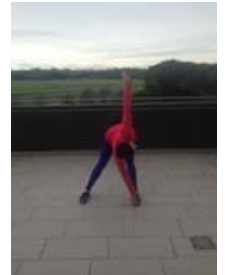


## Netball Dynamic Warm Up

*400-800m easy jog*

*10 fluid moving and controlled with maximum of one second hold at end point of each move*

1. Arm swings across body at chest height
2. Arm raises from waist to shoulder height and down again rotating at the shoulder
3. Standing leg hamstring / hip flexor side swings
4. Standing across body adductor swings
5. Standing bent over torso twist with opposite hand to foot
6. Standing glute lift
7. Chest opener with Interlocked fingers behind back , palms out and pull away from body
8. Standing lateral bend and reach
9. Supine lying hip rolls
10. Back roll overs
11. Cobra
12. Downward dog alternating single leg calf stretch



## Netball 3 minute stretch routine between games

*Gently move into stretch and with calming breath hold for a count of 10*

1. calf stretch to wall
2. Standing sit back hamstring
3. Kneeling hip flexor
4. Tricep back scratcher with lat lean over
5. Standing glute 4 ( can lean against building or sit on bench
6. Standing quad
7. Standing Sartorius
8. Kneeling Frog adductor



## Netball 4 minute stretch routine after last game

*Hold each stretch for 20-30 seconds and do 2-3 times. Once into the stretch inhale and then with the exhale increase the stretch and hold for 20+ seconds and repeat the breath pattern. Do slowly and with no bounce.*

1. Frog seated adductor
2. Pretzel piriformis hug
3. Modified mermaid
4. Downward dog calf
5. Kneeling hip flexor to quad with chest opener



### Netball Towel Stretches for evening routine

Hold each stretch for 20-30 seconds ( take 2-3 breaths and increase the stretch on each exhale). Move into each stretch slowly without bouncing. You can hold the stretches for longer if you wish. The best recommendation would be 30 seconds for each hold and repeat the stretch 2-3 times.



## Yoga stretches for evening routine

Hold each stretch for 30 seconds once you have positioned yourself correctly and feel happy with your stretch position. Breath naturally while stretching , relaxing with the breath to allow the body to stretch fully.

1. Side sitting mermaid
2. High Heroes pose
3. Low heroes pose
4. Child's pose
5. Cat pose
6. Fish pose
7. Cobra
8. Downward Dog
9. High bridge
10. Camel
11. Tree pose
12. Dancer's pose
13. Deep squat
14. Frog
15. Pidgeon
16. Corpse



## Roller Stretch Routine for evening

*When using the roller you can move gently back and forward rolling the body over the roller. The slower you move the better for myofascial releasing of muscle tissue. You can take the position and rest the body on/over the roller and / or move gently back and forward over the limb/s or body area to enhance the effects. Do not use the roller on the neck area and move carefully so you do not slip off the roller. Hold it carefully so you have full control at all times.*

1. Longitudinal Thoracic mobilisation to star
2. Horizontal thoracic mobilisation
3. Prone hip
4. Reclining bound ankle
5. Hip roll
6. Hip flexor
7. Back massage
8. Roll over
9. Seated hamstring to hamstring massage
10. Calf massage
11. Tibialis anterior
12. Quad massage
13. Camel
14. Glute massage
15. Adductor massage
16. Lats
17. Triceps
18. ITB
19. Heroes pose
20. Straddle V adductor
21. Knee to chest
22. Glute 4
23. Star corpse

