

SWAN CENTRE NETBALL CLUB

FITNESS TRAINING MANUAL

2011/12

The Fitness Training Programme

AIMS

- improve aerobic fitness
- improve strength and muscle endurance
- improve speed and agility
- improve flexibility
- help you become a better netball player

The fitness programme covers a whole year (well nearly) and the type of fitness work that you do will vary throughout the year. This is to help you to gradually improve your fitness and perform better in your main competition period, September to April. The fitness training programme is made up of the following types of sessions.

Aerobic sessions

Aerobic fitness is the ability to exercise for a prolonged period of time. This is also known as stamina. It helps you to keep up a high work rate throughout a match and to recover quicker from intense bouts of work.

Strength sessions

Strength is the ability to exert force. It is needed to help you throw harder, jump higher and sprint faster. Muscle endurance is needed to be able to do these activities again and again without tiring. Both are important in netball.

Combined sessions

These sessions involve some aerobic work and some strength work.

Circuit training sessions

Circuit training helps develop power and improve stamina. Power is the ability to exert force, for example, when jumping or throwing.

Speed and Agility sessions

Speed is the ability to move from A to B as fast as possible and agility is the ability to change direction rapidly. Both of these qualities are important for netball.

Flexibility is also an important aspect of fitness.

“Players who train regularly and stick to a set training programme do improve their fitness and as a consequence, their performance on court is significantly better”.

Nuala Byrne
BASES Accredited Sport Physiologist

General Guidelines for Fitness Training

There are some general guidelines that you should follow when training for netball or any other sport.

Warm Up and Cool Down

Always warm up and cool down properly. Follow the guidelines on stretching in the section on flexibility.

Rest Days

It is important that you have one rest day per week in order to allow your body to recover, ready for the following week's training.

Illness or Injury

If you are ill, you should not train or play until you have fully recovered. If you have an injury, then you may need to modify your training but it does not necessarily mean that you cannot do anything. You may need to seek advice from a qualified physiotherapist or doctor. Or, you may wish to ask your coach for advice.

Training Days

Try to spread out your training sessions throughout the week. If possible, have a day in between training sessions when you rest or play another sport.

Light Weeks

When following a training programme, it is important to schedule some 'light weeks'. During these weeks you should do less training and have more rest time. This helps to ensure that you recover from the training that you have been doing and this in turn ensures that you can keep doing training at the recommended intensity and duration.

Playing Other Sports

Participation in other sports can be a fun and an extremely good way to develop sporting ability. It may also improve your knowledge of the principles of attack and defence needed for netball. You do not have to give up all other sports in order to play netball. Indeed, playing other sports can help you become a better netball player.

TRAINING PROGRAMME

Outline of the Training Programme

Foundation	June to July
Preparation	August
Competition	Sept to March
Recovery	April to May

The types of fitness sessions recommended are different in each of these phases. The number of training sessions normally recommended per week is three, except during the holidays when you should have more time to train. Some light weeks are also included when you are required to perform fewer training sessions in order to help you recover.

Foundation (June to July)

During this phase you should aim to do three sessions per week, except for during light weeks. The three sessions should consist of one aerobic, one strength and one combined aerobic and strength session.

Weeks Beginning	Sessions per week		
	Session 1	Session 2	Session 3
Sunday	Strength	Aerobic	Combination
5th June 12th June 19th June 26th June	Programme A1 ¹	15-20 min run or 20 min swim or 25 min cycle	15 min run plus Programme B1 ³
3rd July (light week)	Programme A1	15-20 min run or 20 min swim or 25 min cycle	No session
10th July 17th July	Programme A2 ²	20-25 min run or 25 min swim or 30 min cycle	25 min run plus Programme B2 ⁴
24th July (light week)	Programme A1	15-20 min run or 20 min swim or 25 min cycle	No session

¹ See page 7 for details of Programme A1

² See page 7 for details of Programme A2

³ See page 8 for details of Programme B1

⁴ See page 8 for details of Programme B2

Preparation (August)

During this phase you should aim to do four sessions per week, except for during light weeks. The four sessions should consist of two aerobic and two strength sessions. If you are going on holiday during this time, do not worry too much about missing training, but do try to keep active, for example, by swimming, cycling, walking or playing other sports.

Weeks Beginning	Sessions per week			
	Session 1	Session 2	Session 3	Session 4
Sunday	Strength	Aerobic	Strength	Aerobic
31st July 7th August 14th August	Programme A2	20-25 min run or 25 min swim or 30 min cycle	10 min skip* plus Programme B2	15-20 min fast run
21st Aug (light week)	Programme A1	20 min run or 20 min swim or 25 min cycle	No session	15-20 min fast run
28th Aug	Programme A2	25 min run or 25 min swim or 30 min cycle	15 min skip* plus Programme B2	20 min fast run

* For the skipping sessions you should skip hard for 30 seconds, rest for 30 seconds and repeat until the set time achieved. The time includes the rest periods e.g. for 10 minutes skipping you would skip for 30 seconds, rest for 30 seconds and do this 10 times.

Core Strength and Proprioception - Try and do at least 3 sessions of each per week. See pages 24 and 25 for details.

Competition (Sept - Dec)

During this phase you should aim to do three sessions per week, except for during light weeks. The three sessions should consist of one speed/agility, one aerobic, and one circuit training session.

Weeks Beginning	Sessions per week		
	Session 1	Session 2	Session 3
Sunday	Speed/Agility	Aerobic	Circuit Training
4th Sept 11th Sept 18th Sept 25th Sept	Speed/Agility session ⁸	25 min run or 25 min swim or 30 min cycle with fast bursts*	Programme C1 ⁵
2nd Oct (light week)	Speed/Agility session	20 min run or 20 min swim or 25 min cycle	No session
9th Oct 16th Oct 23rd Oct 30th Oct	Speed/Agility session	20-25 min fast run	Programme C1 or C2 ⁷
6th Nov (light week)	No session	20 min run or 20 min swim or 25 min cycle	Programme C1
13th Nov 20th Nov 27th Nov 4th Dec	Speed/Agility session	25 min run or 25 min swim or 30 min cycle with fast bursts*	Programme C2
11th Dec 18th Dec 25th Dec (light weeks)	Speed/Agility session	20 min run or 20 min swim or 25 min cycle	No session

* Once you can comfortably run, swim or cycle for the stated time, add a 30 second fast burst every 3-4 minutes.

⁵ See page 9 for details of Programme C1

⁶ See page 8 for details of Programme B3

⁷ See page 9 for details of Programme C2

⁸ See page 10 for details of the Speed/Agility session

Competition (January - April)

During this phase you should aim to do three sessions per week, except for during light weeks. The three sessions should consist of one speed/agility, one aerobic, and one circuit training session.

Weeks Beginning	Sessions per week		
	Session 1	Session 2	Session 3
Sunday	Speed/Agility	Aerobic	Circuit Training
1st Jan 8th Jan 15th Jan	Speed/Agility session	25 min run or 25 min swim or 30 min cycle with fast bursts	Programme C2 or C3 ⁹
22nd Jan (light week)	No session	20 min run or 20 min swim or 25 min cycle	Programme C2
29th Jan 5th Feb 12th Feb 19th Feb	Speed/Agility session	20-25 min fast run	Programme C3
26th Feb (light week)	Speed/Agility session	20 min run or 20 min swim or 25 min cycle	No session
4th March 11th March 18th March 25th March	Speed/Agility session	25 min run or 25 min swim or 30 min cycle with fast bursts	Programme C3
1st April 8th April (light weeks)	No session	20 min run or 20 min swim or 25 min cycle	Programme C1
15th April	Start of recovery*		

Recovery (April to May)

* Your recovery period should be during April and May after your final important netball competition. During this time you should keep active by doing some sport or exercise 3 times a week for approximately 30 minutes. You should try and get a break from netball and be ready to start again in June.

⁸ See page 10 for details of the Speed/Agility session

⁹ See page 9 for details of Programme C3

Programme A

Programme A1: Perform each exercise 8-10 times and do 2 circuits

Programme A2: Perform each exercise 12-14 times and do 2 circuits

Rest for 30-60 seconds between each exercise. As you get fitter you should be able to reduce the rest periods but you must ensure you maintain quality whilst performing the exercises.

Exercises for Programmes A1 and A2

- 1. Squats:** Stand with feet hip width apart, bend knees and lower, until thighs are parallel to the ground. Then raise back up to standing position. Keep back straight and head up throughout. The movement should be SLOW, taking 2-3 seconds in each direction.
- 2. Press ups:** These can be done in full press up position or modified position, ie on knees. Ensure trunk and legs form a straight line to the point of contact with the floor, ie either foot (full press up position) or knees (modified position).
- 3. Heel raises:** Stand with both feet flat on the floor, raise up onto tip toes, then SLOWLY lower. (This can be done with the front of the foot on a stair or a raised platform in order to gain a greater benefit). Make sure you remain balanced throughout. You may need to hold on to something to help you.
- 4. Bicep curls:** Hold a 1kg weight (a bag of sugar or rice) in each hand, palms facing forward, then bend the arms and curl weight up towards shoulder and then lower again. Move both arms at the same time.
- 5. Split jumps:** Stand with one foot in front of the other (approx 0.5 m apart), both feet facing forward. Jump up as high as possible (vertical jump) and land with the other foot in front.
- 6. Sit ups:** Lie on your back with your knees bent, feet flat on the floor and hands either across your chest (easier) or by the side of your head (harder). Curl your shoulders up until elbows touch your thighs.
- 7. Reverse leg raises:** Lie on your front with your legs straight. Raise your right leg as high as possible, keeping the knee straight and hips on floor. Hold for a count of 5 seconds. Then SLOWLY lower. Alternate legs.
- 8. Tricep dips:** Sit in front of a box or step with your back to it and legs stretched out. Place your hands behind on the box hip-width apart and then straighten arms to raise your bottom off the ground. From there, lower to almost touching the floor and then lift again.

Programme B

Programme B1: Perform each exercise 10-15 times and do 2 circuits
30 seconds rest between exercises.

Programme B2: Perform each exercise 15-20 times and do 2 circuits
30 seconds rest between exercises.

Programme B3: Perform each exercise 15-20 times and do 2 circuits
20 seconds rest between exercises.

Rest for 30-60 seconds between each exercise. As you get fitter you should be able to reduce the rest periods but you must ensure you maintain quality whilst performing the exercises.

Exercises for Programmes B1, B2 and B3

- 1. Step ups:** Step up onto a bench, chair or stair bring the other foot up and straighten legs, then step down again. Alternate leading leg halfway through.
- 2. Arm steps:** In the press up position, step arms up onto and off a stair or box. Alternate leading arm halfway through. Keep trunk straight throughout, ie do not sag in the middle.
- 3. Reach high and low:** Stand 0.5 - 1 metre away from a wall with legs slightly apart. Reach upward to touch as high up the wall as possible and then down to the floor. Repeat.
- 4. Bench jumps:** Stand astride a low bench (max height 30cms). Jump up to land 2 footed on top of the bench, then jump down to land astride again. If you do not have a bench, you can use a cone and perform 2 footed jumps from side to side.
- 5. Oblique twists:** Lie on your back with your legs raised above your hips, knees slightly bent, ankles crossed and with your hands by the side of your head. Lift your head and shoulders rotating at the waist, aiming to take your shoulder towards your opposite knee. Alternate sides.
- 6. Throw and catch:** Stand 3 metres from a wall, with a ball. Throw the ball (shoulder pass) against the wall as hard as accurately as you can. Catch the rebound and repeat. Alternate hands half way through.

Ability will take you to the top, but it takes character to keep you there.

Programme C - Circuit Training

The circuit training programme involves some of the exercises from the strength programme, but the exercises are performed rapidly with limited rest in between. This helps to develop power and stamina.

Programme C1: Do 2 circuits of 30 seconds work, 30 seconds rest (16 mins)

Programme C2: Do 2 circuits of 40 seconds work, 20 seconds rest (16 mins)

Programme C3: Do 3 circuits of 40 seconds work, 20 seconds rest (24 mins)

Circuit Training Exercises

1. Split jumps (see Programme A)
2. Press ups (see Programme A)
3. Sit ups* (see Programme A)
4. Bench jumps (see Programme B) or Side to Side
5. Arm steps (see Programme B)
6. Oblique twists* (see Programme B)
7. Step ups (see Programme B) or Star jumps
8. Tricep dips (see Programme A) or Throw and catch (see Programme B)

* These exercises should be performed slowly.

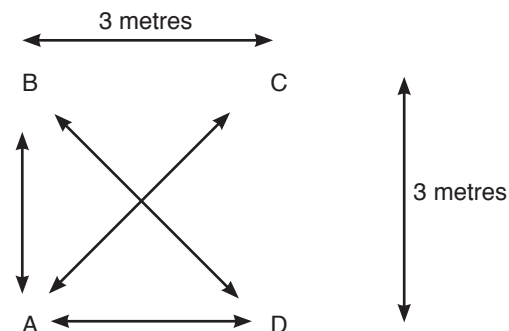
*"You've got to imagine training as a race.
The harder you train, the further away
from your opponent you become.
In a match this may only equal a couple of inches,
but it's the difference between intercepting and not just tipping".*

Speed and Agility Programme

This training session involves agility drills and sprints. Ensure you warm up thoroughly before you start and cool down properly after training.

Agility Drills

Set out four markers in a square approximately 3 metres apart and perform the following drills. Rest for 30-60 seconds between each drill.



1. **Forward and back:** Start at marker A. Sprint forward to B and then backwards to A. Repeat 3 times then rest.
2. **Side to side:** Start at marker A. Sprint sideways from A to D and back and repeat 3 times, then rest. This should be a sprint not a side step. Ensure you keep looking forwards towards B and C and turn your hips to run from side to side.
3. **Diagonal to right:** Start at marker A. Sprint at a diagonal from A to C and then sprint diagonally back. Repeat 3 times then rest.
4. **Diagonal to left:** Start at marker D. Sprint at a diagonal from D to B and then sprint back. Repeat 3 times, then rest.
5. **Figure of eight:** Start at marker A, sprint diagonally forwards to C, sideways to B, diagonally back to D and across to A. Repeat and then rest.

Sprints:

Complete the following sprints, resting for 30 seconds to 1 minute between each set of sprints (rep). Remember that one third of a netball court is 10 metres long.

- 1 sprint of 20 metres
- 2 sprints of 15 metres
- 3 sprints of 10 metres
- 2 sprints of 15 metres
- 1 sprint of 20 metres