

KNEE PROGRAM WARM UP - RECREATIONAL

DEVELOPMENT COACHING COURSE KNEE PROGRAM WARM UP - RECREATIONAL

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 takeoff 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.

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

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:
WALKING As	Spread out along goal line.	<ul style="list-style-type: none"> March to the transverse line Lift your swing knee high with opposite arms and legs Come up onto toes of support leg 1/2 court/back. <p>SKIPPING As (Progression)</p> <ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Stay tall Keep support leg straight Lift your knees Use your arms. 	<ul style="list-style-type: none"> 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.
SIDE SKIP AND SQUAT	Standing side on at goal line, sit backwards into a semi squat position.	<ul style="list-style-type: none"> Side skip x4 in semi squat position On 4th squat back hold one second Repeat to half way On return repeat facing the same direction. <p>1/2 court/back.</p>	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 BACKWARD, LATERAL SHUFFLE	<ul style="list-style-type: none"> Spread out along the goal line Sit backwards into semi squat position Shoulders, hips, knees and feet facing forwards Knees in line with feet. 	<ul style="list-style-type: none"> 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. <p>1/2 court/back</p>	<ul style="list-style-type: none"> Stay in a strong, compact posture Fast, light feet Swing your arms 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.

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WALKING LUNGE	Spread out along goal line with hands on hips.	<ul style="list-style-type: none"> 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. <p>1/2 court/back.</p>	<ul style="list-style-type: none"> Bend through hip and knee Keep chest up. 	<ul style="list-style-type: none"> Keep hips level with knee in line with foot Don't let the front knee come forwards of the shin.
WALKING HAMSTRING/ GLUTEALS	Spread out across court at half way.	<ul style="list-style-type: none"> 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. <p>1/2 court/back.</p>	Drop hip and bend knee.	Keep hips level with knee in line with foot.
HIP ROTATION	Spread out along goal line.	<ul style="list-style-type: none"> 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. <p>1/2 court/back.</p>	Make a large circle with your knee.	<ul style="list-style-type: none"> Keep trunk upright Ensure hip opens out/rotates as far as possible without discomfort.
WALKING QUADRICEPS	Spread out along transverse line.	<ul style="list-style-type: none"> 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. <p>1/2 court/back.</p>	Drop hip and bend knee.	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

ACTIVITY	STARTING POSITION	INSTRUCTIONS	KEY POINTS Players:	KEY POINTS Coaches:
REVERSE LUNGE AND DRIVE	Standing upright.	<ul style="list-style-type: none"> Step backward into reverse lunge dropping from the back knee Drive swing leg up into high hip/knee bend. <p>2x12 reps each leg.</p>	<ul style="list-style-type: none"> Keep the movement controlled with the body upright Foot straight ahead Knees wide. 	<ul style="list-style-type: none"> Ensure knee is in line with foot and does not move forwards of foot As proficiency improves increase speed of movement while maintaining control.
PLANK	<ul style="list-style-type: none"> Lying face down Leaning through forearms. 	<ul style="list-style-type: none"> 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. <p>Hold 2x30 seconds or as long as form is maintained.</p>	<ul style="list-style-type: none"> Tighten your stomach and buttock muscles Try to form a straight line between feet and shoulders Stay strong through torso. 	<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.

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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:
ROTATION 180 +/- BALL	Start in the good technique take off position.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> increasing the height of the jump and/or reducing the hold time between jumps
SURPRISES	In pairs, facing partner.	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Sit backwards prior to taking off Land quietly with knee in line with leg. 	<ul style="list-style-type: none"> 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.

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:
Y Drill - DECELERATION	Commence in two lines at the goal post.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> Move quickly but quietly When decelerating stay low and balanced over feet using multiple short steps to decelerate. x10 reps.	Ensure good technique change of direction.
Y DRILL - CHANGE OF DIRECTION	Commence in 2 lines at the goal post.	<ul style="list-style-type: none"> 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.	<ul style="list-style-type: none"> 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. 	Ensure good technique change of direction.