

THE KNEE PROGRAM

JUNIOR GUIDE

11-14 YEARS

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

Sidelines Jog Forwards and Backwards	x2 Reps
Butt Flicks Forwards and Backwards	x2 Reps
High Knee March and High Knee Skip	x2 Reps
Side Skipping	x2 Reps
Forward and Backward Shuffle	x10 Reps L/R

STRENGTH Perform all

QUADRICEPS	
Partner Squats	2x12 Reps
GLUTEALS/HAMSTRINGS	
Bridge	2x12 Reps
CORE	
Plank through knees	2x30 Seconds
Side Plank through knees	30 Seconds L/R

BALANCE/LANDING Perform 4 exercises in total

SINGLE LEG BALANCE ACTIVITIES

Arms and Legs	30 Seconds L/R
Partner Push	30 Seconds L/R
Ball Roll	30 Seconds L/R
Partner Ball Passes	x10 Passes L/R

JUMP & LAND TECHNIQUE

Double Leg and Single Leg	x10 Reps
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DOUBLE LEG ACTIVITIES

Forwards and Backwards +/- Ball	x10 Reps F/B
Crosses +/- Ball	X2 Reps
Rotate 90' +/- Ball	X5 Reps L/R

SINGLE LEG ACTIVITIES

Side Step +/- Ball	X5 Reps L/R
Slalom Forwards and Backwards +/- Ball	½ Court

REPEATED EFFORT

Repeated Crosses +/- Ball	x2 Reps
Repeated Side Step +/- Ball	x5 L/R
Modified Tuck Jumps + pause	x5 Reps

AGILITY Perform 4 exercises in total

DECELERATION TECHNIQUE

Sliding Shuffle	2x ½ Court
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ANTICIPATED CHANGE OF DIRECTION

Zig Zag Run	2x ½ Court
Defensive Shuffle	2x ½ Court
Lateral Shuffle	2x ½ Court

FOLLOW ON STEP

Forward Run On	x2 Reps L/R
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NETBALL PLANE

V Drill - Decelerate	x2 Reps L/R
V Drill - Change of Direction	x2 Reps L/R

L/R – Left/Right F/B – Front/Back