

Dirk Spits
NETBALL AUSTRALIA



NETBALL
FREE TRIAL

Professional
TRAINING PROGRAMS

Complete, sport-specific Netball training programs by the Pros

Brought to you by





Netball specific Speed, Strength, Power....

Everything you need to train for Netball! Our training programs include speed, strength, power & conditioning sessions designed specifically for Netball.

Available Instantly

All of our Netball training programs are digital books, available instantly worldwide!

Written by the Pros

Our training programs are designed by the Pros from the ANZ Championship, NRL, AFL & other professional sports in Australia to MAXIMIZE your sporting performance.

For Athletes of All Levels

Our training programs are personalised to your level of experience so it doesn't matter if you have just started playing Netball or if you have been playing for years.

**Make the team, get off the bench, dominate the game in
8 weeks!**



NETBALL FREE TRIAL

WHAT IS INCLUDED IN YOUR TRAINING PROGRAM



TRAINING SCHEDULE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Pre Test	Aerobic 1			Aerobic 2		
Week 2					Aerobic 2		
Week 3					Aerobic 4		
Week 4					Aerobic 6		
Week 5					Aerobic 8	Anaerobic 2	
Week 6					Aerobic 8	Anaerobic 2	
Week 7					Aerobic 8	Anaerobic 4	
Week 8					Aerobic 11	Anaerobic 4	Post Test

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The training schedule tells you what training sessions to do on what days

PRE & POST TESTS



TEST	WEEK 1 PRE TRAINING	WEEK 8 POST TRAINING
<u>Beep Test</u>		_____ level
General 12s Repeats Run as far as possible in 12s, then have 1min rest. Repeat 8 times and measure the decrement in distance		_____ decrement in meters
<u>Dragons Tail</u>		_____ seconds

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Pre and post tests allows you to measure your improvement - however it will be obvious on the field!

TRAINING SESSION



ORDER	EXERCISE	SETS	REPS	INTENSITY	REST BETWEEN SETS
1	General dynamic warm up - including hip swings and fast strides with no static stretching. Include all major muscle				
2	<u>Repeat 20m shuttle sprints</u>			100%	1min 2min after the 3rd set
3	<u>MAS Grids</u> Guidelines for grid sizes are: Backs 64m X 45m to 70m Ball Players 62m X 43m to 68m Back Row 63m X 44m to 69m Hit Ups 60m X 42m to 66m				2min
4	<u>1.2 km Time Trial</u> performed with continuous sprints to 20m, 40m then 60m				
	Guidelines for times are: Backs (5min), Ball Players (5min), Back Row (5min 10s), Hit Ups (5min)				

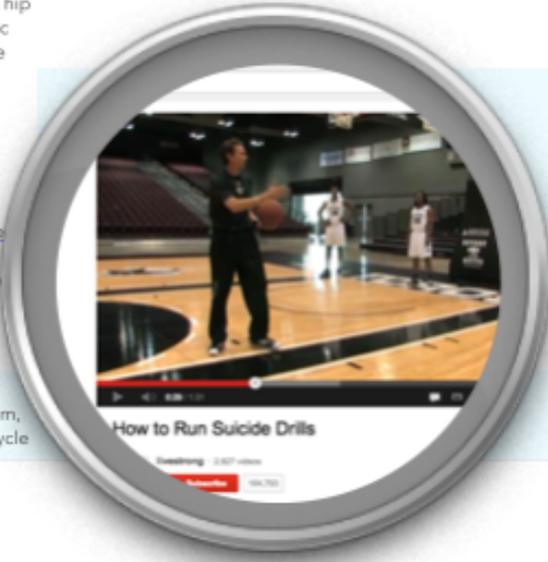
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Training sessions include the full list of exercises and the exercise prescriptions (sets, reps, intensity and other important information)

EXERCISE DEMONSTRATIONS



ORDER	EXERCISE	SETS	REPS	INTENSITY	REST BETWEEN SETS
1	General dynamic warm up - including hip swings and fast strides with no static stretching. Include all major muscle				
2	<u>Suicide Drills</u> Back 5m, 10m, 15m, 20m				90s
3	<u>Repeat 20m, 40m then 60m shuttle sprints</u> Guidelines for time per rep are below: Backs 53s to 49s Ball Players 55s to 51s Back Row 54s to 50s				2min
4	<u>Cross Training</u> non weight bearing exercise e.g. swim, row, elliptical trainer and exercise bicycle				





Dirk Spits - Netball Australia National Strength & Conditioning Coordinator

Dirk Spits has been working as a professional strength and conditioning coach for over 10 years. Below are some of the professional Netball teams that he has worked for:

- **Netball Australia** 2011-2013
- **QLD Firebirds** (ANZ Championship) 2009-2011 - 2011 Undefeated Premiers

Dirk Spits was the first ever Netball Australia National Strength & Conditioning Coordinator. In this role Dirk was responsible for the design and coordination of athletic performance programs for strength, speed, power, agility, conditioning, & prehab and rehab programs for the National Women's Netball Team.

Dirk was also responsible for managing the state Strength & Conditioning staff at the ANZ Championship franchises around Australia.

At the same time Dirk is a respected Presenter for the Exercise & Sport Science Association in Australia (ESSA), and has presented at National Conferences on the topics including re-conditioning of the knee & shoulder with athletes, advanced strength & conditioning.

Dirk's experience demonstrates skills in delivering elite Strength & Conditioning programs to a range of Elite Athletes at different spectrums of the scale (QAS, AIS, ARU, Wallabies & QRU, QLD Firebirds Netball).

Dirk has also demonstrated his formal training and knowledge in the application of sports science with elite athletes in the areas of strength & conditioning, periodisation etc.

Finally, Dirk's personal research demonstrates his ability design and implement new curriculum and work programs at a Nationally Recognised Level.

Netball emerged from the early versions of Basketball, but has since evolved into its own fully professional sport. Netball is a fast paced and high skill game, combining fitness with speed & strength.

Our Netball training programs are designed to maximise your sporting performance to ensure you reach your Netball potential. Each training day includes a combination of gym, speed / agility and court fitness training sessions.

- The **2 day/week program** is designed for the novice/young athlete who needs to address all round physical development over the pre season period or a Netballer who has limited time to devote to their training. The sessions address basic technical speed development and agility, foundation strength adaptation and aerobic conditioning with a progression into more specific aerobic power development as well as anaerobic power and capacity.
- The **3 day/week program** is designed for the intermediate athlete for all round physical development and to address the foundations of power production over the pre season period. The sessions address technical speed development and agility, strength adaptation, foundation power training and aerobic conditioning with a progression into aerobic power development, anaerobic capacity and repeat speed endurance efforts.
- The **4 day/week program** is designed for more advanced athlete who needs to build on their foundation physical qualities through a series of progressive, high intensity strength and conditioning programs. The individual sessions address speed development, agility training, strength development, foundation power training and aerobic conditioning with a progression into aerobic power development, specific anaerobic capacity and repeat speed endurance efforts.

Continuing reading for a comprehensive list of the physical qualities developed in our 2, 3 & 4 day/week Netball training programs.

Netball Fitness & Conditioning Sessions

Aerobic training addresses the foundation of any conditioning program – maximal oxygen uptake. Aerobic capacity represents the individuals ability to generate energy through the use of oxygen. For the Netball player, it is particularly important to aid recovery between bouts of exercise and to allow the athlete to maintain a high level of intensity over the full four (4) quarters. This base must be developed so that we are able to explore the potential of anaerobic training. Anaerobic training addresses the athletes ability to recover from repeat high intensity exercise and to allow for efficient removal of the waste products associated with anaerobic energy production such as lactic acid. The anaerobic system promotes the development of the strong, powerful athletic movements essential for success at the highest level – this is an essential element of the modern Netball game.

Netball Speed & Agility Sessions

Speed training addresses the athlete's ability to perform repeat high speed movements in a safe and optimal manner. In any team sport, it is often said that there is no substitute for speed – these programs, alongside the development of functional and absolute strength, allow speed to be a strength rather than a weakness!

These sessions provide a progressive approach to the development of Netball specific speed and agility, starting from the development of general speed technique, functional mobility and postural strength to the development of the multi directional acceleration qualities essential to the modern game of Netball. All facets of speed development are addressed, including increasing contact speed, plyometric advancement and speed endurance qualities.

Together with strength training (detailed below) these sessions provide a progressive approach to the development of Netball specific conditioning. Each week is designed to build on the previous allowing the athlete to progress through increasing intensities and complexities of exercise in order to develop a sound foundation essential for the game of Netball. This type of fitness is often the difference between making, breaking or missing critical moments in the game.

Netball Strength Sessions

As with any weight training program, it is imperative to support both strength and power development with a comprehensive injury prevention and functional development program. Functional body management programs complement the gains made in the strength programs by addressing the quality and range of movement that allows all movements to be performed in a safe and productive manner.

Netball Recovery & Flexibility Sessions

In order to perform day after day, week after week it is imperative that the athlete has sufficient, optimal recovery and regeneration strategies in place. If this is not in place then overtraining may occur leading to the increased likelihood of injury and illness as well as decreased performance levels.

If training is followed by sufficient recovery then a state of 'supercompensation' is reached where physical capacity is increased. If this is performed over a period of time, the adaptations to exercise are positive. However, if there is insufficient recovery then performance levels and capacities drop, leading ultimately to overtraining, injury and illness.



NAT MEDHURST - Queensland Firebirds & Australian Diamonds Netball

I have been working with Dirk Spits from Pro Training Programs for four years at the Queensland Firebirds & Australian Diamonds. Dirk has proven his ability as a Netball coach and trainer – overseeing our weights and conditioning programs, nutrition and recovery. These Netball training programs will get the most out of any athlete!

MICHELLE SAUNIG - Senior Taren Point Netball

I had always wondered what kind of training I should be doing for Netball. These programs had all the information that I needed. They tell you when to train, what to do, and progressed with me so that I kept improving for the whole season. I have never been in better shape for Netball!





NETBALL FREE TRIAL



TRAINING SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Pre Test	Speed 1 LB Strength 1		Conditioning 1 UB Strength 1			
Week 2		WEEKS 2-4 NOT INCLUDED IN THE FREE TRIAL		WEEKS 2-4 NOT INCLUDED IN THE FREE TRIAL			
Week 3							
Week 4						Post Test	

Note that the 2 training sessions per day e.g. Speed 1 & Lower Body Strength can be performed in any order, back to back or morning and evening.



NETBALL FREE TRIAL



PRE & POST TESTS

TEST	WEEK 1 PRE TRAINING	WEEK 4 POST TRAINING
Bench Press 1RM	_____ kg	_____ kg
Squat 1RM	_____ kg	_____ kg
Bench Pull 1RM	_____ kg	_____ kg
5m Sprint	_____ seconds	_____ seconds
10m Sprint	_____ seconds	_____ seconds
20m Sprint	_____ seconds	_____ seconds
1.6km Time Trial	_____ time	_____ time



NETBALL FREE TRIAL



SPEED & CONDITIONING WARM UP

ORDER	EXERCISE	SETS	REPS	INTENSITY
1	Light Jog	1 SET no rest between EXERCISES	3 mins	60%
2	Hurdle Under Over Rotation		6 each side	0.5m hurdles
3	Spidermans		3	BWT
4	Backwards Running		5	60%
5	Crucifix		10 each side	BWT
6	Scorpions		10 each side	BWT
7	Forward Leg Swings		10 each side	BWT
8	Calf Pumps		10 each side	BWT
9	Jumping Alternate Split Squats (on the spot)		6	BWT
10	Single Leg Hops		4 each side	BWT
11	15m Sprint		3	80-90%

SPEED

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	General Dynamic Warm-Up				
2	10m A Walk with 10m Run Off	1	3	focus on technique	30s
3	20m A Walk with 10m Run Off	1	3		30s
4	10m Sprint	1	5	80-90%	walk back to start between REPS, 2min between SETS
5	15m Sprint	1	4	80-90%	walk back to start between REPS, 2min between SETS
6	20m Sprint	1	3	80-90%	walk back to start between REPS, 2min between SETS
7	Double Z Agility Drill	1	5	80-90%	walk back to start between REPS, 2min between SETS
8	5m, 10m, 15m then 20m Shuttle Sprints	3 rounds performed as a circuit	3	80-90%	30s between REPS, 2min between SETS
9	30m Sprint (full Netball Court)		3	80-90%	jog back to start between REPS, 2min between SETS
10	5m, 10m, 15m then 20m Shuttle Sprints		3	80-90%	30s between REPS, 2min between SETS
11	30m Shuttle Sprints (full Netball court)		3	80-90%	30s between REPS, 2min between SETS

FLEXIBILITY

ORDER	EXERCISE	SETS	REPS
1	Eat & Rehydrate during flexibility session		
2	Forward Hurdle Walk	1	8 each leg
3	Backward Hurdle Walk	1	8 each leg
4	Lower Back Stretch	1	Hold stretch for 30-40s
5	Spidermans	1	3 each side
6	Sumo Squats	1	8
7	Hip Flexor Stretch	1	Hold stretch for 30-40s
8	Calf Stretch	1	Hold stretch for 30-40s
9	Foam Roller Thoracic Stretch	1	Hold stretch for 30-40s
10	Glute Stretch	1	Hold stretch for 30-40s
11	Glute Trigger	1	1
12	Contrast Baths (Ice bath = 10-14 C, Hot bath or shower = 38-40 C)	4	Alternate 1min Hot : 1min Cold

CONDITIONING

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	Yo Yo Test			to exhaustion	10 mins
2	50m Sprints with 20m acceleration, 30m hold speed	2	10	85-90%	15s between REPS 3min between SETS
3	10s Sprint	2	6	100%	walk back to start between REPS 3min between SETS

FLEXIBILITY

ORDER	EXERCISE	SETS	REPS
1	Eat & Rehydrate during flexibility session		
2	Lower Back Stretch	1	Hold stretch for 30-40s
3	Hip Flexor Stretch	1	Hold stretch for 30-40s
4	Lying Hamstring Stretch with bands	1	Hold stretch for 30-40s
5	Glute Stretch	1	Hold stretch for 30-40s
6	Calf Stretch	1	Hold stretch for 30-40s
7	Foam Roller Thoracic Stretch	1	Hold stretch for 30-40s
8	Individual Stretches	1	Hold stretch for 30-40s
9	Contrast Baths (Ice bath = 10-14 C, Hot bath or shower = 38-40 C)	4	Alternate 1min Hot : 1min Cold

LOWER BODY MANAGEMENT CIRCUIT

ORDER	EXERCISE	SETS	REPS	LOAD
Superset	Mini Band Walks (in half squat)	2	10 each side	Mini band
	Single Leg Arabesque		15s	BWT
Superset	Overhead Squat	2	6	BWT
	Hip Flexor Stretch		20s	
Superset	Square Hops	2	2 each way	BWT
	Double Leg Hops		4	
Superset	Hamstring Bridge	3	10	BWT
	Slalom Jumps (pause at bottom)		4 each side	

STRENGTH & POWER

Note that the LOAD is the percentage of your 1RM from the Pre Test

ORDER	EXERCISE	SETS	REPS	LOAD	REST
1	Double Leg Bounds (for distance)	3	3	BWT	90s between SETS
Superset	Back Squats	3	10,8,8	75%,79%	
	Box Jump		2	0.5m box	
Superset	Dumbbell Split Squat	3	6	33% Squat	
	Swiss Ball Hamstring Curls		10	BWT	
Superset	Hamstring Bridge against wall	3	10	BWT	
	Bench Hip Extensions				
5	Calf Raises	3	max	Add load as able	

CORE STRENGTH

ORDER	EXERCISE	SETS	REPS	LOAD	REST
Circuit	Front Bridge (elbows forward of shoulders)	3	30s	BWT	1min between SETS
	Standing Plate Wood Chops		8 each side	5kg	
	Side Bridge		30s	BWT	

UPPER BODY MANAGEMENT CIRCUIT

ORDER	EXERCISE	SETS	REPS	LOAD
Superset	Dumbbell Shoulder Internal & External	2	8 each side	BWT Add load as able
	Overhead Netball Bounces		10s	
Superset	Prone Cobras		8	
	Prone Scarerows		12	
Superset	Seated Row Shoulder Retraction		10	
	Chest Stretch		20s	
Superset	Lat / Scap Depressions	10		
	Foam Rollers (focus on tight muscles)	20s per muscle		

STRENGTH & POWER

Note that the LOAD is the percentage of your 1RM from the Pre Test

ORDER	REST	SETS	REPS	LOAD	REST
Superset	Hang Shrug	3	4	Add load as able	90s between SETS
	Medicine Ball Squat, Chest Pass then 5m Sprint		1	5kg	
Superset	Dumbbell Bench Press	3	2	31% Bench	
	Lying Medicine Ball Throw		3-5kg		
Superset	Inverted Row	3	max	BWT	
	Standing Dumbbell Shoulder Press		10	12% Bench	
4	Standing Dumbbell Upright Row	3	12	55% Pull	

CORE STRENGTH

ORDER	EXERCISE	SETS	REPS	LOAD	REST
Circuit	Stability Ball Rollouts	3	10	BWT	1 min between SETS
	Standing Cable Wood Chop		8 each side	10-15kg	
	Reverse Crunches		max	BWT	

NOW YOU'RE READY FOR THE FULL PROGRAM!

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