THE KNEE PROGRAM
ELITE GUIDE

KEY PRINCIPLES
Good Technique - Take Off
Good Technique - Deceleration
Good Technique - Change of Direction

Good Technique - Landing

AGILITY
Perform 4 exercises in total
PREDICTED CHANGE OF DIRECTION
Zig Zag Bound 2x ½ Court
Defensive Shuffle 2x ½ Court

REACTIVE CHANGE OF DIRECTION
Rotation Surprises + Ball x10 Reps
Reverse Sidestep +/- Ball x10 Reps

DECELERATION TECHNIQUE
Straight line Deceleration x2 Reps L/R
Change of Direction x1 Rep L/R

NETBALL PLANE
Y Drill - Dodge and Decelerate x4 Reps
Y Drill - Dodge and Change of Direction +/- Ball x2 no Ball, x2 + Ball
Y Drill and Pivot +/- Ball x4 Reps

DEFENDER
One on One x2 Reps

BALANCE/LANDING
Perform 4 exercises in total
JUMP AND LAND TECHNIQUE
Double Leg and Single Leg x10 Reps

DOUBLE LEG ACTIVITIES
Speed Crosses +/- Ball x2 Reps
Rotation 180 +/- Ball x5 Reps L/R

SINGLE LEG ACTIVITIES
Diagonal +/- Ball x10 Reps
Land and Push x5 Reps L/R

REPEATED EFFORT
Repeated Speed Crosses x2 Reps L/R
Tuck Jumps +/- Slalom x2 Reps

STRENGTH
Perform 1 from each target muscle
QUADRICEPS
Reverse Lunge and Drive 2x12 Reps
Lunge with Partner Push 2x12 Reps

GLUTEALS/ HAMSTRINGS
Arabesque 2x8 Reps L/R
Nordic Lowers 2x8 Reps

CORE
Hand and Foot tap 2x12 Reps

WARM UP Perform all
Partner Circling Jog Full Court
‘A’ Skip ½ Court
High Knees ½ Court
Butt Flicks ½ Court
Calf Bounces ½ Court
Side Skip and Squat ½ Court
Lateral High Knees ½ Court
Forward and Backward, Lateral Shuffle ½ Court
Forward and Backward, Lateral Bound ½ Court
Walking Lunge and Rotation ½ Court
Walking Hamstrings/Gluteals ½ Court
Target Stretching 1-2 minutes

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L/R – Left/Right F/B – Front/Back