



Netball Speed Program 1

SPEED & CHANGE OF DIRECTION TRAINING FOR NETBALLERS

WARNING: You should consult your physician or other health care professional before starting this program. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. Exercise is not without its risks and this program may result in injury. If you feel unwell or feel any joint or muscle pain then stop immediately and consult your healthcare physician. ASSA takes no responsibility for any injury sustained in the undertaking of this program.

Ranell Hobson





NETBALL SPEED & AGILITY PROGRAM # 1

This program is designed to be used in conjunction with the **downloaded videos** of the program. This includes a Mobility & Functional Warm Up, Technical Speed Conditioning, 3 Core Programs & Stretching. The program should be performed once or for better results, twice a week with two days' rest between sessions for six weeks.

The program consists of 1 PDF file (this document) and 3 Video files which you will have downloaded simultaneously via the automated link sent to you at purchase via email.

Please contact Kip from ASSA via kip@academyofsportspeed.com if you have not received all of the files or have had difficulty in accessing them.

The video files consist of one mobility & functional warm up program, one technical speed conditioning program and one core & stretch program.

This program cannot be completed **correctly** without watching the videos of each program **before** commencing.



WARM UP PROGRAM

Each exercise below should be performed in succession. There are 21 steps in the warm up. This warm up takes between 10 & 15 minutes.

1. Shuttle jog – jog up and down the court using the lines as turnaround points twice. Total jogged distance = 24,0m
2. Perform the High Knee "A" March (4 on each side) travelling forward
3. Run across court and return
4. Perform 5 Cossacks on each side into 5 Mountain climbers on each side into a dynamic calf stretch on each side
5. Perform 3 side shuffles on each side, repeating across the court
6. Accelerate across the court and walk return
7. Perform 4 to 6 Functional Squats with a slow controlled decent
8. Perform the lateral lunge to forward lunge combination. Completing 4 on each side
9. Accelerate across court and walk return

10. Perform reactive jumps to bunny jumps walk back and repeat.
11. Perform 8 of the hopscotch drill (ins and outs)
12. Accelerate across the court and walk return
13. Perform 8 (4 each side) controlled Hip Hinges
14. Perform Carioca across the court, turning at the mid court position, repeat returning across court.
15. Accelerate across court and walk return
16. Perform "A" Skips across the court
17. Perform Walking long leg alternate kicks (5 on each side) into Straight leg ankle taps (5 on each side)
18. Accelerate fast across court, walk return.
19. Perform 3 high knee runs on the spot to Rear lunge with hip flexor stretch. Completing 3 to 4 on each side.
20. Perform relaxed skip to strong skips across court. Walk back and repeat twice.
21. Accelerate fast across court. Walk return. Repeat.

At this time of a training session I suggest the players, Foam roll, Acu Ball or Stretch any tight spots or niggles that presented themselves in the warm up (3 mins max). If the players are ready to continue them move straight into the Netball Knee Stability and strength exercises.

NETBALL KNEE EXERCISES

1. Perform Glute bridges 2 x 8 building to 2 x 10 then 2 x 12.
2. Perform the 15 second Partner one leg hold and attempt to destabilise. Repeat with other leg.

3. Perform Slalom jumps (side to side) with stability holds. Progress to moving forward as well as side to side. Repeat two to three times.
4. Perform two to three single leg hops to stability hold, walk back and complete other side. Repeat two to three times.

The Mobility & Functional Warm Up and the Netball Knee Exercises are now complete.

The Technical Speed Conditioning is on the next page.





TECHNICAL SPEED CONDITIONING

Each exercise below should be performed in succession. There are 12 Exercises in the Technical Speed section of this program.

1. Perform the Ankling March (foot strike) drill for 10m (goal third).
2. Perform the Ankling Drill at speed for 20m. Walk back and repeat.
3. Perform the Step Over (Stride cycle) Progressions drill for 20m (Step up and over the ankle, then over the calf, then over the knee). Walk back and repeat.
4. Perform the Wall Slides (foot recovery) drill for 10m. Walk Back and repeat.
5. Perform Side shuffles across court to controlled brakes. Walk back and repeat.
6. Perform 16 Step Overs (8 on each side). Walk back and repeat.
7. Sprint forward to controlled brake, Back pedal to controlled brake. Repeat 3 times.
8. Sprint forward to a controlled lateral brake, Back Pedal to a controlled lateral brake. Repeat 3 times.
9. Perform Quick feet excitation (on the spot) turn step to 5 or 10m sprint. Repeat 3 times.
10. Perform 2 to 3 side shuffles to turn step and sprint. Complete 3 on each side.
11. Perform the Pro-Agility Drill (5:10:5). Repeat twice.
12. Perform the Pro-Agility to controlled brake and turn sprint (5:10:5:10). Repeat twice.

The TECHNICAL SPEED CONDITIONING is now complete. The Core Conditioning is on the next page.



Core Conditioning

There are three Core Conditioning Programs. Each program consists of four exercises. Complete one program for two weeks before progressing to the next.

Repetitions and sets of each exercise is determined by the coach and should be based on training age and competency of players.

Examples of reps and sets for 12 to 15 yr old players is given.

Core Program 1

1. Plank from knees – hold for 30 seconds. Repeat 3 times with a 30 second rest between sets.
2. Side plank from knees – hold for 20 seconds on each side. Repeat 3 times with a 30 second rest between sets.
3. Sit ups – Perform 15 to 20 without rest. Rest for 30 seconds and repeat.
4. Mountain climbers – Perform for 30 seconds. Repeat 3 times with a 30 second rest between sets.

Core Program 2

1. Supine Dead Bugs – hold for 30 seconds. Repeat 3 times with a 30 second rest between sets.
2. Supine Bridge – hold for 20 seconds on each side. Repeat 3 times with a 30 second rest between sets.

3. Prone Flutter Kicks – Perform for 30 seconds. Repeat 3 times with a 30 second rest between sets.
4. Oblique Twists – Perform 10 on each side without rest. Rest for 30 seconds and repeat.

Core Program 3

1. Lying Prone Alternate arm and leg lift – Perform 10 on each side without rest. Rest for 30 seconds and repeat.
2. Lying 90 degree Oblique releases – Perform 5 on each side without rest. Rest for 30 seconds and repeat.
3. Plank from toes – hold for 30 seconds. Repeat 3 times with a 30 second rest between sets.
4. Supine crunch with ankle taps – Perform 10 on each side without rest. Rest for 30 seconds and repeat.

The Core Conditioning is now complete. The Stretching Programs are on the next page.

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Standing Quad stretch with Contralateral reach and **Adductor Stretch**.

Complete the quad stretch and the adductor stretch on one side before moving to the opposing side. Hold each for 15 seconds.



Down Dog to Up Dog Stretch.

Hold the Down Dog for 15 seconds before transitioning to the Up Dog Pose.

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Perform the **seated Figure 4 Glute Stretch**. Hold each side for 20 to 30 seconds.



Perform the **Butterfly Stretch**. Hold for 20 to 30 seconds.



Perform the **Single leg Hamstring Stretch**. Hold each side for 20 to 30 seconds.



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*Big Thank You to **Angela Frketic & Jaimie Mann** (GWS Fury Opens Netballers) for their fabulous contributions to these programs. It was wonderful working with you and here's to an outstanding upcoming season.*

Cheers Ranell