

THE KNEE PROGRAM

JUNIOR MANUAL
11-14 YEARS

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





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INTRODUCTION

Injury prevention programs are most effective in reducing injuries in younger athletes, especially those aged 18 years and below. It is therefore optimum to implement programs in pre and early adolescence. Girls are at a greater risk of sustaining injury while playing sport, particularly knee injury and more specifically the Anterior Cruciate Ligament (ACL). Netball's unique mix of fast pace play, change of direction, landing impact and immediate deceleration also increases the risk for injury to the lower limbs.

Younger athletes are more vulnerable during periods of growth, particularly where bone and muscle growth is not aligned resulting in awkward movements that increase injury risk. The Junior KNEE program has been tailored to accommodate this, with specific attention placed on designing a program with a reduced degree of difficulty and a greater emphasis on the development of basic strength. It does not involve stretching because stretching prior to activity has not been shown to be protective of injury. Regular stretching independent of or following exercise is however recommended for this age group and a basic stretching sheet has been provided in this resource.

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.

THE JUNIOR KNEE PROGRAM HAS BEEN TAILORED TO ACCOMMODATE THIS, WITH SPECIFIC ATTENTION PLACED ON DESIGNING A PROGRAM WITH A REDUCED DEGREE OF DIFFICULTY AND A GREATER EMPHASIS ON THE DEVELOPMENT OF BASIC STRENGTH.

HOW TO USE

The following will give coaches an understanding of how to use the resource, how the resource has been structured and the key coaching points for successful implementation.

CATEGORIES

Warmup/Footwork

Purpose: To switch on the brain for activity and to prepare the body for movement, enhancing footwork patterning in preparation for dynamic activity.

Implementation: To be completed as a sequential process, all activities in the warm up/footwork category should be done at the start of the program each time.

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.

Implementation: Similar to the warm up/footwork category, all strength exercises should be completed when players are undertaking the program. For maximum strengthening effect it is recommended that additional repetitions of these exercises be performed independent of the warm up.

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 focussed on and attended to.

Implementation: Four exercises from the Balance/Landing category should be completed every time the program is delivered. For example the coach may choose one activity from each of take-off/landing, single leg, double leg and repeated effort or a combination of these.

Agility

Purpose: To develop a solid movement foundation upon which skills are honed. The agility exercises aim to improve movement efficiency when decelerating and changing direction using netball specific planes of movement

Implementation: Four exercises from the Agility category should be completed every time the program is delivered. For example the coach may choose one activity from each of deceleration, change of direction, follow on step and netball plane of movement sections or a combination of these

KEY PRINCIPLES

	GOOD TECHNIQUE	POOR TECHNIQUE
TAKE OFF	<ul style="list-style-type: none"> Feet shoulder width apart Feet facing forwards Hips bent Knees bent Knees in line with feet Use arms to drive movement 	<ul style="list-style-type: none"> Feet wide Feet turning outwards Hips stiff/upright posture Knees stiff/upright posture Knees collapsing inwards
LANDING	<ul style="list-style-type: none"> Hips bent Knees bent Roll down through feet Feet straight ahead Knees in line with feet Trunk stable 	<ul style="list-style-type: none"> Hips stiff/upright posture Knees stiff/upright posture Feet stiff Feet not aligned Knees collapsing inwards Poor Posture
DECELERATION	<ul style="list-style-type: none"> Multiple small steps Hips bent Knees bent Chest up Trunk stable 	<ul style="list-style-type: none"> 1 large step Hips stiff/upright posture Knees stiff/upright posture Poor posture
CHANGE OF DIRECTION	<ul style="list-style-type: none"> Hips bent Knees bent Small steps Trunk stable Outside leg absorb the landing Inside leg drive acceleration Foot leads direction change 	<ul style="list-style-type: none"> Hips stiff/upright posture Knees stiff/upright posture Wide stance with large step Poor posture Outside leg absorbs and drives Inside leg absorbs and drives Foot not leading direction change

MANUAL

The Junior program manual contains the specific information relevant to this level, including the key principles, instructions for each exercise and specific player cues and coaching points. Coaches should make themselves familiar with this information to support their understanding and ability to influence development with their players

KEY POINTS

Players

Coaches should use these cues and language to make players aware of how their body should be feeling and moving as they participate in the activities. This is a crucial aspect of supporting players' development of correct technique

Coaches

This information will support coaches understanding of specific cues to look for as players complete the activities and aid in coaches identifying areas to develop and highlighting excellent technique

+/- ball

Coaches will come across this throughout the resource in different activities. It simply means this activity can be done with or without a ball and the instructions clearly articulate how to do this

Videos can be accessed via a smart phone or tablet for on court reference when needed.

VIDEO

Each exercise has a demonstration video with voice over providing clear instruction on how players should complete the exercise as well as supporting technical information and athlete cues. Videos can be viewed individually or as a sequence for each category.

Videos can be accessed via a smart phone or tablet for on court reference when needed.

KEY COACHING POINTS

FAMILIARISATION AND PLANNING

- Coaches should spend time studying the content, key principles, instructions and coaching points before beginning the program with their players. It is important that coaches feel confident delivering the activities as well as understanding the key principles and how to support player development
- A key aspect of successful implementation is planning. The KNEE Program should be utilised as the warm up aspect of the training session and therefore not impinge on the normal training structure or timeframes
- Encourage the players to familiarise themselves with the program. This involves the player in the process and places responsibility on them to have a sound working knowledge of the activities and key principles

Demonstrating activities is a vital aspect of the program.



DEMONSTRATION AND IMPLEMENTATION

- Demonstrating activities is a vital aspect of the program. As all players learn differently it is important to give verbal instructions coupled with a demonstration of the activity highlighting correct technique. This combination of observation and practice enhances learning
- In the early stages of implementing the program players should be given the opportunity to slowly go through activities to understand how to move and the functionality required. This should happen each time a new activity is introduced
- As players and coaches gain confidence more focus can be applied to making players aware of areas to focus on. The combination of observation of correct technique and practice results in more effective learning
- Education forms the backbone of the program. Players should be educated on the importance of injury prevention and given ownership and responsibility to ensure they are engaged in the learning process. This is a key area of player-centred coaching, Netball Australia's preferred coaching approach

GRADUAL INTRODUCTION

- Introduce sections of the program gradually over a period of weeks rather than all at once. This process allows for players to absorb and learn new information as well as facilitate skill mastery
- For example the Warm Up/Footwork section could be introduced in isolation over two weeks. Once proficient, strength exercises could be added and so on until all elements of the program are included in the team warm up

VARIABILITY

- Multiple exercises are provided within each section to provide variability and allow for progression. It is not intended that a player perform every exercise during a warm up. It is preferable to keep it simple by performing fewer exercises well than multiple exercises poorly
- It is important to vary the exercises as appropriate to ensure continued motivation and transference of skill. Try not to have the program look exactly the same each session

It is important to vary the exercises as appropriate to ensure continued motivation and transference of skill



SMART PHONE AND TABLET

- Visual feedback is a great way of raising players' awareness of their areas for development. Using a smart phone or tablet can assist players in understanding aspects of their technique that require refinement and will lead to skill acquisition
- Before videoing a player to provide technical feedback it is imperative you gain permission from the player or parent

FEEDBACK

- The provision of feedback is essential to the success of the program to ensure risky movements are eliminated
- Coaches should provide players with 'external feedback' using analogies that emphasise the desired result of the movement, rather than focusing on actual body position. As an example a coach may instruct a player to 'imagine sitting back in a chair' when landing, as opposed to 'bend your knees' when landing. Medical research has shown this subtle difference in feedback delivery produces a faster and more effective improvement in skill
- The timing of this feedback is also critical. Aligning with player centred coaching principles, coaches should make players aware of technical faults and empower them to be responsible for their development in this area. Coaches should always be guiding this development process
- It is important that the provision of feedback is variable. Initially players require more frequent feedback, however as technique improves it is important that feedback is reduced to prevent dependence
- Feedback can be visual also. Many activities involve players facing each other which allows for immediate feedback on correct or incorrect technique whilst promoting motivation for improvement

The provision of feedback is essential to the success of the program to ensure risky movements are eliminated



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.

Implementation: To be completed as a sequential process, all activities in the warm up/footwork category should be done at the start of the program each time

JOG FORWARDS AND BACKWARDS

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner

Instruction:

- 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)*

Key Points

Players:

- Stay tall
- Eyes up
- Light feet
- Swing your arms.

Coaches:

- 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

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner

Instruction:

- 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)*

Key Points

Players:

- Stay tall
- Eyes up
- Light feet
- Swing your arms

Coaches:

- 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

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner

Instruction:

- 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)

Key Points

Players:

- Stay tall
- Eyes up
- Lift your knees
- Light feet
- Swing your arms

Coaches:

- 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

SIDE SKIPPING

Instructions

Starting Position

- Divide into two groups along opposite sidelines facing side onto partner

Instruction:

- 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)

Key Points

Players:

- Stay in a strong, compact posture
- Feet straight ahead
- Knees wide
- Eyes Up

Coaches:

- 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 BACKWARDS SHUFFLE

Instructions

Starting Position:

- Divide into two groups along opposite sidelines facing partner

Instruction:

- 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

Key Points

Players:

- Stay in a strong, compact posture
- Fast, light feet
- Swing your arms
- Knees wide
- Eyes Up

Coaches:

- 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.

Implementation: Similar to the warm up/footwork category, all strength exercises should be completed when players are undertaking the program.

QUADRICEPS

Instructions

Starting Position:

- Standing in pairs about arm's length distance from partner

Instruction:

- 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

x2 reps (x1 each way)

Key Points

Players:

- Try to use your legs as much as you can
- Only using arm grip for balance
- Keep your knees wide and feet straight head

Coaches:

- Ensure knees do not roll in and that knees to do 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

GLUTEALS/HAMSTRINGS - BRIDGE

Instructions

Starting Position:

- Lying on your back with knees bent and feet flat on the ground pointing straight ahead
- Arms on the ground beside you

Instruction:

- Pull in belly button
- Tighten buttocks and lift buttocks up
- Keep hips level

2x12 reps

Key Points

Players:

- Try to make a straight line from knees to shoulders
- Keep the movement controlled

Coaches:

- Ensure lower back remains straight (do not allow to over arch) and that hips do not twist
- Ensure athletes do not rush the exercise
- Only once proficient place arms across chest

CORE

PLANK THROUGH YOUR KNEES

Instructions

Starting Position:

- Face down
- Leaning through forearms and knees

Instruction:

- 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

Key Points

Players:

- Tighten your stomach and buttock muscles
- Try to form a straight line between knees and shoulders
- Stay strong

Coaches:

- 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

SIDE PLANK THROUGH KNEES

Instructions

Starting Position:

- Lying on one side with knees bent
- Upper body leaning through forearm placed directly under shoulder

Instruction:

- Push through forearms and knees and use abdominal muscles to lift body up off the floor into a straight position
- Keep everything aligned

Hold 30 seconds each side or as long as you can with good form

Key Points

Players:

- Try to form a straight line between knees and shoulders without rolling forwards or backwards
- Stay strong

Coaches:

- 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*

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 focussed on and attended to.

Implementation: Coaches should select 4 activities from the balance and landing category each time the program is delivered. Coaches are encouraged to choose different activities for each session in order to provide variability for players

SINGLE BALANCE LEG ACTIVITIES

ARMS AND LEGS

Instructions

Starting Position:

- Standing on one leg with knee slightly bent

Instruction:

- Try to hold your balance while moving your arms overhead in various defensive arm positions
- Then try to maintain your balance while moving your swing leg away from your body in different directions

Hold 30 seconds each leg

Once proficient allow athlete to come up onto toes with defensive arm positions

Key Points

Players:

- Try to maintain your balance
- Do not let your knee turn inwards

Coaches:

- Ensure hips and knees are in good alignment

PARTNER PUSH

Instructions

Starting Position:

- Standing on 1 leg facing partner

Instruction:

- Both players stand on one leg and try to hold balance while partner tries to push off balance

Hold 30 seconds each leg

Key Points

Players:

- Try to maintain your balance
- Do not let your knee turn inwards

Coaches:

- Ensure hips and knees are in good alignment

BALL ROLL

Instructions

Starting Position:

- Standing on one leg with knee slightly bent + Ball

Instruction:

- Roll ball around body, through legs, overhead etc while maintaining balance as per previous exercise

Hold 30 seconds each leg

Key Points

Players:

- Try to maintain your balance
- Do not let your knee turn inwards

Coaches:

- Ensure hips and knees are in good alignment

PARTNER BALL PASSES

Instructions

Starting Position:

- Standing on one leg facing partner + Ball

Instruction:

- Try to hold your balance while passing ball to partner

x10 passes on each leg

Once proficient make the passes slightly out of reach/varied

Key Points

Players:

- Try to maintain your balance
- Do not let your knee turn inwards

Coaches:

- Ensure hips and knees are in good alignment

JUMP AND LAND TECHNIQUE

Instructions

Starting Position:

- Standing on both feet in the good technique take off position

Instruction:

- Jump upwards and land in the good technique landing position

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

Coaches:

- Ensure good technique take off and good technique landing position

DOUBLE LEG ACTIVITIES

FORWARDS AND BACKWARDS +/- BALL

Instructions

Starting Position:

- Standing on both feet in the good technique take off position

Instruction:

- Jump forwards to land on both feet in good technique landing position with arms overhead, pause for one second
- Jump backwards to start position

Ball Alternative

Starting Position:

- In pairs facing partner + Ball

Instruction:

- Start in the good technique take off position

- Repeat as above, catch a ball on landing in the good technique landing

x10 passes on each leg

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

Coaches:

- Ensure good technique take off and good technique landing position

Once proficient progress by

(a) increasing the height of the jump and/or

(b) reducing the hold time between jumps

CROSSES +/- BALL

Instructions

Starting Position:

- Standing on both feet in the good technique take off position

Instruction:

- Start in the middle
- Double leg jump forwards to land on both feet in good technique landing position with arms overhead, pause for 1 second
- Jump backwards to the middle
- Repeat the jump and land to all four points of the cross

x2 Reps each direction

Ball Alternative

Starting Position:

- In pairs facing partner + Ball

Instruction:

- Start in the good technique take off position

- Repeat as above, catch and pass a ball on landing in the good technique landing

x10 passes on each leg

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

Coaches:

- Ensure good technique take off and good technique landing position

Once proficient progress by

(a) increasing the height of the jump and/or

(b) reducing the hold time between jumps

ROTATE 90° +/- BALL

Instructions

Starting Position:

- Begin in good technique take off position

Instruction:

- Jump off both feet turning 90° to right
- Land in good technique landing position with arms overhead
- Pause one second
- Return to starting position
- Repeat to left

x5 jumps each direction

Ball Alternative

Starting Position:

- In pairs facing partner + Ball

Instruction:

- Jump off both feet turning 90° to right

- Land in good technique landing position before immediately returning to starting position catching overhead pass on return

- Repeat to left

x5 jumps each direction

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

Coaches:

- Ensure good technique take off and good technique landing position

Once proficient progress by

(a) increasing the height of the jump and/or

(b) reducing the hold time between jumps

SINGLE LEG ACTIVITIES

SIDE STEP +/- BALL

Instructions

Starting Position:

- Start at goal line
- Standing on left leg in the good technique take off position

Instruction:

- Jump over goal line from one leg to the other landing in good technique landing
 - Keep body steady
 - Land with hip/knee bent pause one second
 - Increase jump distance as control improves
- x5 each leg*

Ball Alternative

Starting Position:

- Standing facing partner + Ball

Instruction:

- Jump from one leg to the other catching a pass on landing in good technique landing position
- x5 each leg*

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly
- Keep hips level and knee in line with foot

Coaches:

- Ensure good technique take off and good technique landing position
- Ensure hips stay level and that there is enough hip/ knee bend on landing

SLALOM FORWARDS AND BACKWARDS +/- BALL

Instructions

Starting Position:

- Spread out along the goal line
- Begin in good technique take off

Instruction:

- Jump off both feet diagonally out to right
 - Land on right leg in ideal good technique landing position with arms overhead, pause for two seconds
 - Repeat jumping off both feet diagonally out to left landing on left leg and pause
 - Repeat in a zigzag pattern to the transverse
- ½ court*

Ball Alternative

Starting Position:

- In pairs facing partner + ball.

Instruction:

- Start in good technique take off position
 - Partner feeds the ball alternating between left or right
 - Jump in direction specified by ball
 - Land on one leg in good technique landing position
- x5 each direction*

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly
- Keep hips level and knee in line with foot

Coaches:

- Ensure good technique take off and good technique landing position
- Ensure hips stay level and that there is enough hip/ knee bend on landing

REPEATED EFFORT ACTIVITIES

REPEATED CROSS +/- BALL

Instructions

Starting Position:

- Standing on both feet in the good technique take off position

Instruction:

- Start in the middle
- Jump forwards and instantly take off again in the same direction
- Hold the second landing for three seconds in good technique landing position with arms overhead
- Jump backwards to start position
- Repeat double leg jumps in all directions of the cross

x5 reps

Ball Alternative

- In pairs, repeat as above, catch a ball on the second landing

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

Coaches:

- Watch for knee alignment at the first landing/second take off
- Once proficient progress by increasing the height of the jump*

REPEATED SIDESTEP +/- BALL

Instructions

Starting Position:

- Start at goal line, standing on one leg in the good technique take off position

Instruction:

- Athlete takes x3 sideways steps over goal line
- Hold the 3rd landing on one leg for one second
- Repeat to the other direction
- Increase jump distance as control improves

x5 each direction

- Catch and pass ball
 - Repeat opposite direction
- x5 each direction*

Key Points

Players:

- Sit backwards slightly prior to taking off
- Land quietly with knees wide

Coaches:

- Watch for knee alignment at the first landing/second take off
- Once proficient progress by increasing the height of the jump*

Ball Alternative

Instruction:

- In pairs, Athlete takes x3 sideways steps
- Hold 3rd landing on one leg

MODIFIED TUCK JUMPS AND PAUSE

Instructions

Starting Position:

- Start in the good technique take off position

Instruction:

- Jump and land repeatedly on the spot
- Lifting knees as high as you can in front

x5 jumps

Key Points

Players:

- Stay upright and keep chest up
- Land softly and keep knees wide

Coaches:

- Ensure knees do not move inwards particularly with repeated landing/take off
- If the exercise is too difficult pause between tuck jumps to ensure good technique landing position alignment

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.

Use of the ball during tasks increases specificity of training. The elite program extends these principles further to accommodate not only pre-planned change of direction but also the response to unpredictable stimulus.

Implementation: Similar to Balance/Landing coaches should select 4 exercises each time the program is delivered. Coaches are encouraged to choose different activities for each session in order to provide variability for players.

DECLARATION TECHNIQUE

SLIDING SHUFFLE

Instructions

Starting Position:

- Spread out along the goal line

Instruction:

- 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 ½ court

Key Points

Players:

- When decelerating stay low and balanced
- Use lots of steps
- Keep your eyes up

Coaches:

- Ensure good technique deceleration

PREDICTED CHANGE OF DIRECTION

ZIG ZAG RUN

Instructions

Starting Position:

- Form two lines on the goal line

Instructions:

- Drive forwards to the right
4-5 steps
- Then decelerate to plant outside foot and change direction to drive forwards to left
- Repeat to half way
- Defensive shuffle (below) on return
2x ½ court

Key Points

Players:

- When decelerating stay low and balanced
- Use lots of steps
- Keep your eyes up
- To change direction outside leg acts like the brake, inside leg is the accelerator
- Start to turn your foot towards direction you are going

Coaches:

- Ensure good technique deceleration and change of direction
- Once proficient start to cue players keeping their eyes up

DEFENSIVE SHUFFLE

Instructions

Starting Position:

- Form two lines on the goal line

Instruction:

- Sit backwards into semi squat position
- Perform x2 repeated diagonally backwards sidesteps in semi squat position
- Keep arms overhead
- Continue to goal line
- Combine with Zig Zag Running
2x ½ court

Key Points

Players:

- Stay compact throughout
- Keep knees wide
- Quiet feet

Coaches:

- Ensure knees in line with feet
- Ensure hips/knees bent
- Ensure strong through torso

LATERAL SHUFFLE

Instructions

Starting Position:

- Athletes line up behind each other down the middle of goal third
- On coaches command remain in semi squat position
- Start compact and balanced in semi squat position with fast feet

Instructions:

- 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

Key Points

Players:

- To change direction the outside leg acts like the brake, inside leg is the accelerator

Coaches:

- Ensure body always faces forwards and knee alignment is maintained throughout
- Player needs to shift weight over inside leg to power the drive

FOLLOW ON STEP

FORWARD ON RUN

Instructions

Starting Position:

- Coach standing 10m from players lined up in a line
- Coach is the feeder

Instructions:

- Run forwards to catch ball
- Do one step on and back peddle to start
- Repeat starting off opposite leg
x2 reps each leg

Key Points

Players:

- Ensure the additional step is taken on catching the ball

Coaches:

- Ensures load is dispersed more evenly throughout both feet

NETBALL PLANE

V DRILL - DECELERATE

Instructions

Starting Position:

- Commence at top of the circle in two lines
- First player in the queue commences with fast feet

Instructions:

- On coaches command first two players drive diagonally to opposite corners of transverse line
- Decelerate over 3-4 steps to stop
- Jog to the back of the queue and repeat the other way
- Keep knee in line with foot
x2 reps each direction

Key Points

Players:

- When decelerating stay low and balanced
- Use lots of steps
- Keep your eyes up

Coaches:

- Ensure good technique deceleration

V DRILL - CHANGE OF DIRECTION +/- BALL

Instructions

Starting Position:

- Commence at top of the circle in two lines
- First player in the queue commences with fast feet

Instruction:

- On coaches' command first two players drive diagonally to opposite corners of transverse line
- Decelerate over 3-4 steps before changing direction to return to start position
- Reach down to inside leg to assist weight transference
- Return to the back of the queue and repeat the other way
x2 reps each direction

Ball Alternative

Starting Position:

- Commence at top of the circle in two lines with two feeders standing facing the players
- First players in the queue commence with fast feet

Instruction:

- On coaches command first two players drive diagonally towards opposite corners of transverse line to catch and pass ball before changing direction to return to start position
- Return to the back of the queue and repeat the other way
- May also be done in pairs
x2 reps each direction

Key Points

Players:

- To change direction outside leg acts like the brake, inside leg is the accelerator
- Start to turn your foot towards direction you are going
- Knees wide

Coaches:

- Ensure good technique change of direction

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