



## The Academy of Sport Speed and Agility

### Netball - Explosive Speed & Strength

#### Essentials for success



In netball the ability to **rapidly and efficiently accelerate, decelerate, change direction and achieve explosive speed** is an essential element of success. Getting to the ball, breaking away from your opponent and maintaining control of the ball at a fast pace will set you apart from your opposition. At the Academy of Sport Speed and Agility we focus on perfecting these skills while dramatically increasing your elastic strength and power.

#### Program inclusions

Sprint Mechanics	Energy efficient and force creating foot strike, foot recovery and arm drive for explosive cadence and increased stride length.
Athletic Strength	Increased overall strength of muscles, tendons and ligaments via resistance training. Depending on the time of season athletes will develop increased muscle mass and maximum strength to cope effectively with the contact nature of the sport and decrease risk of injury.
Explosive Speed	Both straight line and change of direction speed are maximized through specific drills to increase the rate of contraction of your muscles.
Explosive Power	Increased elastic strength through the hips, knees and ankles via plyometrics, resisted and contrast training. The more powerful your legs the more force they apply to the ground, the more force they apply the faster you will be.
Agility (COD)	Acceleration and deceleration, change of direction speed, lateral quickness are all trained to decrease the number of steps required to change direction.
Flexibility	Increased mobility through the hips and ankles decreases risk of injury and maximises athletic potential.

## Common speed restricting and ACL injury issues in Netballers



During the female adolescent growth spurt (12 – 15 yrs of age), we have increased fat mass, increased joint laxity, increased knee valgus angle and differential rates of development of neuromuscular strength. All of these are associated with an increased risk of non contact anterior cruciate ligament (ACL) injury. There are also issues with hip, knee and ankle mobility which can lead to the onset of Oschgood schlatters syndrome and Severs. Netballers need a routined program of plyometrics, core and maximum strength development and balance training. This will reduce serious injury risk and increase the athletes overall athletic performance. All of this is achieved through the ASSA program.

### All training conducted by ASSA coaches follow three principles:

- 1) Train proper sprint mechanics so that the athlete learns to apply force efficiently and effectively. (Acceleration, Speed & Agility, COD)
- 2) Train the nervous system to recruit as many muscle fibres as quickly as possible and in the correct sequence. (Powerful Co-ordination)
- 3) Strengthen muscles, tendons and joint structures to decrease risk of injury and contract explosively. (Strength, Power & Speed)



### ASSA training director: Ranell Hobson



All athlete evaluations are conducted, and training programs written by Ranell Hobson, Ranell has twenty years experience in coaching and training athletes from club to International level her credentials include: A degree in Sports Science & Coaching, Certified Strength and Conditioning Specialist (NSCA), ATFCA Advanced Event Level 3 Coach and SAQ (Speed, Agility, Quickness) Trainer. Ranell is the Head of Sport & Fitness education at WSI, TAFE Nepean College and is regularly called on to deliver Speed and Agility workshops to coaches for the Dept. of Sport & Recreation NSW, Australia.