



"Netball Top 6"

Single Leg Landing (Good form- knee over foot)

- Stand on a low box
- Step off box & land on one foot with knee slightly bent
- Maintain balance, knee & pelvic alignment
- Increase height of step as directed



Complete 2 sets of 10 repetitions. Rest 90s between sets.

Arabesque - Touchdowns

- Stand on one leg
- Slowly bend forward from hip, extend other leg backward in Arabesque position
- Shoulders, hips, knees & ankles aligned
- Reach forward with one hand & touch the floor
- Stand & repeat
- Maintain balance



Complete 2 sets of 15 repetitions. Rest 60s between sets.

Single Leg Squat - Quarter Depth (Good form- knee over foot)

- Stand on one leg
- Squat down slowly to a partial squat position
- Maintain balance & return to standing
- Maintain alignment of knee, hip & ankle



Complete 2 sets of 12 repetitions. Rest 60s between sets.

Push Up to Side Plank

- Lie on side
- Knees slightly bent, torso supported on forearm
- Pre-set lower abdominals
- Exhale & push up into side plank position
- Hold position with ankles, hips & shoulders in alignment
- Slowly lower to start position & repeat



Complete 2 sets of 12 repetitions. Rest 60s between sets.

Bridge - Double Leg

- Lie face up, knees bent, feet flat on floor
- Pre-set lower abdominals
- Lift hips to align with shoulders & knees
- Pause for 2-3 seconds, lower & repeat
- Hold neutral spine position throughout



Complete 2 sets of 12 repetitions. Rest 60s between sets.

Band Walk - Sideways - Elastic

- Stand with elastic cord looped below knees or around ankles
- Feet shoulder width apart, knees & hips slightly flexed
- Move slowly one way then the other
- Maintain tension on the elastic cord & upright posture



Complete 2 sets of 10 steps repetitions. Rest 60s between sets.