

KNEE PROGRAM WARM UP - JUNIOR

DEVELOPMENT COACHING COURSE KNEE PROGRAM WARM UP - JUNIOR

The Junior KNEE Program is designed specifically for the developing athlete, aged from 11-14 years. It targets basic physical competency and movement skills with particular focus on good techniques for take-off and landing. Without this physical foundation players can carry movement technique faults throughout their netball career, exposing them to higher injury risk and reduced performance capacity.

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.

Refer to the following link to the Junior KNEE Program to access the videos for each of the exercises below:
knee.netball.com.au/junior

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.

ACTIVITY	STARTING POSITION	INSTRUCTIONS	KEY POINTS Players:	KEY POINTS Coaches:
SIDELINES JOG FORWARDS AND BACKWARDS	Divide into two groups along opposite sidelines facing partner.	<ul style="list-style-type: none"> Jog to the middle of the court Circle around your partner Stay facing same direction and run backwards to starting position Repeat circling partner in opposite direction. x2 reps (x1 each way).	<ul style="list-style-type: none"> Stay tall Eyes up Light feet Swing your arms. 	<ul style="list-style-type: none"> Ensure trunk remains upright and stable Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards Ensure short ground contact Bend through hips and knees when shuffling around partner.
BUTT FLICKS FORWARDS AND BACKWARDS	Divide into two groups along opposite sidelines facing partner.	<ul style="list-style-type: none"> While jogging towards middle of the court, kick heels towards buttock. Stay tall Circle around your partner Stay facing same direction to run backwards to starting position Repeat circling partner the other way. x2 reps (x1 each way).	<ul style="list-style-type: none"> Stay tall Eyes up Light feet Swing your arms 	<ul style="list-style-type: none"> Ensure trunk remains upright and stable Use opposite arms and legs to drive movement with arms bent at 90° swinging forwards and backwards.
HIGH KNEE MARCH AND HIGH KNEE SKIP	Divide into two groups along opposite sidelines facing partner.	<ul style="list-style-type: none"> March to the middle of the court Lift your swing knee high, opposite arms and legs Circle around partner and turn to face direction you have come from Skip back to sideline Push up through toes to spring into the air Lift your swing knee high Repeat circling partner the other way. x2 reps (x1 each way).	<ul style="list-style-type: none"> Stay tall Eyes up Lift your knees Light feet Swing your arms. 	<ul style="list-style-type: none"> Ensure trunk remains upright and stable 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 High knees on swing leg.

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SIDE SKIPPING	Divide into two groups along opposite sidelines facing side onto partner.	<ul style="list-style-type: none"> Sit backwards into a semi squat position Side skip to middle of the court Stay facing the same direction and shuffle around partner before side skipping back to sideline in semi squat position Repeat side skipping circling partner in opposite direction. x2 reps (x1 each way).	<ul style="list-style-type: none"> Stay in a strong, compact posture Feet straight ahead Knees wide Eyes Up. 	<ul style="list-style-type: none"> Keep athletes in compact position but do not let them collapse through the trunk/ ensure neutral spine position Not letting feet touch creates an awareness of back foot position and keeps centre of mass wider.
FORWARD AND BACKWARD SHUFFLE	Divide into two groups along opposite sidelines facing partner.	<ul style="list-style-type: none"> Sit backwards into semi squat position Using fast, light feet take two steps forwards and backwards over sideline Use your arms x2 steps forwards x2 steps backwards over sideline x10 reps leading with left leg x10 reps leading with right leg. 	<ul style="list-style-type: none"> Stay in a strong, compact posture Fast, light feet Swing your arms Knees wide Eyes Up. 	<ul style="list-style-type: none"> 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 High knees on swing leg.

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.

ACTIVITY	STARTING POSITION	INSTRUCTIONS	KEY POINTS Players:	KEY POINTS Coaches:
PLANK THROUGH KNEES	<ul style="list-style-type: none"> Face down Leaning through forearms and knees. 	<ul style="list-style-type: none"> Pull your in belly Tuck buttocks under Push through forearms and knees to lift your body off floor Keep chest up Chin tucked in Back straight. Hold 2x30 seconds or as long as form is maintained.	<ul style="list-style-type: none"> Tighten your stomach and buttock muscles Try to form a straight line between knees and shoulders Stay strong. 	<ul style="list-style-type: none"> 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 Once proficient lean through forearms and toes and ensure technique as above.
QUADRICEPS	Standing in pairs about arm's length distance from partner.	<ul style="list-style-type: none"> Start in the good technique take off position Grip partner's arms at the wrist Bend through hips and knees to squat backwards sticking buttocks out behind until arms are outstretched in partners hands Use your leg muscles to straighten up again. 2 x12 reps.	<ul style="list-style-type: none"> Try to use your legs as much as you can Only using arm grip for balance Keep your knees wide and feet straight head. 	<ul style="list-style-type: none"> Ensure knees do not roll in and that knees do not come forwards of feet Watch that lower back remains straight Ensure athletes do not rush the exercise Encourage athletes to observe partners position and give feedback.

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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 focused on and attended to.

ACTIVITY	STARTING POSITION	INSTRUCTIONS	KEY POINTS Players:	KEY POINTS Coaches:
PARTNER PUSH	Standing on 1 leg facing partner.	Both players stand on one leg and try to hold balance while partner tries to push off balance. Hold 30 seconds each leg.	<ul style="list-style-type: none"> Try to maintain your balance Do not let your knee turn inwards. 	Ensure hips and knees are in good alignment.
JUMP AND LAND TECHNIQUE DOUBLE LEG/ SINGLE LEG	Standing on both feet in the good technique take off position.	<ul style="list-style-type: none"> Sit backwards slightly prior to taking off Land quietly with knees wide. 	<ul style="list-style-type: none"> Sit backwards slightly prior to taking off Land quietly with knees wide. 	Ensure good technique take off and good technique landing position.

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.

ACTIVITY	STARTING POSITION	INSTRUCTIONS	KEY POINTS Players:	KEY POINTS Coaches:
SLIDING SHUFFLE	Spread out along the goal line	<ul style="list-style-type: none"> Drive forwards 4-5 steps before decelerating over multiple short steps to run backwards 5 steps Change direction to repeat running forwards/backwards to half way Alternate the leg that you push off from. 2x 1/2 court.	<ul style="list-style-type: none"> When decelerating stay low and balanced Use lots of steps Keep your eyes up. 	Ensure good technique deceleration.
LATERAL SHUFFLE	<ul style="list-style-type: none"> Athletes line up behind each other down the middle of goal third Start compact and balanced in semi squat position with fast feet. 	<ul style="list-style-type: none"> On coaches command remain in semi squat position Rapidly side step right x5 steps before changing direction to return to the middle Repeat to left. x3 each direction.	To change direction the outside leg acts like the brake, inside leg is the accelerator.	<ul style="list-style-type: none"> Ensure body always faces forwards and knee alignment is maintained throughout Player needs to shift weight over inside leg to power the drive.