

See videos on netball Australia website for clarification.

Knee Program (no Ball) (1)

- Double leg jumps forwards and back (5)
- Ankle leaps forward and back (6)
- 1 leg balance with defending arms (L & R)
- Partner squats (12)
- Sliding shuffle (Sprint slow back)

Knee Program (with ball) (2)

- Standing on 1 foot, ball passing (5 each leg)
- 2 feet jump forward and back with ball pass on forward jump (5)
- Bridge (12)
- Zig zag run (deceleration at points and push off) $\frac{1}{2}$ court

Knee Program (with Ball) (3)

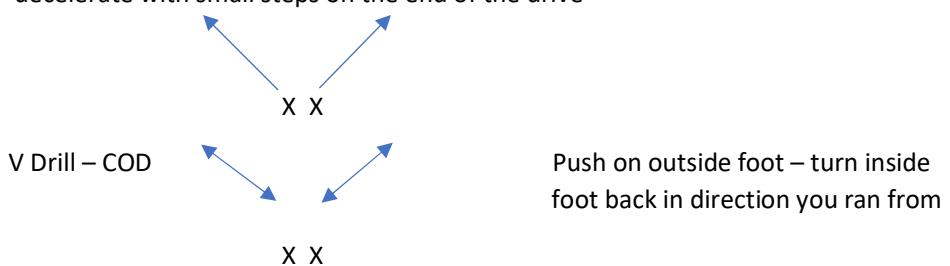
- Standing on one leg ball roll both directions both legs
- Slalom 45^0 with ball pass, Jump from both feet
- Plank 30 sec
- Defensive shuffle (Sidestep backwards)

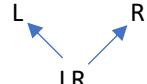
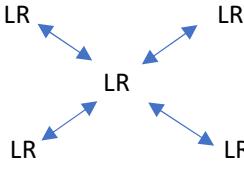
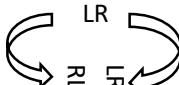
Knee Program (no ball) (4)

- Partner push – both standing on one leg and gently trying to push off balance (both legs 30 sec)
- Crosses jump – from 2 feet land 2 feet diagonally forward 45^0 R and back to middle, forward 45^0 L and back to middle. Then backwards 45^0 R and back to middle, backwards 45^0 L and back to middle.
- Balance left leg 30 seconds, balance right leg 30 seconds
- Lateral shuffle – start in middle shuffle left, back to middle, little feet, shuffle right back to middle (4)

Knee Program (+/-) Ball) (5)

- Two feet jump rotate 90^0 L then jump back to middle. Two feet jump rotate 90^0 L then jump back to middle (2 each side). No ball
- Two leg jump forward with ball pass. Return the ball and two feet jump back (4)
- Side plank L & R 30 sec
- V Drill – decelerate with small steps on the end of the drive



Balance and Landing	Strength	Agility
No Ball <ul style="list-style-type: none"> 1 foot defending (arms) Double leg jumps fwd & back Ankle leaps fwd and back 	<ul style="list-style-type: none"> Partner squats (12 reps) 	Sliding shuffle (sprint, slow, back)
Ball <ul style="list-style-type: none"> 1 foot ball passing (stationary) Both feet fwd jump with ball thrown on jump forward 	<ul style="list-style-type: none"> Bridge (12 reps) 	<ul style="list-style-type: none"> Zig zag run (deceleration at the points and push off)
Ball <ul style="list-style-type: none"> Ball roll on one leg Slalom (45^0) L & R land on outside foot, jump from both feet with ball pass on jump forward 	<ul style="list-style-type: none"> Plank (2 x 30 sec) 	<ul style="list-style-type: none"> Defensive shuffle – little feet in a backwards shuffle 
No Ball <ul style="list-style-type: none"> Partner push – both standing on one leg try to gently push each other off balance Crosses jump – take off and land both feet 	<ul style="list-style-type: none"> Balance on one leg Left and right (30 seconds) Eyes open Balance on one leg Left and right (20 seconds) Eyes closed 	<ul style="list-style-type: none"> Lateral shuffle  <p>Little feet in the middle then small side step to each side</p>
Both <ul style="list-style-type: none"> Both feet jump rotate 90^0 L & R, no ball Both feet jump rotate 90^0 L & R, ball pass on the jump back to the front 	<ul style="list-style-type: none"> Side Plank L & R (30 sec) 	<ul style="list-style-type: none"> V Drill – decelerate with small steps on the end of the drive COD - Push on outside foot – turn inside foot back in direction you ran from 