



## **Netball KNEE Program by Netball Australia (11-14 years age group)**

### **Warm up/Footwork:**

X2 sets each

1. Run forwards up to half court, backwards on return
2. Butt flicks forwards up to half court, backwards on return
3. High knee march up to half court, high knee skip on return
4. Side shuffles up to half court then back
5. Quick 2 step forward, 2 step backward over line x10 each leg leading

### **Strength:**

X2 sets each

1. Squats x10
2. Bridges x10
3. Plank x30sec

### **Balance/Landing:**

1. Single leg balance catching and passing x10 each leg
2. Jump x10 forwards/backwards, x10 side-side
3. Jump then single leg land (2 sec holds) x5 left, x5 right
4. Lateral leap x10 +/- catching ball

### **Agility:**

1. Shuttle run forward/backward: top of goal circle, 1/3, 1/2 court
2. Forward zig zag run, on return backward defensive slide zig zag
3. Team "V"
  - 2 passers and 2 lines
  - Quick steps on spot then fan out to catch ball
  - Swap sides and passers



Good squat/jump/land technique



Good squat/jump/land technique



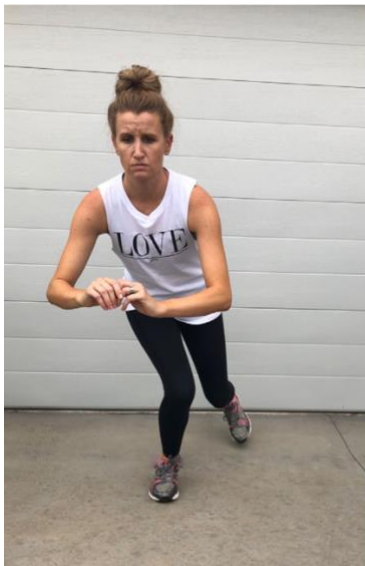
Poor: Right knee caving inwards



Poor: Knees too far forwards over toes



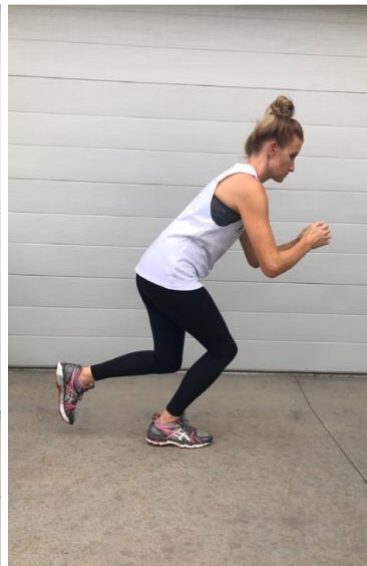
Good single leg squat, hop, landing technique



Right knee caving inwards



Poor balance



Right knee too far forwards