

SUGGESTED NETBALL SPECIFIC STATIC STRETCHES

Long calf muscle (Gastrocnemius)

Keep back heel on the ground and knee straight. Bend the front knee until a gentle stretch is felt up the back of the calf.



Short calf muscle (soleus)

Keep back heel on the ground. Bend back knee until a gentle stretch is felt at the base of the calf.



Front of thigh (Quadriceps)

Pull heel towards the bottom until a gentle stretch is felt along the front of the thigh.



Back of thigh (Hamstring)

Sit with leg outstretched to front. Gently lean forwards from the hips until a stretch is felt up the back of the leg.



Hip flexor

Kneel on the ground. Keeping back straight and bottom tucked in, lean forward from the hip until a gentle stretch is felt at the front of the hip.



Groin

Sit on the ground. Keep the back straight and gently push the knees towards the ground until a stretch is felt in the groin area.



It is suggested that coaches choose two of the static stretches to target each Net Set GO! session. Following a Netta game or longer session it may be appropriate to stretch all muscle groups.

COOL-DOWN

A 5-10 minute cool-down following a game/training is recommended to reduce injury risk, increase long-term flexibility and improve recovery from activity.

An effective cool-down for junior netballers should include:-

1. Low intensity aerobic activity of three minutes e.g. slow jog around court.
 2. Static stretching program of four minutes' duration. (Refer to previously suggested routine)
 3. Implementation of other recovery strategies. Whilst players are stretching it is the perfect time to encourage further recovery strategies.
- Rehydration often needs to be encouraged especially in young players who are more susceptible to dehydration. This may involve the intake of water or sports drinks. Thirst is a poor indicator of dehydration and the amount of fluid required varies from individual to individual.
 - Any injuries should be taken care of at this time with RICE (rest, ice, compression, elevation) principles applied. Care should be taken with the application of ice on young players. A period of 10 minutes is suggested with additional padding between the skin and ice to avoid an ice burn.

It is essential for all netballers to establish good stretching, warm-up and cool-down practices, no matter what their age, in order to reduce the likelihood of injury, enhance play and allow optimal recovery. Emphasis should be placed on the development of a consistent routine, both at training and when playing, to ensure the integration of these important components throughout playing years.

It must be remembered that the information presented is based on the best current available practice. For future updates refer to the Netball Australia website or consult an appropriate health professional.