

# THE KNEE PROGRAM

RECREATIONAL  
MANUAL

**KNEE:** Knee injury prevention for Netballers to Enhance performance and Extend play







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# INTRODUCTION

The recreational KNEE program is safe to be used for netballers of any standard beyond adolescence.

It is designed to build fundamental movement patterns specific to netball with progression provided for the more experienced participants. The key elements to focus on are correct take off and landing technique, deceleration technique and change of direction technique. For specificity ball use is included in a number of activities to align skill development with correct movement technique.

For those that do not participate in netball more than once per week, it is advisable that the KNEE program is incorporated into the weekly exercise routine to ensure it is performed two – three times per week.

**THE KEY ELEMENTS TO FOCUS ON ARE  
CORRECT TAKE OFF AND LANDING TECHNIQUE,  
DECELERATION TECHNIQUE AND CHANGE OF  
DIRECTION TECHNIQUE.**





# HOW TO USE

The following will give coaches an understanding of how to use the resource, how the resource has been structured and the key coaching points for successful implementation.

## CATEGORIES

### Warmup/Footwork

**Purpose:** To switch on the brain for activity and to prepare the body for movement, enhancing footwork patterning in preparation for dynamic activity.

**Implementation:** To be completed as a sequential process, all activities in the warm up/footwork category should be done at the start of the program each time.

### Strength

**Purpose:** Promote strength and develop a stable base upon which the body moves. It specifically targets the muscles that control the trunk, hips, pelvis and knees known to be protective of injury.

**Implementation:** One exercise from each section should be completed every time the program is delivered. For example the coach may choose one activity from each of quadriceps, gluteals/hamstrings and core sections of the Strength category each session.

### Balance/Landing

**Purpose:** To improve players ability to take off and land safely on single or double leg and capacity to absorb force in more challenging circumstances. Use of the ball during exercises further increases specificity of training, ensuring the overhead arm position required of most netball landings is focussed on and attended to.

**Implementation:** 4 exercises should be completed each time the program is delivered. One exercise from each section should be completed. For example the coach may choose one activity from each of take-off/landing, single leg, double leg and repeated effort activities of the Balance/Landing category each session. Coaches are encouraged to choose different activities for each session in order to provide variability for players

### Agility

**Purpose:** To develop a solid movement foundation upon which skills are honed. The agility exercises aim to improve movement efficiency when changing direction, decelerating and then reaccelerating. The agility category targets how to absorb force in landing/decelerating but also how to generate force when reaccelerating.

Use of the ball during tasks increases specificity of training. The elite program extends these principles further to accommodate not only pre-planned change of direction but also the response to unpredictable stimulus

**Implementation:** Similar to the Balance/Landing activities 4 exercises should be completed each time the program is delivered. One exercise from each section should be completed. For example the coach may choose one activity from each of each of running, deceleration, change of direction technique and netball plane of movement categories each session. Coaches are encouraged to choose different activities for each session in order to provide variability for players

### KEY PRINCIPLES

	GOOD TECHNIQUE	POOR TECHNIQUE
<b>TAKE OFF</b>	<ul style="list-style-type: none"><li>Feet shoulder width apart</li><li>Feet facing forwards</li><li>Hips bent</li><li>Knees bent</li><li>Knees in line with feet</li><li>Use arms to drive movement</li></ul>	<ul style="list-style-type: none"><li>Feet wide</li><li>Feet turning outwards</li><li>Hips stiff/upright posture</li><li>Knees stiff/upright posture</li><li>Knees collapsing inwards</li></ul>
<b>LANDING</b>	<ul style="list-style-type: none"><li>Hips Bent</li><li>Knees Bent</li><li>Roll down through feet</li><li>Feet Straight Ahead</li><li>Knees in line with feet</li><li>Trunk Stable</li></ul>	<ul style="list-style-type: none"><li>Hips stiff/upright posture</li><li>Knees stiff/upright posture</li><li>Feet stiff</li><li>Feet not aligned</li><li>Knees collapsing inwards</li><li>Poor Posture</li></ul>
<b>DECELERATION</b>	<ul style="list-style-type: none"><li>Multiple small steps</li><li>Hips bent</li><li>Knees bent</li><li>Chest up</li><li>Trunk stable</li></ul>	<ul style="list-style-type: none"><li>1 large step</li><li>Hips stiff/upright posture</li><li>Knees stiff/upright posture</li><li>Poor posture</li></ul>
<b>CHANGE OF DIRECTION</b>	<ul style="list-style-type: none"><li>Hips bent</li><li>Knees Bent</li><li>Small steps</li><li>Trunk stable</li><li>Outside leg absorb the landing</li><li>Inside leg drive acceleration</li><li>Foot leads direction change</li></ul>	<ul style="list-style-type: none"><li>Hips stiff/upright posture</li><li>Knees stiff/upright posture</li><li>Wide stance with large step</li><li>Poor posture</li><li>Outside leg absorbs and drives</li><li>Inside leg absorbs and drives</li><li>Foot not leading direction change</li></ul>

## MANUAL

The recreational program manual contains the specific information relevant to this level, including the key principles, instructions for each exercise and specific player cues and coaching points. Coaches should make themselves familiar with this information to support their understanding and ability to influence development with their players

## KEY POINTS

### Players

Coaches should use these cues and language to make players aware of how their body should be feeling and moving as they participate in the activities. This is a crucial aspect of supporting players' development of correct technique

### Coaches

This information will support coaches understanding of specific cues to look for as players complete the activities and aid in coaches identifying areas to develop and highlighting excellent technique

### +/- ball

Coaches will come across this throughout the resource in different activities. It simply means this activity can be done with or without a ball and the instructions clearly articulate how to do this

Videos can be accessed via a smart phone or tablet for on court reference when needed.

## VIDEO

Each exercise has a demonstration video with voice over providing clear instruction on how players should complete the exercise as well as supporting technical information and athlete cues. Videos can be viewed individually or as a sequence for each category.

Videos can be accessed via a smart phone or tablet for on court reference when needed.




# KEY COACHING POINTS

## FAMILIARISATION AND PLANNING

- Coaches should spend time studying the content, key principles, instructions and coaching points before beginning the program with their players. It is important that coaches feel confident delivering the activities as well as understanding the key principles and how to support player development
- A key aspect of successful implementation is planning. The KNEE Program should be utilised as the warm up aspect of the training session and therefore not impinge on the normal training structure or timeframes
- Encourage the players to familiarise themselves with the program. This involves the player in the process and places responsibility on them to have a sound working knowledge of the activities and key principles

Demonstrating activities is a vital aspect of the program.



## DEMONSTRATION AND IMPLEMENTATION

- Demonstrating activities is a vital aspect of the program. As all players learn differently it is important to give verbal instructions coupled with a demonstration of the activity highlighting correct technique. This combination of observation and practice enhances learning
- In the early stages of implementing the program players should be given the opportunity to slowly go through activities to understand how to move and the functionality required. This should happen each time a new activity is introduced
- As players and coaches gain confidence more focus can be applied to making players aware of areas to focus on. The combination of observation of correct technique and practice results in more effective learning
- Education forms the backbone of the program. Players should be educated on the importance of injury prevention and given ownership and responsibility to ensure they are engaged in the learning process. This is a key area of player-centred coaching, Netball Australia's preferred coaching approach


## GRADUAL INTRODUCTION

- Introduce sections of the program gradually over a period of weeks rather than all at once. This process allows for players to absorb and learn new information as well as facilitate skill mastery
- For example the Warm Up/Footwork section could be introduced in isolation over two weeks. Once proficient, strength exercises could be added and so on until all elements of the program are included in the team warm up

## VARIABILITY

- Multiple exercises are provided within each section to provide variability and allow for progression. It is not intended that a player perform every exercise during a warm up. It is preferable to keep it simple by performing fewer exercises well than multiple exercises poorly
- It is important to vary the exercises as appropriate to ensure continued motivation and transference of skill. Try not to have the program look exactly the same each session

**It is important to vary the exercises as appropriate to ensure continued motivation and transference of skill**




## SMART PHONE AND TABLET

- Visual feedback is a great way of raising players' awareness of their areas for development. Using a smart phone or tablet can assist players in understanding aspects of their technique that require refinement and will lead to skill acquisition
- Before videoing a player to provide technical feedback it is imperative you gain permission from the player or parent

## FEEDBACK

- The provision of feedback is essential to the success of the program to ensure risky movements are eliminated
- Coaches should provide players with 'external feedback' using analogies that emphasise the desired result of the movement, rather than focusing on actual body position. As an example a coach may instruct a player to 'imagine sitting back in a chair' when landing, as opposed to 'bend your knees' when landing. Medical research has shown this subtle difference in feedback delivery produces a faster and more effective improvement in skill
- The timing of this feedback is also critical. Aligning with player centred coaching principles, coaches should make players aware of technical faults and empower them to be responsible for their development in this area. Coaches should always be guiding this development process
- It is important that the provision of feedback is variable. Initially players require more frequent feedback, however as technique improves it is important that feedback is reduced to prevent dependence
- Feedback can be visual also. Many activities involve players facing each other which allows for immediate feedback on correct or incorrect technique whilst promoting motivation for improvement

**The provision of feedback is essential to the success of the program to ensure risky movements are eliminated**



# WARM UP/FOOTWORK

**Purpose:** To switch on the brain for activity and to prepare the body for movement, enhancing footwork patterning in preparation for dynamic activity.

**Implementation:** To be completed as a sequential process, all activities in the warm up/footwork category should be done at the start of the program each time

## JOG FORWARDS AND BACKWARDS

### Instructions

#### Starting Position:

- In pairs, spread out along the goal line

#### Instruction:

- Jog to half way
- Backwards jog on return  
*½ court/back*

### Key Points

#### Players:

- Light feet
- Stay tall
- Eyes up
- Use your arms

#### Coaches:

- Ensure torso remains upright and stable
- Keep hips/knees/ankles in line
- Ensure arms, legs and feet move in a straight path
- Use opposite arms and legs to drive movement with arms bent at 90°
- Ensure short ground contact



## WALKING As

### Instructions

#### Starting Position:

- Spread out along goal line

#### Instruction:

- March to the transverse line
- Lift your swing knee high with opposite arms and legs
- Come up onto toes of support leg  
*½ court/back*

### Progression - Skipping As

#### Starting Position:

- Spread out along goal line

#### Instruction:

- With arms held with elbows bent at 90°
- Push up through toes and swing opposite arm and leg driving knee up to 90° in a controlled skip movement to half way
- Control/roll down through forefoot on landing.

***Progression:** Increase speed of swing through leg to drive movement*

### Key Points

#### Players:

- Stay tall
- Keep support leg straight
- Lift your knees
- Use your arms

#### Coaches:

- Keep trunk stable and upright
- Keep stance leg straight
- Push strongly through toes without lifting foot from ground
- Exaggerated high knee drive of swing leg
- Ensure arms legs and feet move in a straight path
- Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards
- Once proficient replace with Skipping As

## BUTT FLICKS - FORWARDS AND BACKWARDS

### Instructions

#### Starting Position:

- Spread out along the transverse line

#### Instruction:

- Run forwards towards goal line kicking heels towards buttock
- Try to keep the rest of your body still and just flick your leg back.
- On return repeat running backwards  
*½ court/back*

### Key Points

#### Players:

- Stay tall
- Eyes up
- Light feet
- Swing your arms

#### Coaches:

- Ensure trunk remains upright and stable
- Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards.

### SIDE SKIP AND SQUAT

#### Instructions

##### Starting Position:

- Standing side on at goal line, sit backwards into a semi squat position

##### Instruction:

- Side skip x4 in semi squat position
- On 4<sup>th</sup> squat back hold one second
- Repeat to half way
- On return repeat facing the same direction

*½ court/back*

#### Key Points

##### Players:

- Stay in a strong, compact posture
- Feet straight ahead
- To squat sit backwards as if onto chair
- Do not let feet touch between side skips

##### Coaches:

- By not letting feet touch creates an awareness of back foot position and keeps centre of mass wider
- Ensure flat back posture particularly with squat
- Ensure hip, knees and feet in alignment

### FORWARD AND BACKWARDS SHUFFLE

#### Instructions

##### Starting Position:

- Spread out along the goal line

##### Instruction:

- Sit backwards into semi squat position
  - Using fast light feet take two steps forwards and backwards over sideline
  - Use your arms to drive
  - x2 steps forwards
  - x2 steps backwards over sideline
- x10 leading with left leg*  
*x10 leading with right leg*

#### Key Points

##### Players:

- Stay in a strong, compact posture
- Fast, light feet
- Swing your arms
- Knees wide
- Eyes up

##### Coaches:

- Short sharp footwork balanced over feet
- Ensure bend through hips and knees
- Shoulders hips knees and feet facing forwards
- Knees in line with feet
- Use arms to drive movement

## FORWARD AND BACKWARD, LATERAL SHUFFLE

### Instructions

#### Starting Position:

- Spread out along the goal line
- Sit backwards into semi squat position
- Shoulders, hips, knees and feet facing forwards
- Knees in line with feet

#### Instruction:

- Remain in semi squat position use short sharp footwork balanced over feet
- Use arms to drive the movement
- Take x2 forwards steps
- Take x2 sideways steps (x1 left/ x1 right)
- Repeat to half way
- Repeat backwards to the goal line

*½ court/back*

### Key Points

#### Players:

- Stay in a strong, compact posture
- Fast, light feet
- Swing your arms
- Eyes up

#### Coaches:

- Short sharp footwork balanced over feet
- Ensure bend through hips and knees
- Shoulders hips knees and feet facing forwards
- Knees in line with feet
- Use arms to drive movement

## WALKING LUNGE

### Instructions

#### Starting Position:

- Spread out along goal line with hands on hips

#### Instruction:

- Walking lunge forwards by taking a large step forwards and dropping back knee down to just off the floor
- Keep trunk upright and tuck buttocks under to stretch through front of thigh
- Hold two seconds, repeat opposite leg
- Repeat to half way

*½ court/back*

### Key Points

#### Players:

- Bend through hip and knee
- Keep chest up

#### Coaches:

- Keep hips level with knee in line with foot
- Don't let the front knee come forwards of the shin



### WALKING HAMSTRING/GLUTEALS

#### Instructions

##### Starting Position:

- Spread out across court at half way

##### Instruction:

- While walking forwards, bring right leg forwards with heel on ground keeping knee straight bend through hips to stretch hamstring
- Step forwards again and cross right foot over left knee to stretch gluteals
- Repeat on other leg
- Repeat to goal line

*½ court*

#### Key Points

##### Players:

- Drop hip and bend knee

##### Coaches:

- Keep hips level with knee in line with foot

### HIP ROTATION

#### Instructions

##### Starting Position:

- Spread out along goal line

##### Instruction:

- Walking forwards towards transverse line lift your right leg up in front with knee bent
- While keeping hip bent rotate leg outwards bringing knee out to side before placing back onto ground
- Repeat opposite leg
- Repeat to half way

*½ court*

#### Key Points

##### Players:

- Make a large circle with your knee

##### Coaches:

- Keep trunk upright
- Ensure hip opens out/rotates as far as possible without discomfort

## WALKING QUADRICEPS

### Instructions

#### Starting Position:

- Spread out along transverse line

#### Instruction:

- While walking forwards towards goal line
- Bring foot back towards buttocks bending knee. Hold two seconds before stepping forwards and repeating on opposite leg
- Repeat to transverse line

*½ court*

### Key Points

#### Players:

- Drop hip and bend knee

#### Coaches:

- Keep hips level with knee in line with foot

# STRENGTH

**Purpose:** Promote strength and develop a stable base upon which the body moves. It specifically targets the muscles that control the trunk, hips, pelvis and knees known to be protective of injury

**Implementation:** Similar to the warm up/footwork category, all strength exercises should be completed when players are undertaking the program.

## QUADRICEPS

### REVERSE LUNGE AND DRIVE

#### Instructions

##### Starting Position:

- Standing upright

##### Instruction:

- Step backward into reverse lunge dropping from the back knee
- Drive swing leg up into high hip/knee bend

*2x12 reps each leg*

#### Key Points

##### Players:

- Keep the movement controlled with the body upright
- Foot straight ahead
- Knees wide

##### Coaches:

- Ensure knee is in line with foot and does not move forwards of foot
- As proficiency improves increase speed of movement while maintaining control

## SQUATS

#### Instructions

##### Starting Position:

- Standing with feet shoulder width apart
- Arms stretched overhead

##### Instruction:

- Keep arms overhead
- Bend through hips and knees as if sitting backwards

*2x12 reps*

#### Key Points

##### Players:

- Keep knees in line with feet
- Heels on the floor
- Eyes up

##### Coaches:

- Knees must not move forwards of toes
- Ensure head is up and back straight



## GLUTEALS/HAMSTRINGS

### ARABESQUE

#### Instructions

##### Starting Position:

- Standing on one leg

##### Instruction:

- Extend one leg behind and both arms forwards
- Bend forwards from hips keeping back straight and hips level
- Return to upright posture

*2x8 reps each leg*

#### Key Points

##### Players:

- Keep the movement controlled
- Maintain good alignment
- Keep hips level

##### Coaches:

- Attempts to fire gluteals and hamstrings
- Ensure swing leg hip is dropped down to neutral-
- Ensure back remains straight

### BRIDGE

#### Instructions

##### Starting Position:

- Lying on your back with knees bent
- Feet on the ground pointing straight ahead

##### Instruction:

- Pull in belly button
- Tighten buttocks and lift buttocks up
- Keep hips in alignment

*2x12 reps*

*Once proficient, hug one knee to chest*

*Repeat x15 each leg*

#### Key Points

##### Players:

- Try to make a straight line from knees to shoulders
- Keep the movement controlled
- Maintain good alignment
- Keep hips level

##### Coaches:

- Avoid lower back arching
- Watch for hip symmetry
- Ensure athletes do not rush the exercise

## CORE

### PLANK

#### Instructions

##### Starting Position:

- Lying face down
- Leaning through forearms

##### Instruction:

- Pull your belly in
- Tuck buttocks under
- Push through elbows and feet to lift your body off floor
- Keep chest up
- Chin tucked in
- Back straight

*Hold 2x30 seconds or as long as form is maintained*

#### Key Points

##### Players:

- Tighten your stomach and buttock muscles
- Try to form a straight line between feet and shoulders
- Stay strong through torso

##### Coaches:

- Ensure head is in a neutral position (looking straight down and not poked forwards)
- Shoulder blades are set backwards
- Back is flat and buttocks tucked under

### SIDE PLANK

#### Instructions

##### Starting Position:

- Lying on one side with knees straight
- Upper body leaning through forearm placed directly under shoulder

##### Instruction:

- Push through forearms and knees and use abdominal muscles to lift body up off the floor into a straight position
- Keep everything aligned

*Hold 20-30 seconds each side or as long form is maintained*

#### Key Points

##### Players:

- Try to form a straight line between feet and shoulders without rolling forwards or backwards
- Stay strong through torso

##### Coaches:

- Ensure head is in a neutral position (looking straight down and not poked forwards)
- Shoulder blades are set backwards
- Back is flat
- Buttocks tucked under

# BALANCE/LANDING

**Purpose:** To improve players ability to take off and land safely on single or double leg and capacity to absorb force in more challenging circumstances. Use of the ball during exercises further increases specificity of training, ensuring the overhead arm position required of most netball landings is focussed on and attended to.

**Implementation:** Coaches should select 2–3 activities from the balance and landing category each time the program is delivered. Coaches are encouraged to choose different activities for each session in order to provide variability for players

## JUMP AND LAND TECHNIQUE

### DOUBLE LEG JUMP/LAND

#### Instructions

##### Starting Position:

- Standing on both feet in the good technique take off position

##### Instruction:

- Jump upwards and land in the good technique landing position on two or one leg if proficient
- Hold two seconds  
*x10 reps*

### SINGLE LEG JUMP/LAND

##### Starting Position:

- Standing on one foot in the good technique take off position

##### Instruction:

- Hop upwards
- Land on the same leg in the good technique landing position
- Hold two seconds  
*x5 reps each legs*

#### Key Points

##### Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

##### Key Coaching Point:

- Ensure good technique take off position and safe landing technique
- Once proficient progress by
  - (a) increasing the height of the jump and/or
  - (b) reducing the hold time between jumps

DO NOT LET KNEE TURN  
INWARDS ON LANDING  
DO NOT ONE LET HIP DROP  
ON LANDING

## DOUBLE LEG ACTIVITIES

### ROTATION 180 +/- BALL

#### Instructions

##### Starting Position:

- Start in the good technique take off position

##### Instruction:

- Jump off both feet
- Exploding up rotating 180° to Right
- Land in the good technique landing position with arms in the air
- Pause one second
- Repeat jumping turning 180° to left and pause
- Do not start rotating until in the air
- Only rotate as far as you can rehearse GOOD landing technique

**Repeat x5 calls each athlete**

#### Key Points

##### Players:

- Sit backwards prior to taking off
- Land quietly with knees wide
- Only rotate as far as you can rehearse GOOD landing technique - avoids simply learning poor landing

##### Coaches:

- Ensure good technique take off and good technique landing position
- Pay particular attention to knee position at the point of repeated landing/take off avoiding knees coming inwards

*Once proficient progress by*

*(a) increasing the height of the jump and/or*

*(b) reducing the hold time between jumps*

### CROSSES +/- BALL

#### Instructions

##### Starting Position:

- Start in the good technique take off position

##### Instruction:

- Start in the middle
- Double leg jump and land diagonally to a point of the cross
- Pause one second before returning to middle
- Keep arms overhead when landing on a point
- Repeat the jump and land to all four points of the cross

**x5 reps**

#### Ball Alternative

- In pairs, catch and pass a ball on landing

*Once proficient perform x1 without ball, x1 with ball each direction*

#### Key Points

##### Players:

- Sit backwards prior to taking off
- Land quietly with knees wide
- Only rotate as far as you can rehearse GOOD landing technique — avoids simply learning poor landing

##### Coaches:

- Ensure good technique take off and good technique landing position
- Pay particular attention to knee position at the point of repeated landing/take off avoiding knees coming inwards

*Once proficient progress by*

*(a) increasing the height of the jump and/or*

*(b) reducing the hold time between jumps*

## SINGLE LEG ACTIVITIES

### PARTNER PUSH

#### Instructions

##### Starting Position:

- In pairs, partner circles athlete
- Start in the good technique take off position

##### Instruction:

- Jump off both feet
- Land on two legs in the good technique landing position
- While in air partner provides a firm push to off balance

*5 landings each leg in multiple directions*

#### Key Points

##### Players:

- Sit backwards prior to taking off
- Land quietly with knee in line with leg

##### Coaches:

- Ensure good technique take off and good technique landing position
- Ensure partner performs a firm destabilising force to trunk
- Once proficient land on one leg

### SLALOM +/- RUN ON

#### Instructions

##### Starting Position:

- Start in the good technique take off position

##### Instruction:

- Jump diagonally forwards
- Land in the good technique landing position on one leg
- Pause one second

*2 x 5 jumps each direction*

*On return to back of line repeat slalom hops backwards*

- Pause one second
- Repeat x5
- On final landing immediately drive forwards to catch pass from feeder with follow on step
- Pass ball back to feeder to commence with next player in line
- On return to back of line repeat slalom hops backwards
- Repeat taking off with other leg first

*2x5 Jumps forwards/backwards*

#### Key Points

##### Players:

- Sit backwards prior to taking off
- Land quietly with knee in line with leg

##### Coaches:

- Ensure good technique take off and good technique landing position
- Ensure partner performs a firm destabilising force to trunk
- Once proficient land on one leg

#### Ball Alternative

##### Starting Position:

- Assemble in a line on the goal line with one feeder 10m from the group
- Commence in the good technique take off position

##### Instruction:

- Jump diagonally forwards and land in the good technique landing position on one leg



### SURPRISES

#### Instructions

##### Starting Position:

- In pairs, facing partner

##### Instruction:

- Begin with fast feet
- Surprises, whereby ball is passed in a variety of directions
- Partner dictates x10 changes of direction
- Landings turning left or right 90° with single leg land
- Arms overhead
- Hold landing one second
- Repeat by partner

#### Key Points

##### Players:

- Sit backwards prior to taking off
- Land quietly with knee in line with leg

##### Coaches:

- Ensure good technique take off and good technique landing position
- Ensure partner performs a firm destabilising force to trunk
- Once proficient land on one leg

### REPEATED EFFORT

### REPEATED DIAGONAL CROSSES +/- BALL

#### Instructions

##### Starting Position:

- Standing on both feet in the good technique take off position

##### Instruction:

- Start in the middle
- Jump diagonally to point a of the cross
- Instantly take off again in the same direction
- Hold the second landing for 1-3 seconds in good technique landing position with arms overhead
- Returning to middle after two jumps in each direction
- Repeat to all points of the cross  
*x2 reps each way*

#### Ball Alternative

##### Instruction:

- In pairs, repeat exercise as described, catch and pass a ball on the second landing  
*Once proficient perform x1 without ball, x1 with ball each direction*

#### Key Points

##### Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

##### Coaches:

- Watch for knee alignment at the first landing/second take off
- Once proficient progress by increasing the height of the jump

## X3 STEP SLALOMS + BALL

### Instructions

#### Starting Position:

- Start at goal line
- Standing on one leg in the good technique take off position

#### Instruction:

- Athlete takes x3 diagonally forwards steps
- Hold the 3<sup>rd</sup> landing on one leg for one second
- Repeat to the other direction
- On 3<sup>rd</sup> set immediately drive forwards to catch pass from feeder with follow on step
- Pass ball back to feeder to commence with next player in line
- On return to back of line repeat slalom hops backwards
- Repeat taking off with other leg first

*x2 reps each way*

### Key Points

#### Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

#### Coaches:

- Watch for knee alignment at the first landing/second take off
- Once proficient progress by increasing the height of the jump

## X3 SIDE STEP + BALL

### Instructions

#### Starting Position:

- In pairs with a ball, facing partner
- Start in the good technique take off position

#### Instruction:

- Move in any direction x3 steps
- Pause on the third step landing to catch
- Pass ball prior to changing direction

*x10 reps*

### Key Points

#### Players:

- Try to maintain your balance, do not let your knee turn inwards when landing

#### Coaches:

- Ensure hips and knees are in good alignment

## TUCK JUMPS +/- PAUSE

### Instructions

#### Starting Position:

- Start in the good technique take off position

#### Instruction:

- Jump and land repeatedly on the spot
- Lifting knees to hip height

*2x5 jumps*

### Key Points

#### Players:

- Stay upright and keep chest up
- Land softly and keep knees wide

#### Coaches:

- Ensure knees do not move inwards particularly with repeated landing/take off
- If the exercise is too difficult pause between tuck jumps to ensure safe landing alignment

# AGILITY

**Purpose:** To develop a solid movement foundation upon which skills are honed. The agility exercises aim to improve movement efficiency when changing direction, decelerating and then reaccelerating. The agility category targets how to absorb force in landing/decelerating but also how to generate force when reaccelerating.

Use of the ball during tasks increases specificity of training. The elite program extends these principles further to accommodate not only pre-planned change of direction but also the response to unpredictable stimulus.

**Implementation:** Similar to Balance/Landing coaches should select 2-3 activities each time the program is delivered. Coaches are encouraged to choose different activities for each session in order to provide variability for players.

## RUNNING TECHNIQUE

### FORWARD BOUND

#### Instructions

##### Starting Position:

- Spread out along the goal line

##### Instruction:

- Start with a double leg squat backwards
- Commence running forwards towards the half court swinging legs high into exaggerated hip/knee bend
- Land on the balls of your feet, using your arms to drive the movement

*2x ½ court*

#### Key Points

##### Players:

- Stay tall, eyes up, use arms
- Stay in the air as long as possible
- Gradually increase the distance and speed of the bound

##### Coaches:

- Ensure players are landing through balls of feet
- Emphasise staying in the air for a longer period and improving the distance of the bound
- Encourage players to do this slowly rather than quickly

## DEFENSIVE SHUFFLE

### Instructions

#### Starting Position:

- Spread out across court at half way

#### Instruction:

- Sit backwards into semi squat position
- Perform x2 repeated diagonally backwards sidesteps in semi squat position
- Keep arms overhead
- Continue to goal line
- Combine with Zig Zag Bound

*2x ½ court*

### Key Points

#### Players:

- Stay compact throughout
- Keep knees wide
- Quiet fee

#### Coaches:

- Ensure knees in line with feet
- Ensure hips/knees bent
- Ensure strong through torso

## DECLARATION TECHNIQUE

## DEFENSIVE SHUFFLE

### Instructions

#### Starting Position:

- Spread out along the goal line

#### Instruction:

- Drive forwards 4-5 steps before decelerating over multiple short steps to run backwards five steps
- Change direction to repeat running forwards/backwards to half way
- Alternate the leg that you push off from

*2x ½ court*

### Key Points

#### Players:

- When decelerating stay low and balanced
- Use lots of steps
- Keep your eyes up

#### Coaches:

- Ensure good technique deceleration

## PARTNER AND BALL

### Instruction:

- *Progression*
- In pairs with ball, facing partner 10m apart
- Forward run on to catch and pass ball
- Accelerate to partner
- Decelerate around partner and backwards shuffle to 10m apart
- Repeat decelerating around partner in opposite direction
- Repeat by partner

*2x ½ court*

### Key Points

#### Players:

- When decelerating stay low and balanced
- Use lots of steps
- Keep your eyes up

#### Coaches:

- Ensure good technique deceleration

## CHANGE OF DIRECTION TECHNIQUE

### LATERAL SHUFFLE

#### Instructions

##### Starting Position:

- Athletes line up behind each other down the middle of goal third
- Start compact

##### Instructions:

- On coaches command remain in semi squat position and rapidly side step
- Right x5 steps
- Before changing direction to return to the middle
- Repeat to left

*x3 each direction*

### Key Points

#### Players:

- Stay compact and strong when changing direction
- Move quickly but quietly
- Try to stay centred over body
- Outside leg acts as the brake
- Inside leg acts as the accelerator

#### Coaches:

- Ensure body always faces forwards and knee alignment is maintained throughout
- Use good technique change of direction

## REACTIVE LATERAL SHUFFLE

#### Instructions

- Exercise as described above however change of direction is in response to command of coach x4 total

## Y DRILL – DECELERATION

### Instructions

#### Starting Position:

- Commence in two lines at the goal post

#### Instructions:

- Drive forwards to the top of the circle before accelerating either to the left or right top corner transverse line
  - Decelerate over multiple short steps to stop
  - Walk back to back of line
  - Repeat to other direction
- x2 each direction*

### Key Points

#### Players:

- Move quickly but quietly
- When decelerating stay low and balanced over feet using multiple short steps to decelerate

*x10 reps*

#### Coaches:

- Ensure good technique change of direction

## Y DRILL - CHANGE OF DIRECTION

### Instructions

#### Starting Position:

- Commence in 2 lines at the goal post

#### Instruction:

- Drive forwards to the top of the circle before accelerating either to the left or right top corner transverse line
  - Decelerate over multiple short steps to change direction back to midline
  - Join back of line and repeat other direction
- x2 each direction*

### Key Points

#### Players:

- Stay compact and strong when changing direction
- Move quickly but quietly
- Try to stay centred over body
- Outside leg acts as the brake
- Inside leg acts as the accelerator

#### Coaches:

- Ensure good technique change of direction



## Y DRILL – PARTNER AND BALL

### Instructions

#### Starting Position:

- One player feeds the ball from transverse line
- Others line up behind each other at top of the circle
- 2<sup>nd</sup> person in line can have an additional ball

#### Instruction:

- Drive forwards to the top of the circle before accelerating diagonally in the direction specified by feeder
- Catch ball before changing direction and passing to the 3<sup>rd</sup> person in line
- Meanwhile 2<sup>nd</sup> athlete commences similar process

*x2 each direction*

### Key Points

#### Players:

- Stay compact and strong when changing direction
- Move quickly but quietly
- Try to stay centred over body
- Outside leg acts as the brake
- Inside leg acts as the accelerator

#### Coaches:

- Ensure good technique change of direction

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