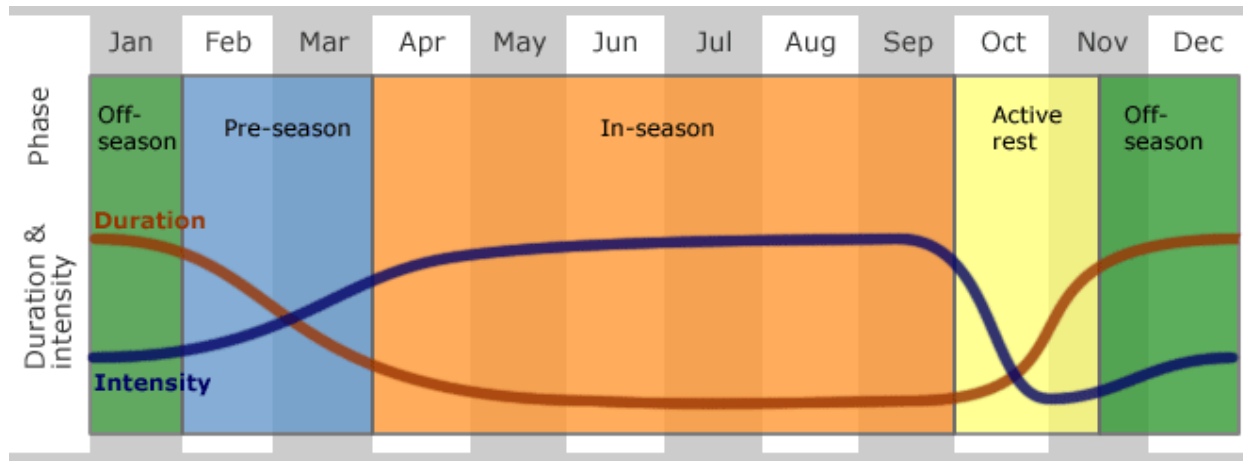


Netball Periodisation

This plan gives an overview of the four different training periods that make up the year for netball players.



● Off-season

Components of fitness

- Aerobic endurance
- Muscular endurance
- Core strength and stability
- Flexibility

Maintain:

- Injury rehabilitation (if necessary)

Notes: This off-season training phase is used for players to begin a structured training plan for the next netball season.

Off-season training should include continued injury management and rehabilitation and the progressive development of aerobic and muscular endurance.

The off-season is used to build a sound foundation of aerobic and muscular endurance on which other components of fitness can be built upon more successfully. Without a sound base to build from, progressing to higher intensity training can lead to injury.

During the second half of the off-season training intensity will gradually increase.

● Pre-season

Components of fitness

- Muscular strength
- Anaerobic endurance
- Speed and agility (late pre-season)
- Muscular power (late pre-season)

Maintain:

- Flexibility

- Core strength and stability
- Aerobic endurance

Notes: Pre-season training is used for netball players to develop fitness components that are more specific to the game of netball. This includes strength, speed, power, anaerobic endurance and agility.

During this phase training intensity increases and duration decreases. Players should be aware that it is also necessary to maintain flexibility, core strength and aerobic endurance.

● In-season

Components of fitness

- Sport specific movements
- Correct landing, jumping, passing and turning in the air techniques

Maintain:

- Muscular endurance and strength
- Anaerobic and aerobic endurance
- Speed, power and agility
- Flexibility
- Core stability and rehabilitation exercises (if necessary)

Notes: The in-season training phase is game orientated for the playing season.

The in-season training phase has a focus on the development and enhancement of netball specific skills and fitness. This includes the following: power, speed, agility and plyometric based training; anaerobic conditioning; skill based sessions (including technique training on correct landing, jumping, passing and turning in the air).

The in-season training phase also includes maintenance of fitness components previously developed (flexibility, core strength, aerobic and muscular endurance).

● Active rest

Components of fitness

- Flexibility
- Core strength and stability
- Injury assessment and rehabilitation

Participate in:

- Casual or social sport
- Swimming

Notes: The active rest training phase is a time that players should use as a break from the physical demands of netball. This will give the body's muscles, joints and supporting structures a chance from the wear and tear that can occur throughout a netball season.

This period of rest and recuperation also provides an opportunity to focus on injury rehabilitation if the player is suffering from any injuries.