

## **Getting Physical: Strength and Conditioning for Netball**

### **Course Summary:**

Getting physical is a workshop to help coaches understand and implement some key physical training ideas specifically for netball. This is a practical workshop that will take coaches through; injury prevention strategies related to posture and the development of efficient movement patterns and strength development exercises to increase athletic performance on court. Coaches will learn progressive exercises recommended for players progressing along the Excel pathway which have relevance to all levels of performance. Coaches will learn how to incorporate conditioning principles into netball training sessions through varying intensity levels and combining skill practice with fitness training. The workshop will also look at practical and easy methods of measuring player fitness and identify post training recovery methods.

### **Outcomes:**

By the end of the workshop a coach should be able to:

- Describe and Identify good posture and common faults in posture statically and dynamically
- Conduct a range of exercises that can help with posture and conduct this safely and correctly
- Be able to provide correct technical information that will enable players to perform exercises correctly and safely
- Identify common errors in performance of exercises
- Plan and incorporate strength and power exercises into netball training sessions
- Differentiate between steady state and high intensity conditioning and the principles that relate to either end of the conditioning spectrum
- Identify ways of incorporating conditioning principles into training sessions and skill practises
- Be able to plan evaluate; speed, strength and endurance of players
- Describe the key methods for athlete recovery post training

**Please note that this is a practical workshop and will require coaches to participate in some activities, candidates must therefore ensure appropriate clothing and footwear is worn.**