**Smart Preparation** | Smart Preparation prepares the mind and body before you reach the court

### 3 Tips!

#### Sleep
- Sleep more than 8 hours a night and you will play better
- Research shows that having 8 hours a sleep, 5 days a week improves performance and decreases injury rate.
- Get a good night sleep before trainings and game days.

#### Food
- **BREAKFAST**
  - Cereal, yoghurt and fruit, scrambled eggs on toast
- **LUNCH**
  - Salad and meat sandwich or wrap, scrambled eggs on toast, toasted sandwich
- **POST-GAME FOOD TO EAT**
  - If you have eaten more than two hours before a game, have a snack one hour before a game. i.e. sandwich or banana.

#### Fluid
- Drink 500ml in the hour before the game. Plus drink during and after the game.

#### Environment
- Consider both the physical and social aspects of a player environment. The environment is important for player growth, enjoyment and injury prevention.

#### Ensure Fair Play
- **Team Spirit**
- **Support**
- **Joy**
- **Respect**

#### Footwear
- Choose Netball shoes not running shoes to play the game.
- Netball shoes or cross trainers are designed for quick changes in direction.

#### Physical Preparation
- Build strength to cope with the physical demands of Netball.
- Do the NetballSmart Dynamic Warm-Up 2-3 times a week.
- Do 2-3 on your feet training sessions a week. i.e. running, circuits.

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**ENERGY IN = ENERGY OUT.**

Eat well to play well

Check your shoes… how’s the tread?

**The court and surrounding area should be free of hazards**

**Celebrate success**

**Minimise fear of failure**

If it’s cold, wrap up warm

**Team Spirit**

**Support**

**Joy**

**Respect**

**NETBALL NEW ZEALAND**

**ACC SportSmart**

**NetballSmart**

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