



## Phase 1: General Preparation

### Overview:

The main objective of this phase is to involve the maximum number of muscle groups with the goal of preparing the muscles, ligaments, tendons and joints to endure the following training phases.

### Interval Program:

The program has an emphasis on running technique to make the players as efficient as possible. It includes both specific technique and speed development drills. It will involve short intense bouts, primarily taxing the ATP-PC energy system. Rest periods between bouts will allow for full recovery of phosphate stores.

#### Training Sessions:

- Warm-up (5-10 mins low intensity aerobic exercise including game-related activity)
- Flexibility - Stretching of all major muscle groups
- Technique Drills - eg, high knees, rear heel kicks and fast feet.
- Sprints:

Sprint Length ↓	Macrocycle 1				Macrocycle 2			
	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
10 m	20	21	23	9	24	26	28	11
15 sec recovery interval (RI) between sprints								
20 m	15	16	17	7	18	19	21	8
30 sec RI between sprints								
30 m	10	11	12	5	13	14	15	6
45 min RI between sprints								

- Plyometric Drills:
    - 4 repetitions of 20m **Bound-Sprints** (10m bound, 10m sprint)
    - 2 repetitions of 20 **Lateral Rocking Bounces**
    - 2 repetitions of 8 **Double Leg Hops**
  - Cool Down & Stretch - As for warm -up.
- Session Duration: 45 min. plus basic skills training

### Weight Program:

The weight training program is aimed at muscular hypertrophy and general strength development with non-specific exercises. Load should be low-medium with the emphasis on technique. Rest periods will be approximately 1 minute between exercises as this should be adequate recovery for the energy systems. The nature of the strength training program will primarily stress the ATP-PC and Lactic acid systems.

Exercises will require compound movements (involving more than one muscle group and joint) to involve as many muscles as possible.

#### Training Sessions:

- Warm - Up (5-10 mins low intensity aerobic exercise)
- Flexibility - Stretching of all major muscle groups
- Strength Exercises:

2 sets X 12 repetitions	<ul style="list-style-type: none"> <li>• Internal / external Rotations</li> <li>• Leg Press</li> <li>• Seated Row</li> </ul>	<ul style="list-style-type: none"> <li>• Back Lunge</li> <li>• DB Bench Press</li> <li>• Latpulldowns to front</li> <li>• Shoulder Press</li> </ul>	<ul style="list-style-type: none"> <li>• Hip Flexion</li> <li>• Crunches</li> <li>• Back Extension</li> </ul>
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	Macrocycle 1				Macrocycle 2			
	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
<b>Weight lifted</b>	14 repetition max	+ 5-10 %	+ 5-10 %	- 60 %	+ 5-10 % (of Wk 3 weight)	+ 5-10 %	+ 5-10 %	- 60 %

- Cool - Down and Stretch
- Session Duration: 45 min

## **Phase 2: Specific Preparation**

### **Overview:**

The main objective of this phase is to develop the highest level of force in the muscles, ligaments and tendons specific to the sporting demands.

### **Interval Program:**

This session aims to facilitate: (1) Maintenance of speed, via the sprint work, (2) Development of lactic acid tolerance (anaerobic capacity), through the reduction of rest periods, therefore not allowing maximal lactate removal, (3) Aerobic conditioning, via the aerobic system having to deal with the metabolic by-products of hard training during the rest periods. All players could complete an extra aerobic conditioning session based on lower intensity sprint training with shorter rests periods

#### Training Sessions:

- Warm - Up (5-10 mins low intensity aerobic exercise)
- Flexibility - Stretching of all major muscle groups
- Sprints:

Macrocycle 3						
Sprint Length	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
30 m	5	6	6	7	8	3
	40 sec recovery interval (RI) between sprints					
20 m	10	11	12	13	14	6
	30 sec RI between sprints					
10 m	15	16	18	19	21	8
	ec RI between sprints					

- Plyometric Drills:
  - 4 repetitions of 20m **Bounds**
  - 2 repetitions of 12 **Lateral Rocking Bounces**
  - 5 repetitions of **Jump-Shuffle Jump-Shuffle**
  - 3 repetitions of 6 **Maximal Double Leg Hops**
  - 2 repetitions of 6 **Plyometric Push-ups**
  - 2 repetitions of 6 **Unilateral Medicine Ball Passes**
- Cool Down & Stretch - As for warm - up.
- Session Duration: 45 min. plus basic skills training

### **Weight Program:**

The weight program moves from general strength to maximal strength and emphasises specificity of movement. No. of reps decreases but load increases, as does rest - 2-3 min between sets. Speed of movement will be slow due to heavy loads being lifted. The program will predominantly stress the ATP-PC system.

Compound exercises that attempt to simulate the major gross movement patterns used in the game will be used. These include pushing, pulling, jumping, lifting, twisting and turning.

#### Training Sessions:

- Warm - Up (5-10 mins low intensity aerobic exercise)
- Flexibility - Stretching of all major muscle groups
- Strength Exercises:

2 sets X 10 repetitions	<ul style="list-style-type: none"> <li>• Internal / external Rotations</li> </ul>	3 sets X 6 repetitions	<ul style="list-style-type: none"> <li>• Squat</li> <li>• BB Bench Press</li> <li>• DB Lunge</li> <li>• Prone Row</li> <li>• Push Press</li> </ul>	3 sets X 10 reps	<ul style="list-style-type: none"> <li>• Weighted Crunch</li> <li>• Wood Chop</li> <li>• Back Extension</li> </ul>
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Macrocycle 3						
	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
<b>Weight lifted</b>	6 rep max	+ 5-10 %	+ 5-10 %	+ 5-10 %	+ 5-10 %	- 60 %

- Cool - Down and Stretch
- Session Duration: 45 min

## **Phase 3: Pre - Competition**

### **Overview:**

The purpose of this phase is to transform the gains developed in the preceding phase into competitive sport specific combinations of strength. Maximum strength is transformed into speed-endurance

### **Interval Program:**

This session aims to facilitate: (1) Maintenance of speed/agility, via sprint/agility training, (2) Maintenance of aerobic conditioning, through the aerobic systems removal of exercise by-products. This will also occur during the skills training drills that accompany this session, (3) Development of lactic acid tolerance (anaerobic capacity), through further reduction of rest periods between repetitions, allowing less lactate to be removed from working muscles. Again, onball players could complete an extra aerobic conditioning session based on lower intensity sprint training with shorter rests periods

#### Training Sessions:

- Warm - Up (5-10 mins low intensity aerobic exercise)
- Flexibility - Stretching of all major muscle groups
- Sprints:

Macrocycle 4						
Sprint Length	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
20 m	15	16	17	18	19	8
	30 sec recovery interval (RI) between sprints					
15 m	15	16	17	19	21	8
	20 sec RI between sprints					
10 m	15	16	17	19	20	8
	15 sec RI between sprints					

- Plyometric Drills:
  - 2 repetitions of 6 **Single Leg Speed Hops** (6 per leg)
  - 4 repetitions of 1 **Pitter-Pat Shuffle and Jog** in all directions
  - 2 repetitions of 8 **Double Leg Speed Hops**
  - 2 repetitions of 10 **Lateral Jump Sprint and Jog, Back**
  - 2 repetitions of 8 **Medicine Ball Passes**
- Cool Down & Stretch - As for warm-up.
- Session Duration: 45 min. plus basic skills training

### **Weight Program:**

The program moves from maximum strength to speed - endurance, emphasising high movement speed as would be experienced during a game of netball. Repetition range is set to enable a submaximal load to be lifted repeatedly allowing for the development of power/speed - endurance. Rest periods should be the in order of 2-3 minutes. This training format will stress the ATP-PC and Lactic Acid systems.

Highly specific compound movements that resemble actions required by netball, such as running, jumping, pushing, pulling and twisting will be used, with a combination of alternating and bilateral movements.

#### Training Sessions:

- Warm - Up (5-10 mins low intensity aerobic exercise)
- Flexibility - Stretching of all major muscle groups
- Strength Exercises:

2 sets X 10 repetitions	<ul style="list-style-type: none"> <li>• Internal / external Rotations</li> </ul>	3 sets X 6 repetitions	<ul style="list-style-type: none"> <li>• Power Clean</li> <li>• Alt. DB Bench Press</li> <li>• DB Side Lunge</li> <li>• Alt. DB Bench Pull</li> <li>• Alt. DB Push Press</li> </ul>	2 sets X 15 reps	<ul style="list-style-type: none"> <li>• Medicine Ball Sit-ups</li> <li>• Russian Twist</li> <li>• Medicine Ball Back Extension</li> </ul>
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Macrocycle 4						
	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
<b>Weight Lifted</b>	10 rep max	+ 5-10 %	+ 5-10 %	+ 5-10 %	+ 5-10 %	- 60 %

- Cool - Down and Stretch
- Session Duration: 45 min

## **Phase 4: Competition**

### **Overview:**

This phase attempts to maintain the strength and fitness gains achieved in pre season throughout the duration of the playing season.

### **Interval Program:**

During the training sessions speed/agility, flexibility, aerobic endurance and anaerobic capacity will be maintained. Specific skill training drills should incorporate all the fitness components. These drills can be set so they follow a game specific format, such as court work, involving 5 - 20 m sprints (with/without agility components ie. changes of direction), variable rest periods (10 sec - 1 min.), and incorporate other low - medium intensity efforts, as would be experienced on game day.

Session Duration: 60 - 90 min. Duration of the session is flexible, as recovery status of players needs to be taken into account, as well as the time of the week (ie. near or far from game day).

### **Weight Program:**

The weight training sessions will be used to maintain both strength & power, therefore, strength & power sessions should be alternated weekly. A typical in-season weight sessions would be similar to those used in phases 2 and 3, however repetition range and sets performed should stay low, while the intensity of the work-out should be high.

This is done so the body will maintain strength and power, without over-stressing the musculoskeletal system, giving skills training and actual competition highest priority.

#### Training Sessions:

- Warm - Up (5-10 mins low intensity aerobic exercise)
- Flexibility - Stretching of all major muscle groups
- Strength Exercises:

Strength Session	Power Session	
2 sets X 6 reps	2 sets X 8 reps	<ul style="list-style-type: none"> <li>• Power Clean to Press</li> <li>• DB Bench Press</li> <li>• Alt Leg Press</li> <li>• Prone DB pull</li> <li>• DB side lunge</li> </ul>

2 sets X 12 reps	<ul style="list-style-type: none"> <li>• Int / Ext Rotation</li> <li>• Incline Sit-Up</li> <li>• Oblique Crunch</li> <li>• Back Extension</li> </ul>
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Macrocycle 5 - 10		
	Strength Session	Power Session
Weight lifted	6 rep max	10 rep max

- Cool - Down and Stretch
- Session Duration: 45 min

## **Phase 5: Transition**

### **Overview:**

The main goal of this phase is to replenish the body both physically and mentally.

### **Training Program:**

Training during this period is highly non-specific, therefore there is no emphasis on trying to improve any of the fitness components. The emphasis in this phase is to participate in alternative activities, preferably enjoyable pursuits helping to attain general fitness & health benefits.