

THE KNEE PROGRAM

NETBALL AUSTRALIA

Q&A:

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

WHAT IS IT?

The KNEE Program is a courtside warm up to assist coaches in preparing their players to play. It targets how to land and how to move safely and efficiently.

WHO SHOULD DO IT?

Three tiers have been devised to target all netball populations:

- Junior (11-14 years)
- Recreational (14 years and above)
- Elite (players who have been identified in the Talent, Elite and Mastery category of Netball Australia's Player Pathway).

WHY DO IT?

The KNEE Program is based on programs that have been proven effective in reducing lower limb injuries generally and specifically reducing ACL injuries from 40-70%. It will also improve efficiency of movement on court.

HOW LONG DOES THE PROGRAM TAKE?

The program should take no more than 10-12 minutes to complete.

HOW LONG DOES IT TAKE BEFORE IT BEGINS TO MAKE A DIFFERENCE?

Research indicates it needs to be done for a minimum of 10 weeks.

WHEN CAN I STOP DOING IT?

Never! The program needs to be continued for its effects to be maintained.

HOW OFTEN DO I NEED TO DO IT?

For maximum effectiveness it needs to be done 2-3 times per week. If you do not attend training or play more than once a week it should be incorporated into your pre-existing exercise routine.

CAN I DO IT MORE OFTEN?

Yes, the program and activities can be incorporated into your pre-existing exercise routine and completed all year round.

DO I NEED TO DO ALL OF THE EXERCISES?

You must do exercises within each section. The Warm up/Footwork category must be done in full. However multiple variations are provided within the remaining categories to provide variety.

CAN I CHANGE THE EXERCISES IN THE PROGRAM?

The structure needs to stay consistent but multiple exercises are available to provide variety.

CAN I DO ADDITIONAL WARM UP DRILLS IN CONJUNCTION WITH THIS?

Yes, you can do additional conditioning and specific ball work however it is designed so that you should be ready to train following its completion.

DO I NEED EQUIPMENT?

No, the program has been designed specifically so that it is easy to implement. All that is required is a ball for some activities.

SHOULD THE PROGRAM CAUSE PAIN?

No it should not. If any drill is causing discomfort you should cease activity and seek professional advice.