

NetballSmart Dynamic Warm-Up, Cool Down and Recovery

Warming-up before Netball prepares you for the upcoming activity. Cooling down prepares you for the rest of the day, while recovery prepares you for the next training session or game.

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.

Cool Down

The cool down begins the recovery process



- > It may assist in decreasing muscle soreness post activity.
- > Include jogging and walking.
- > Stretching of all main muscle groups.

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.



Netball Injuries

There are 8,000 new Netball related ankle injuries per year.

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).



DO IT 2-3 TIMES A WEEK.

S M T W T F S

Knee injuries cost over \$11m in New Zealand annually (July 2016-June 2017)



Proven to decrease ACL and lower limb injuries by at least 40%

50% of players who have sprained their ankle will have another ankle injury within two years.

- > 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.