**Stage One: Core Control and Stability for Netball**

Netball is a dynamic game involving extreme body movements. Controlling the core and ensuring stability on landing assists performance and helps reduce injury risk. Work on this simple programme 2-3 times a week and develop core control and stability on the court.

**SIMPLE 30 MINUTE WORKOUT**

**SIDEWAYS BENCH & KNEE TO CHEST**
Lift pelvis off ground. Keep pelvis stable and control rotation of the body. Bend knee to chest.
**DO 8 EACH LEG**

**BENCH AND LIFT LEG OUT TO THE SIDE**
Keep pelvis stable and back stable. Control rotation of the body.
**DO 8 EACH LEG**

**MOUNTAIN CLIMBER**
Press up position and bend knee to chest. Keep back completely straight.
**DO 8 EACH LEG**

**RDL**
Front knee slightly bent. Keep back straight. Lift back leg and tip upper body forward. Leg and upper body move as one. Control balance.
**DO 8 EACH LEGS**
Make it more difficult. Do it on a bosu ball.

**ROTATE BALL OR MEDBALL AROUND HEAD**
Keep trunk stable.
**DO 8 EACH DIRECTION**

**RD AND OPEN OUT**
Do RDL and then open out. Keep stable. Return to RDL position and then stand up.
**DO 8 EACH LEG**

**BALL THROW**
Ball throw in pairs. Move ball around waist and throw back. Stabilise trunk.
**DO 8 EACH LEG**
Vary pass: Overhead, chest, bounce pass.

**BALANCE & ROTATE**
Balance on one leg with ball at chest. Rotate leg to one side and ball to the opposite side. Repeat in other direction.
**DO 8 EACH LEG**

---

**Vary pass:**
Overhead, chest, bounce pass.
Stage One: Core Control and Stability for Netball

**Simple 30 minute workout**

1. **Lunge and Rotate**
   - Lunge forward with knee in line with foot. Trunk strong. Rotate arms to the side of the front leg. Control rotation.
   - **DO 8 EACH LEG**

2. **Press with Arm Lift**
   - Press up position and pull one elbow back into retraction. Keep back completely straight.
   - **DO 8 EACH ARM**

3. **Leg Swings**
   - Swing leg out to side, across front of body and then out and behind the body. Keep trunk stable and maintain balance.
   - **DO 8 EACH LEG**
   - **ADD BALL - HOLD BALL IN HAND**

4. **Prop Forward and Land with Ball**
   - Prop forward and land on line on court. Land with ball out to side (landing leg). Ensure trunk is strong and straight. Knee is in line with foot. Knee bent.
   - **DO 8 EACH LEG**

5. **Bird Dog**
   - Keep back straight and extend opposite arm and leg. Hold for 5 seconds.
   - **DO 8 EACH SIDE**

6. **Leg Swings to Landing**
   - Swing leg from back to front while hopping forward. Land on one foot. Bend knee in line with foot. Keep trunk stable and maintain balance.
   - **DO 5-8 EACH LEG**