



# SPEED ... all athletes need speed

Speed requires a reasonably developed aerobic / endurance capacity, not so much to apply force, but to recover effectively and appropriately from that force application .. Why?

So you can exert or apply the force again.

I believe the average sprint distance in AFL football is 13 metres; but the ability to deliver maximum speed (get to the ball first) is of critical importance at all times ... perhaps even more so in the 4th quarter.

What is the average sprint distance / duration in netball? .. this fact, and the ability to deliver maximum performance repeatedly should be reflected in the team and individual's training plan.

(I don't know the answer for netball, but I suspect we are dealing with repeated movements, unexpected directional changes of very short duration but very high intensity.)

**Two** (of the many) **important aspects of speed enhancement** are:  
Effective muscle fibre recruitment .. intensity variation is critical  
Appropriate recovery

**Netball  
1**



It's about having the mind recruit and deliver for implementation the maximum number of muscle fibres that are available; not just the number required to execute a task yet maintain "comfort".

So, it's about your body doing what you ask it to do .. e.g. when you want to perform at a maximal level, you want your mind/body to recruit and deliver **all** the muscle fibres available, and have them react in the correct manner, in the correct sequence ... how do you achieve this?

**Only Plenty of Perfect Practice Produces Perfect Performances**

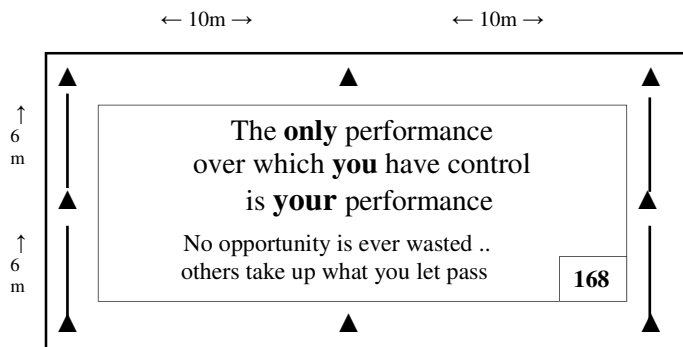
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## A Few Simple Tasks

Do you understand the fundamental differences between a warm-up and a warm down? HINT .. What do you do after a warm-up? What do you do after a warm down?

- **Warm-Up** .. an important and separate issue: **general warm-up** (Jogging, Stretches .. I personally do not like stretching cold muscles); **basic drills**: to alert the body that increased activity is about to take place, and reinforce movement and co-ordination skills; **specific drills** (netball coach directed).
- **Your Training Area ... or, 1/2 netball court**

Sneakers; full water bottle .. sip/drink regularly; perhaps a towel.



### Track Athletes:

Training to develop **speed** should feature:

Circle best answer

- A Long Runs (>90m) / Complete recoveries
- B Short Runs (<50m) / Complete recoveries
- C Short Runs (<50m) / Short recoveries (e.g. 60 secs.)
- D Long Runs (>90m) / Short recoveries (e.g. 60 secs.)

Where/when appropriate:  
carry / pass / receive / exercise with a netball  
(sometimes .. a medicine ball)

- **Basic Speed Drills:** A-Skip / Alternating Butt Kicks / Running-the-Boards  
Carioki Drill .. variations  
Step backs  
Variations: Coach Commands; ankle weights-release; ..

- **Reaction Starts / 3 Pt. Starts / Patterns** .. planned / unexpected

- **Quickstep Ladder**

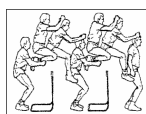


Start: keep it simple .. faster & faster



Many variations

- **Hurdle Bounds**



Knees to chest **NOT** chest to knees;  
Max. of 50 contacts; e.g. 10 x 5H  
Variations: Pre-Jump; Explosive;  
Laterals; different heights; resistance; ..

2-5 secs./activity



3 pt. Starts

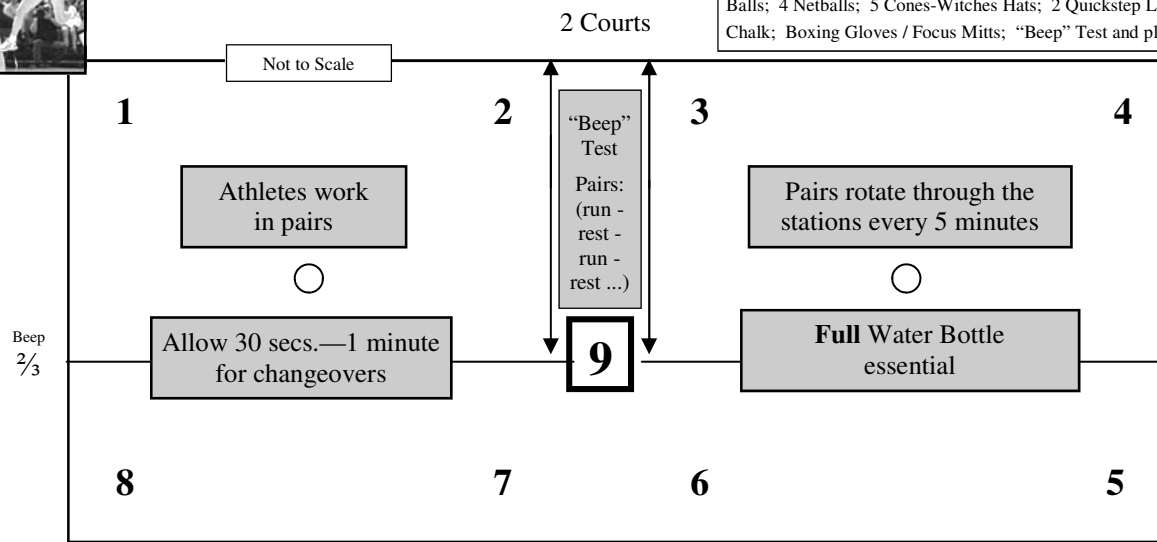
- **Warm-Down** .. it is very important to warm down effectively; don't allow stiffness to result from poor strategies; muscles grow stronger when resting; when active, they are merely learning that they have to grow stronger. Warm Down should gradually decrease in intensity, e.g. drills – jog – stretch – walk – go home.

The harder (and smarter) you train ... the harder it is to surrender

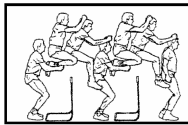


# Netball Activity Circuit

**Equipment:** (assuming 2 pairs at each station) - Whistle, 4 Skipping Ropes, 9 Mini Hurdles/Foam Blocks; 2 Medicine Balls; 4 Netballs; 5 Cones-Witches Hats; 2 Quickstep Ladders; Chalk; Boxing Gloves / Focus Mitts; "Beep" Test and player.



- 1: **Rapid Form Skipping:** aim: complete 3-5 x 50 .. *Don't Give Up* .. **RAPID FORM**
- 2: **(Hurdle) Bounding .. Pre-Jump - Explosive - Laterals**

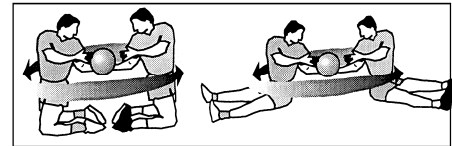


**Maximum of 50 contacts:** e.g. 5 Hurdles: 2 x 5 Pre-Jump + 2 x 5 Explosive + re-align hurdles (4) for laterals .. 2 x 4 pre-Jump + 2 x 4 Explosive + 2 x 5 (Choice) + 1 x 5 Pre-Jump. Knees to chest, NOT chest to knees; feet hip width on landing.

- 3: **Medicine Ball & Netball Passes**



**Muscle Recruitment:** 5-10 passes with medicine ball, immediately followed by 5-10 passes with netball; Standing (Left and Right); Kneeling; Seated.



- 4: **Stretches: 2 Stretches** .. (100% Right is 100% Right ... 99% Right is 100% Wrong)

#### 4.1 One Leg Over-Under



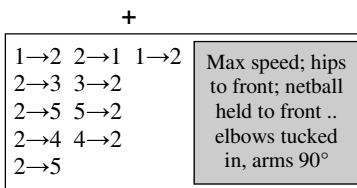
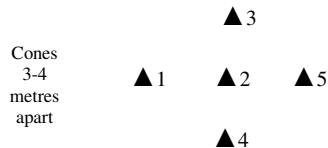
Hold stretches for 20 seconds

#### 4.2 Modified Hurdle Sit

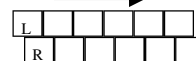


Specific instructions on separate sheet.

- 5: **Star Runs**



#### Quickstep Ladder



Super fast stepping .. do not touch rungs of the ladder.

- 6: **Speed Drills (A-Skip / Alternating Butt Kicks / Running-the-Boards)** .. coach directed



- 7: **Movement Efficiency Drills - Cross Body Lifts**

+ 2 x 15 Modified Push-Ups



3 sets of 6L / 6R  
30 secs. stretch between sets

- 8: **Reaction Sprints - Out and Back** - complete as many as possible in the time allowed—one athlete rests while partner runs .. 4 steps "out" - 4 steps "back" x 4; recovery is glove change-over time; (Boxing Gloves / Focus Mitts: 10 after set of 4 runs .. complete 2-3 times, then change gloves/mitts.)

After the circuit has been completed .. 3-4 minutes recovery .. then ALL (in pairs) ..

- 9. **Modified "Beep Test"** .. athletes work in pairs .. 2/3 court and return; partner resting / partner executing; start on Level 6-10; depending on readiness of the group(s).



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