

THE KNEE PROGRAM

RECREATIONAL 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

Jog Forwards and Jog Backwards	½ Court
Walking As	½ Court
Butt Flicks Forwards and Backwards	½ Court
Side Skip and Squat	½ Court
Forward and Backward Shuffle	x10 Reps L/R
Forwards and Backwards, Lateral Shuffle	½ Court
Walking Lunge	½ Court
Walking Hamstring and Gluteals	½ Court
Hip Rotation Walk	½ Court
Walking Quadriceps	½ Court

STRENGTH Perform 1 from each target muscle

QUADRICEPS	
Reverse Lunge and Drive	2x12 Reps
Squats	2x12 Reps
GLUTEALS/HAMSTRINGS	
Arabesque	2x8 Reps L/R
Bridge	2x12 Reps
CORE	
Plank	2x30 Seconds
Side Plank	30 Seconds L/R

BALANCE/LANDING Perform 4 exercises in total

JUMP AND LAND TECHNIQUE

Double Leg and Single Leg	x10 Reps
---------------------------	----------

DOUBLE LEG ACTIVITIES

Rotation 180° +/- Ball	x5 Reps L/R
Crosses +/- Ball	x2 Reps
Partner Push	x5 Reps L/R

SINGLE LEG ACTIVITIES

Partner Push	x5 Reps L/R
Slaloms +/- Run on	2x5 Reps F/B
Surprises	x10 Reps

REPEATED EFFORT

Repeated Diagonal Crosses +/- Ball	x2 Reps
x3 Step Slaloms + Ball	x2 Reps
x3 Side Step + Ball	x10 Reps
Tuck Jump +/- Pause	2x5 Jumps

AGILITY Perform 4 exercises in total

RUNNING TECHNIQUE

Forward Bound	2x ½ Court
Defensive Shuffle	2x ½ Court

DECELERATION TECHNIQUE

Sliding Shuffle	2x ½ Court
Partner + Ball	x2 Reps

CHANGE OF DIRECTION

Lateral Shuffle	x3 Reps L/R
-----------------	-------------

NETBALL PLANE

Y Drill - Deceleration	x2 Reps L/R
Y Drill - Change of Direction	x2 Reps L/R
Y Drill - Partner + Ball	x2 Reps L/R

L/R – Left/Right F/B – Front/Back