

The P360 Sports Experience

Ankle Injury Prevention Exercises for Netballers

Calf Raises

Raise your heels a few inches off the ground or step so that you're on your tiptoes. Hold the position for a moment, and then lower your heels below the ground or step, feeling a stretch in your calf muscles.



How can this be incorporated into Netball training?

- The team can line up along the base line and simultaneously each doing the calf raise exercise.
 - To progress this exercise, you can move to doing single-leg calf raises.
- The team can line up along the base line and all walk on their toes to the transverse line, stop, lower heels back to the ground and turn to face the base line, raise the heels again and walk back to the base line on their toes.
- This exercise can also be incorporated into a strength & conditioning circuit.
 - To progress this exercise, you can do it off a step or raised platform.

Single-Leg Balance

Stand on one leg and hold for 15 - 30 seconds without placing the other leg back on the ground. Once you have completed, switch legs and repeat.



How can this be incorporated into Netball training?

- The team can line up along the base line and simultaneously each balance on their right leg for 15 seconds, stop, and then balance on their left leg for 15 seconds.
 - To progress this exercise, increase the amount of time they are balancing for to 20, then 25, then the goal is 30 seconds.
 - To progress this exercise further again, have the players close their eyes while balancing.

Hopping (Single Leg)

Start in a standing position with your feet at hip width. Lift-up your left foot behind you so you are standing on your right leg only. Place your hands on your hips to help you feel if your hips are level.

Then lift-up on to the toes on your standing leg and flex your knee and ankle slightly so you can hop up and down on your standing leg for the required duration.

Then switch over to stand on your left leg and continue hopping on that leg for the required duration.



How can this be incorporated into Netball training?

- The team can line up along the base line and simultaneously each hopping on the spot for 15 – 30 seconds. Once complete, switch legs.
 - To progress this exercise, increase the amount of time they are hopping for to 20, then 25, then the goal is 30 seconds.
 - To progress this exercise, you can move to doing hopping side to side or front to back for the same time duration.
- The team can line up along the base line and all hop to the transverse line, stop, lower heels back to the ground and turn to face the base line, then hop back to the base line on their toes.



- This exercise can also be incorporated into a strength & conditioning circuit or an agility circuit.