NetballSmart Dynamic Warm-Up, Cool Down and Recovery

3 Tips!
- Prepare and warm-up well using the NetballSmart Dynamic Warm-Up.
- The NetballSmart Dynamic Warm-Up decreases injury.
- Recover well and prepare for the next training.

NetballSmart Dynamic Warm-Up
- The Warm-Up is designed to prevent common Netball injuries and enhance performance. Prepares the body to jump, land and stop correctly.
- DO IT 2-3 TIMES A WEEK.
- Proven to decrease ACL and lower limb injuries by at least 40%.

Netball Injuries
- There are 8,000 new Netball related ankle injuries per year.
- Knee injuries cost over $11m in New Zealand annually (July 2016-June 2017).

Recovery
- There are two types of recovery: Passive and Active
  - Passive recovery includes rest, sleep, massage and meditation.
  - Active recovery includes cool downs, rolling, stretching and hydrotherapy (hot/cold).
- Recovery helps prevent over-training.
- Recovery prepares you for the next training session.
- Nutrition and hydration supports recovery - replace fluid and energy lost while playing Netball.
- Water is adequate hydration recovery for most Netball players.
- Examples of healthy post-activity snacks are in the Smart Preparation resource.