>Knees bent</li> <li>Chest up</li> <li>Trunk stable</li> </ul>	<ul style="list-style-type: none"> <li>1 large step</li> <li>Hips stiff/upright posture</li> <li>Knees stiff/upright posture</li> <li>Poor posture</li> </ul>
<b>CHANGE OF DIRECTION</b>	<ul style="list-style-type: none"> <li>Hips bent</li> <li>Knees bent</li> <li>Small steps</li> <li>Trunk stable</li> <li>Outside leg absorb the landing</li> <li>Inside leg drive acceleration</li> <li>Foot leads direction change</li> </ul>	<ul style="list-style-type: none"> <li>Hips stiff/upright posture</li> <li>Knees stiff/upright posture</li> <li>Wide stance with large step</li> <li>Poor posture</li> <li>Outside leg absorbs and drives</li> <li>Inside leg absorbs and drives</li> <li>Foot not leading direction change</li> </ul>

**COACHING****THE KNEE PROGRAM**  
RECREATIONAL GUIDE**KNEE:** knee injury prevention for Netballers to Enhance performance and Extend play**KEY PRINCIPLES**

Good Technique - Take Off

Good Technique - Landing

Good Technique - Deceleration

Good Technique - Change of Direction

**WARM UP** Perform all

Jog Forwards and Jog Backwards	½ Court
Walking As	½ Court
Butt Flicks Forwards and Backwards	½ Court
Side Skip and Squat	½ Court
Forward and Backward Shuffle	x10 Reps L/R
Forwards and Backwards, Lateral Shuffle	½ Court
Walking Lunge	½ Court
Walking Hamstring and Gluteals	½ Court
Hip Rotation Walk	½ Court
Walking Quadriceps	½ Court

**STRENGTH** Perform 1 from each target muscle**QUADRICEPS**

Reverse Lunge and Drive	2x12 Reps
Squats	2x12 Reps

**GLUTEALS/HAMSTRINGS**

Arabesque	2x8 Reps L/R
Bridge	2x12 Reps

**CORE**

Plank	2x30 Seconds
Side Plank	30 Seconds L/R

**BALANCE/LANDING** Perform 4 exercises in total**JUMP AND LAND TECHNIQUE**

Double Leg and Single Leg	x10 Reps
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**DOUBLE LEG ACTIVITIES**

Rotation 180° +/- Ball	x5 Reps L/R
Crosses +/- Ball	x2 Reps
Partner Push	x5 Reps L/R

**SINGLE LEG ACTIVITIES**

Partner Push	x5 Reps L/R
Slaloms +/- Run on	2x5 Reps F/B
Surprises	x10 Reps

**REPEATED EFFORT**

Repeated Diagonal Crosses +/- Ball	x2 Reps
x3 Step Slaloms + Ball	x2 Reps
x3 Side Step + Ball	x10 Reps
Tuck Jump +/- Pause	2x5 Jumps

**AGILITY** Perform 4 exercises in total**RUNNING TECHNIQUE**

Forward Bound	2x ½ Court
Defensive Shuffle	2x ½ Court

**DECELERATION TECHNIQUE**

Sliding Shuffle	2x ½ Court
Partner + Ball	x2 Reps

**CHANGE OF DIRECTION**

Lateral Shuffle	x3 Reps L/R
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**NETBALL PLANE**

Y Drill - Deceleration	x2 Reps L/R
Y Drill - Change of Direction	x2 Reps L/R
Y Drill - Partner + Ball	x2 Reps L/R

L/R - Left/Right F/B - Front/Back



**COACHING**

# THE KNEE PROGRAM

## JUNIOR GUIDE

### 11-14 YEARS

**KNEE:** knee injury prevention for Netballers to Enhance performance and Extend play

**KEY PRINCIPLES**

Good Technique - Take Off  
Good Technique - Landing

Good Technique - Deceleration

Good Technique - Change of Direction

**WARM UP** Perform all

Sidelines Jog Forwards and Backwards	x2 Reps
Butt Flicks Forwards and Backwards	x2 Reps
High Knee March and High Knee Skip	x2 Reps
Side Skipping	x2 Reps
Forward and Backward Shuffle	x10 Reps L/R

**STRENGTH** Perform all

<b>QUADRICEPS</b>	
Partner Squats	2x 12 Reps
<b>GLUTEALS/HAMSTRINGS</b>	
Bridge	2x 12 Reps
<b>CORE</b>	
Plank through knees	2x 30 Seconds
Side Plank through knees	30 Seconds L/R

**BALANCE/LANDING** Perform 4 exercises In total**SINGLE LEG BALANCE ACTIVITIES**

Arms and Legs	30 Seconds L/R
Partner Push	30 Seconds L/R
Ball Roll	30 Seconds L/R
Partner Ball Passes	x10 Passes L/R

**JUMP & LAND TECHNIQUE**

Double Leg and Single Leg	x10 Reps
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**DOUBLE LEG ACTIVITIES**

Forwards and Backwards +/- Ball	x10 Reps F/B
Crosses +/- Ball	x2 Reps
Rotate 90° +/- Ball	x5 Reps L/R

**SINGLE LEG ACTIVITIES**

Side Step +/- Ball	x5 Reps L/R
Slalom Forwards and Backwards +/- Ball	½ Court

**REPEATED EFFORT**

Repeated Crosses +/- Ball	x2 Reps
Repeated Side Step +/- Ball	x5 L/R
Modified Tuck Jumps + pause	x5 Reps

**AGILITY** Perform 4 exercises In total**DECELERATION TECHNIQUE**

Sliding Shuffle	2x ½ Court
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**ANTICIPATED CHANGE OF DIRECTION**

Zig Zag Run	2x ½ Court
Defensive Shuffle	2x ½ Court
Lateral Shuffle	2x ½ Court

**FOLLOW ON STEP**

Forward Run On	x2 Reps L/R
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**NETBALL PLANE**

V Drill - Decelerate	x2 Reps L/R
V Drill - Change of Direction	x2 Reps L/R

L/R - Left/Right F/B - Front/Back





**COACHING****THE KNEE PROGRAM**  
**ELITE GUIDE****KNEE:** knee injury prevention for Netballers to Enhance performance and Extend play**KEY PRINCIPLES**Good Technique - Take Off  
Good Technique - Landing

Good Technique - Deceleration

Good Technique - Change of Direction

**WARM UP** Perform all

Partner Circling Jog	Full Court
'A' Skip	½ Court
High Knees	½ Court
Butt Flicks	½ Court
Calf Bounces	½ Court
Side Skip and Squat	½ Court
Lateral High Knees	½ Court
Forward and Backward, Lateral Shuffle	½ Court
Forward and Backward, Lateral Bound	½ Court
Walking Lunge and Rotation	½ Court
Walking Hamstrings/Gluteals	½ Court
Target Stretching	1-2 minutes

**BALANCE/LANDING** Perform 4 exercises in total**JUMP AND LAND TECHNIQUE**

Double Leg and Single Leg x10 Reps

**DOUBLE LEG ACTIVITIES**Speed Crosses +/- Ball x2 Reps  
Rotation 180 +/- Ball x5 Reps L/R**SINGLE LEG ACTIVITIES**Diagonal +/- Ball x10 Reps  
Land and Push x5 Reps L/R**REPEATED EFFORT**Repeated Speed Crosses x2 Reps L/R  
Tuck Jumps +/- Slalom 2x5 Reps**STRENGTH** Perform 1 from each target muscle**QUADRICEPS**Reverse Lunge and Drive 2x12 Reps  
Lunge with Partner Push 2x12 Reps**GLUTEALS/HAMSTRINGS**Arabesque 2x8 Reps L/R  
Nordic Lowers 2x8 Reps**CORE**

Hand and Foot tap 2x12 Reps

**AGILITY** Perform 4 exercises in total**PREDICTED CHANGE OF DIRECTION**Zig Zag Bound 2x ½ Court  
Defensive Shuffle 2x ½ Court**REACTIVE CHANGE OF DIRECTION**Rotation Surprises + Ball x10 Reps  
Reverse Sidestep +/- Ball x10 Reps**DECELERATION TECHNIQUE**Straight line Deceleration x2 Reps L/R  
Change of Direction x1 Rep L/R**NETBALL PLANE**Y Drill - Dodge and Decelerate x4 Reps  
Y Drill - Dodge and Change of Direction +/- Ball x2 no Ball, x2 + Ball  
Y Drill and Pivot +/- Ball x4 Reps**DEFENDER**

One on One x2 Reps

L/R - Left/Right F/B - Front/Back



For more information contact an endorsed Knee Program Provider. Physiotherapists are trained in movement analysis and Knee Program Providers have completed a short course in the specifics of this program. The following South East Physiotherapists are listed on the Netball Australia website as endorsed providers (as of 06/02/2019):

- Amy Bruce - Bordertown
- Laura Crowe-Owen – Mount Gambier, Millicent
- Natásha McCallum – Mount Gambier
- Angela Wilsmore – Naracoorte, Bordertown, Keith

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



Laura is the Principal Physiotherapist of Therapy for Life (started in 2002), and an accredited Knee Program Physiotherapist and has previously held Developmental Netball Coach Qualifications (second tier through Netball Australia). She is an APA Sports and Exercise and Musculoskeletal Physiotherapist and has worked at 5 Netball International Events including the Netball World Cup in 2015, Commonwealth Games in 2018 and the Fast 5 Netball World Series. She is one of very few international medical professionals invited to The 2019 Netball World Cup in Liverpool, England.

She also supports the South East Netball Academy.