

Smart Movement

Smart Movement is developing a player's movement skill and technique correctly which allows them to compete and enjoy their sports.

3 Tips!



Smart Movement leads to a quality Netball experience and decreased injury rate

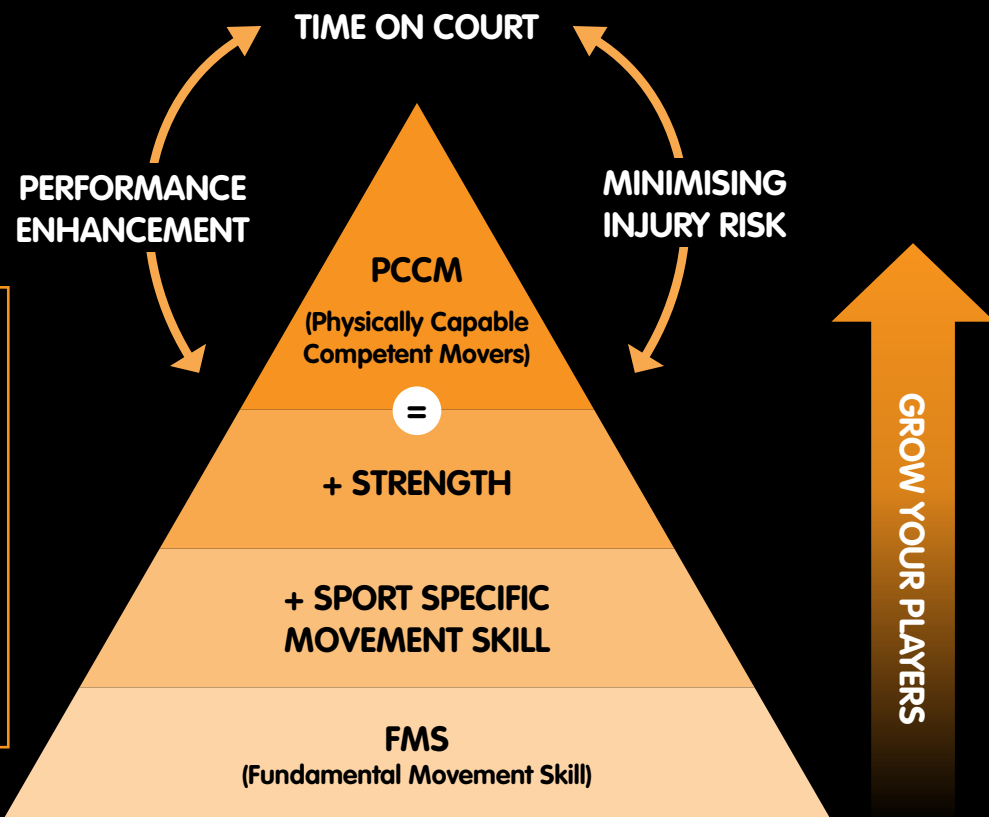


Practise your landings!



Strength supports you and your game

Smart Movement



TIME ON COURT

We want players to be 'physically capable and competent movers.' This means that they have the fundamental movement skills, the Netball specific movement skills and the strength needed to play the game.

Players that are physically capable and competent have more time on court, are less likely to get injured and therefore are constantly improving their performance.

Fundamental Movement Skills (FMS)

THE FMS NEEDED FOR NETBALL INCLUDE:



Running



**Agility
Coordination
Balance**



**Jumping
Landing**



**Throwing
Catching**

> Players need to regularly practise these FMS so they can effectively put them into a game - improving performance and decreasing injury risk.