

1). Movement Preperation & Footwork

Switch the brain on before the ball comes out. Use before every session.

1.A-Skips

Trains the hip and ankle to produce and absorb force quickly with a stable trunk, buiklding the co-ordination that every other exercise uses.

- Drive the opposite knee up to hip height while swinging the opposite arm forward.
- Land softly on the ball of the foot and roll down through the forefoot.
- Reps: 2 x 15 - 20m

2. Butt Kicks

Improves hamstring cycling speed and turnover, which underpins fast, effecient running technique and reduces sprinting-related strain.

- Run forward driving the knee to hip height, punching the opposite elbow back
- Land quietly on the ball of the foot beneath the hips (not out in front)
- Keep the trunk upright — don't lean back to "help" the knee up
- Reps: 2 x 15-20m

3. Lateral Defensive Shuffles

This is the footwork base for defence, intercepting, moving, and closing space without over-extending into poor knee and ankle position.

- Stay low and take quick, short side-steps without crossing the feet
- Keep the knees tracking over the toes — don't let them collapse inward
- Use the arms to help balance and change direction
- Reps: 3 x 5m each side

2). Strength Foundations

Preparing the body for high-level performance through exposure to strength training

1. Split Squats

Build single leg quad strength for the landing and push-off actions used in every jump, land, and change of direction.

- Lower straight down, back knee dropping towards (not onto) the floor
- Keep the front knee tracking in line with the front foot — don't let it drift inward
- Keep the chest up and trunk upright throughout
- Drive back up through the front heel.
- Reps: 2 sets x 10 each leg

2. Single Leg Romanian Deadlift (RDL)

Improves hamstring cycling speed and turnover, which underpins fast, efficient running technique and reduces sprinting-related strain.

- Hinge forward at the hips, extending the free leg straight out behind
- Keep the standing knee soft (slightly bent) and the hips level — don't let the hip of the lifted leg rotate open
- Keep the back flat, not rounded
- Return to standing with control

3. Plank with Shoulder/Foot Tap

This is the footwork base for defence, intercepting, moving, and closing space without over-extending into poor knee and ankle position.

- Hold a strong plank — no sagging or piking at the hips
- Slowly tap one hand to the opposite shoulder, or one foot out to the side, then return
- Keep the hips and shoulders square to the floor throughout — resist rotating
- Reps: 2 sets x 8 taps each side

3). Balance & Landing

Mixing single leg, double leg, and reactive landings. This is one of the most important sections to protect yourself from knee injuries

1. Double Leg Jump & Stick

Most knee injuries in netball happen on landing. Rehearsing a controlled landing builds the automatic technique needed under game pressure.

- Jump upward, swinging the arms up
- Land softly on both feet with knees bent, hips back and knees tracking over the toes
- Hold the landing position for 2 seconds without wobbling
- Reps: 10 reps

2. Single Leg Hop & Stick

Netball is a single-leg landing sport. This drill directly rehearses the exact position that, done poorly, is the classic ACL-risk position.

- Hop forward or upward on the same leg.
- Land on the same leg, knee bent and tracking over the toes, hip level (don't let it drop).
- Hold for 2 seconds without the knee wobbling inward.
- Reps: 5 reps each leg

3. Reactive Landing (Partner Push)

Real game contact is unpredictable. Training the body to recover safely from an off-balance landing is what protects your knee and ankles.

- Jump from a good ready position
- While in the air, the partner gives a firm push to one side
- Land and absorb the disturbance, resetting into a strong, balanced position
- Reps: 5 landings each leg, mixing directions

4). Agility & Explosive Power

A mix of straight line, cutting, and reactive drills to prime agility and explosive power

1. Straight Line Deceleration

Uncontrolled deceleration is a high-risk moment for a knee injury in netball. This trains the braking pattern used to shed speed before a pass, catch or turn.

- Sprint hard for 5–8m
- Decelerate over 4–5 short, choppy steps rather than one big stride
- Stay low: hips back, knees bent, chest up
- Come to a fully controlled stop
- Reps: 2 each lead leg

2. 45* & 90* Cut & Drive

A knee that collapses inward at the plant is the classic ACL mechanism. Training the pattern directly targets that risk while also making players faster off the cut.

- Setup: jogging or running a straight line
- Plant the outside foot and push off it to change direction
- As the foot plants, let it turn slightly in the new direction of travel, don't fight it flat
- Drive off the inside leg to accelerate away in the new direction
- Keep the knee in line with the foot at the plant

3. Reactive Shuffle

Adds the unpredictable, reactive element that separates match play from a set drill — training the body to move well when it doesn't know what's coming next.

- On the call of "left" or "right," shuffle 2–3 quick steps in that direction
- Stay low with knees bent and trunk stable throughout
- React back to the centre on the next call
- Reps: 10, mixing timing and direction