



NETS NETBALL CONDITIONING PROGRAM
KNEE PROGRAM
WEEK 1

WARM-UP/FOOTWORK

- Sidelines Jog Forward and Backward x 2 reps
- Butt Flicks Forwards and Backwards x 2 reps
- High Knee March and High Knee Skip x 2 reps
- Side Skipping x 2 reps
- Forward and Backward Shuffle x 10 reps R/L

STRENGTH + DADA Cycle 1

BALANCE & LANDING

- Partner Push 10 x 2 Foot/ 5 x R/L
- Slalom Forwards & Backwards ½ court
- Tuck Jumps x 5 reps

AGILITY

- Sliding Shuffle (Deceleration)
- Change of Direction (Zig Zag Run)
- Forward Run On
- Netball Plane (Decel & COD)



NETS NETBALL CONDITIONING PROGRAM KNEE PROGRAM

WEEK 2

WARM-UP/FOOTWORK

- Sidelines Jog Forward and Backward x 2 reps
- Butt Flicks Forwards and Backwards x 2 reps
- High Knee March and High Knee Skip x 2 reps
- Side Skipping x 2 reps
- Forward and Backward Shuffle x 10 reps R/L

STRENGTH + DADA Cycle 2

- Bridge 2 x 12 reps

BALANCE & LANDING

- Single Leg Arms and Legs 30 sec R & L
- Jump & Land Double & Single Leg 10 reps
- Crosses -ball x 2 reps
- Slalom Jumps forwards & backwards ½ court

AGILITY

- Sliding Shuffle (Deceleration)
- Defensive Shuffle (COD)
- Forward Run On
- Netball Plane (Decel & COD)

WARM-UP/FOOTWORK

- Sidelines Jog Forward and Backward x 2 reps
- Butt Flicks Forwards and Backwards x 2 reps
- High Knee March and High Knee Skip x 2 reps
- Side Skipping x 2 reps
- Forward and Backward Shuffle x 10 reps R/L

STRENGTH + DADA Cycle 3

- Partner Squats 2 x 12 reps
- Bridge 2 x 12 reps
- Side Plank through knees 30 sec R/L

BALANCE & LANDING

- Ball Roll 30 sec R&L
- Forwards & backwards + ball x 10 reps F/B
- Rotate 90 deg +ball x 5 reps L&R
- Side Step +ball x 5 reps L&R

AGILITY

- Sliding Shuffle (Deceleration)
- Lateral Shuffle
- Forward Run On
- Netball Plane (Decel & COD)

WARM-UP/FOOTWORK

- Sidelines Jog Forward and Backward x 2 reps
- Butt Flicks Forwards and Backwards x 2 reps
- High Knee March and High Knee Skip x 2 reps
- Side Skipping x 2 reps
- Forward and Backward Shuffle x 10 reps R/L

STRENGTH + DADA Cycle 4

- Partner Sit Ups + Weighted Ball 2 x 12 reps
- V Sits + Weighted Ball 2 x 12 reps

BALANCE & LANDING

- Partner Ball Passes x10 Passes R/L
- Repeated Crosses +/- Ball x2 Reps
- Repeated Side Step +/- Ball x5 L/R

AGILITY

- Defensive Shuffle
- Lateral Shuffle
- Push Step Shuffle
- Netball Plane (Decel & COD)