

SmartParent: 10 Tips to support your Netball Player

Simple Strategies to help reduce injury risk & ignite the love of Netball



Lead the Cheer

Celebrate successes. Focus on the positives. Recognise effort & Improvement. Support everyone including the opponents. Respect the officials.



Understand Load

Use the 'age-to-hours' simple principles! No more hours than your child's age per week across all activities. For full guidelines see the NNZ website.



Sleep

Min 8 hours, 5-7 nights per week (reduces your child's injury risk by 61%). Technology away 30min before sleep.



Shoes

Make sure the shoe has tread. A Netball shoe or a cross trainer is best for Netball. A running shoe lacks support and wears out quickly.



Rest Day

Every week your child should have a full day off from all sport. This allows for mental & physical recovery and time to spend with friends and family.



NetballSmart Dynamic Warm Up

Enhance performance and prevent injuries at all age groups. Perform at least 2x per week and a 60% reduction in all lower limb injuries may be achieved.



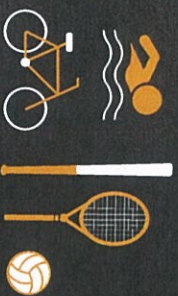
Hydrate & Eat

Water is all the Netballer needs! Eating a good meal 2 hours before playing fuels the body. Help their recovery by providing healthy snacks for after trainings and games.



Manage Injuries

Remember PRICED. If in doubt seek advice from a physio or doctor. At a minimum your child should be able to complete the NetballSmart Dynamic Warm Up before returning to the court.



Diversification

Sporting diversification improves performance and decreases injury risk. Specialisation should be delayed until 15-16 yo.



Maturation & Movement

During puberty it is normal for co-ordinated & confident players to experience a period of clumsiness and uncoordinated movement. Encourage your child to practice movement skills, especially landing!