Stage One: Body Weight Strengthening Programme

Netball players need to have good core strength and limb control to jump, land and change direction. Strength helps develop the fundamental movement patterns required for Netball, improving performance and reducing injury risk. This programme is designed for novice/younger Netball players and should be done 2-3 times per week. Minimal equipment is required.

**BODY WEIGHT SQUATS**
Ensure good squat technique. Push back through hips. Knee in line with toes and not in front of toes.
DO 20 REPS | DO 2 SETS
Hold a ball

**ADVANCED BODY WEIGHT SQUATS**
Progress to holding weight.
Do 20 REPS | DO 2 SETS
Or isometric wall squats. In good squat position. Pelvis against wall. Back away from wall.
HOLD 45 - 60 SEC | DO 6

**SINGLE LEG BRIDGING**
Extend 1 leg out. Lift pelvis off ground. Keep thighs in line with each other.
DO 10 EACH SIDE
DO 2 SETS

**STEP UPS**
Step up onto box. Bend knee up to 90°. Keep trunk stable.
DO 10 EACH LEG
DO 2 SETS

**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 10 EACH LEG
DO 2 SETS
Progression: Add weight

**LUNGE**
Strong body and pelvis level. Keep feet shoulder width apart. Knee in line with foot. Knee not in front of foot.
DO 10 EACH LEG
DO 2 SETS
Progression: Use weight above head

**CALF RAISES**
Double leg calf raises.
DO 10 - 15
DO 2 SETS
Progress to single leg raises.
DO 12 EACH LEG
DO 2 SETS

**LATERAL LUNGE**
Lunge out to side, strong body pelvis level. Knee in line with foot. Knee not in front of foot.
DO 10 EACH LEG
DO 2 SETS
Stage One: Body Weight Strengthening Programme

**THE BENCH**

**HOLD 10 - 30 SEC | DO 6**

Or bench up to a press up and down to a bench.

**DO 5-10 TIMES**

**PRESS UPS**

Press ups is important for core and throwing a ball.

If you can’t do a full press up, do it on a bench or chair.

**DO 10 TIMES**

**DO 2 SETS**

**OR**

**SWISS BALL BRIDGING OR HAMSTRING BRIDGE**

With a swiss ball. Lift pelvis/hips of the ground.

Roll ball in and out keeping pelvis/hips off ground.

**DO 10 ROLLS | DO 2 SETS**

Or using a box or chair, lift pelvis off ground and lower.

**DO 10 | DO 2 SETS**

**SINGLE LEG SQUATS**

Push back through hips. Knee in line with foot and body straight and stable. Squat back onto a box/chair.

**DO 10 EACH LEG**

**DO 2 SETS**

**NETBALL/MEDBALL TWISTS**

In V sit position rotate ball from left to right. Maintain a good position with a straight back.

**HOLD 10 - 30 SECS**

**DO 2 SETS**

**OR**

**SINGLE BRIDGE**

On a straight arm maintain this position with a strong core. Straight line.

**HOLD 10 - 30 SECS**

**DO 5 EACH SIDE**