Smart Training

Smart Training is ensuring the players body is prepared to play. This includes loading, strength, endurance, power and flexibility.

3 Tips!

- It's important to train to prepare for the game
- Ensure training adds value and meets the needs of the player/team
- Replicate a game by training at high intensity at some point during a week

Match Demands

DO WE KNOW WHAT WE'RE TRAINING FOR?

- Tailor training to ensure players are prepared for the demands of the game.
- Statistics below highlight some of the physical attributes players can expect to cope with.

<table>
<thead>
<tr>
<th>Player</th>
<th>Total Distance (m)</th>
<th>&gt;15KPH (m)</th>
<th>&gt;20KPH (m)</th>
<th>Time &gt;85% of Max Heart Rate</th>
<th>Number of Jump/Land</th>
</tr>
</thead>
<tbody>
<tr>
<td>GS</td>
<td>1650</td>
<td>19</td>
<td>0.5</td>
<td>7%</td>
<td>55</td>
</tr>
<tr>
<td>GA</td>
<td>3841</td>
<td>102</td>
<td>1</td>
<td>43%</td>
<td>33</td>
</tr>
<tr>
<td>WA</td>
<td>3733</td>
<td>108</td>
<td>4</td>
<td>25%</td>
<td>41</td>
</tr>
<tr>
<td>C</td>
<td>4724</td>
<td>443</td>
<td>35</td>
<td>63%</td>
<td>36</td>
</tr>
<tr>
<td>WD</td>
<td>3411</td>
<td>214</td>
<td>63</td>
<td>46%</td>
<td>25</td>
</tr>
<tr>
<td>GD</td>
<td>3534</td>
<td>240</td>
<td>65</td>
<td>49%</td>
<td>45</td>
</tr>
<tr>
<td>GK</td>
<td>1651</td>
<td>80</td>
<td>5</td>
<td>23%</td>
<td>33</td>
</tr>
</tbody>
</table>

[Reference: Journal of Strength and Conditioning Research Publish Ahead of Print, 2017]

Rated Perceived Exertion (RPE) and Training Load

- RPE is how hard each athlete perceives the training to have been.
- Use RPE x duration (time) of the training to estimate the load intensity of each session.
- 10/10 is a very hard session and is potentially game intensity - it is important for preparing for game.
- Players can't always train at a Level 10, nor should players always train at a Level 2.

Planning Training

PLAN EACH TRAINING

- Does each training complement the other trainings of the team or of the player?
- Remember that a player may be in multiple teams/sports.
- How does your training reflect the game?
- Is the training specific to the requirements of the game?
- What value is the training adding?
- Is your training smart?
- How will your training improve the player or teams?
- Remember the strength elements of the NetballSmart Dynamic Warm-Up quality strength training is key!