

THE KNEE PROGRAM

ELITE GUIDE

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

KEY PRINCIPLES

Good Technique - Take Off
Good Technique - Landing

Good Technique - Deceleration
Good Technique - Change of Direction

WARM UP Perform all

Partner Circling Jog	Full Court
'A' Skip	½ Court
High Knees	½ Court
Butt Flicks	½ Court
Calf Bounces	½ Court
Side Skip and Squat	½ Court
Lateral High Knees	½ Court
Forward and Backward, Lateral Shuffle	½ Court
Forward and Backward, Lateral Bound	½ Court
Walking Lunge and Rotation	½ Court
Walking Hamstrings/Gluteals	½ Court
Target Stretching	1-2 minutes

BALANCE/LANDING Perform 4 exercises in total

JUMP AND LAND TECHNIQUE

Double Leg and Single Leg x10 Reps

DOUBLE LEG ACTIVITIES

Speed Crosses +/- Ball x2 Reps
Rotation 180 +/- Ball x5 Reps L/R

SINGLE LEG ACTIVITIES

Diagonal +/- Ball x10 Reps
Land and Push x5 Reps L/R

REPEATED EFFORT

Repeated Speed Crosses x2 Reps L/R
Tuck Jumps +/- Slalom 2x5 Reps

STRENGTH Perform 1 from each target muscle

QUADRICEPS

Reverse Lunge and Drive 2x12 Reps
Lunge with Partner Push 2x12 Reps

GLUTEALS/HAMSTRINGS

Arabesque 2x8 Reps L/R
Nordic Lowers 2x8 Reps

CORE

Hand and Foot tap 2x12 Reps

AGILITY Perform 4 exercises in total

PREDICTED CHANGE OF DIRECTION

Zig Zag Bound 2x ½ Court
Defensive Shuffle 2x ½ Court

REACTIVE CHANGE OF DIRECTION

Rotation Surprises + Ball x10 Reps
Reverse Sidestep +/- Ball x10 Reps

DECELERATION TECHNIQUE

Straight line Deceleration X2 Reps L/R
Change of Direction X1 Rep L/R

NETBALL PLANE

Y Drill - Dodge and Decelerate X4 Reps
Y Drill - Dodge and Change of Direction +/- Ball x2 no Ball, x2 + Ball
Y Drill and Pivot +/- Ball x4 Reps

DEFENDER

One on One X2 Reps

L/R – Left/Right F/B – Front/Back