

## Netball Strength and Conditioning Framework 2020

**Purpose:** To provide structure enabling the physical preparation of netballers in a holistic fashion for the positional demands of training and competition ultimately enabling individuals to perform to the best of their ability at their given level of competition.

Physical Quality	Associated Test	Sports Specific Application and Significance	NZSS	Beko	ANZ	Acceptable International Range	Gold Medal International Targets	
Maximal Strength	Parallel Squat	Enhanced deceleration, change of direction ability, acceleration, landing mechanics and injury prevention. Minimise match induced fatigue	1.00 - 1.40xBW	1.00 - 1.50xBW	1.25 - 1.75xBW	1.5 - 1.75xBW	>1.75xBW	
	Uni Iso Mid Thigh Pull	Enhanced deceleration and change of direction ability	1.00 - 1.40xBW	1.15 - 1.50xBW	1.35 - 1.75xBW	1.60 - 1.90xBW	>1.90xBW	
	Bench Press	Strength on rebound, ability to withstand and win collision, speed of pass, injury incidence reduction	40 - 50kg	40 - 60kg	50 - 70kg	60 - 70kg	>70kg	
	Bench Pull	Strength on rebound, ability to withstand and win collision, Posterior/Anterior balance, injury incidence reduction	40 - 50kg	40 - 60kg	50 - 70kg	60 - 70kg	>70kg	
	OR Chin Up	Strength on rebound, ability to withstand and win collision, Posterior/Anterior balance, injury incidence reduction	0.8 BW - BW	0.8 BW - BW	BW	BW +5kg - +15kg	>BW + 15kg	
Strength Speed	Power Clean and Jerk	Enhanced power production and functional athleticism, deceleration, change of direction ability, acceleration	0.50 - 1.0xBW	0.60 - 1.0xBW	0.70 - 1.0xBW	0.8 - 1.0xBW	>BW	
Power	Counter Movement Jump	Enhanced acceleration, change of direction ability, horizontal and vertical jump ability	30 - 50w/kg	35 - 50w/kg	45 - 50w/kg	50 - 60w/kg	>60w/kg	
	Squat Jump	Enhanced acceleration, change of direction ability, horizontal and vertical jump ability. Along with CMJ, determine stretch/shorten contribution to assist in programming.	30 - 50w/kg	35 - 50w/kg	45 - 50w/kg	50 - 60w/kg	>60w/kg	
	Unilateral CMJ	Enhanced acceleration, change of direction ability, 1 leg horizontal and vertical hop ability	20w/kg - 35w/kg	20w/kg - 35w/kg	25w/kg - 35w/kg	30w/kg - 40w/kg	>40w/kg	
	Bi Broad Jump	Enhanced acceleration, change of direction ability, horizontal jump ability, and deceleration/landing	200 - 240cm	200 - 250cm	220 - 250cm	235 - 250cm	>250cm	
	Uni Broad Jump	Enhanced acceleration, change of direction ability, horizontal jump ability, and deceleration/landing	190 - 210	190 - 220	200 - 220	210 - 220	>220	
Acceleration, Speed and COD Ability	Vertical Jump	Rebound ability, contested high ball ability, acceleration	40 - 60cm	45 - 65cm	50 - 65cm	55 - 65cm	>65cm	
	20m/20m Test	Acceleration and top end speed, high velocity change of direction and re acceleration enhancing ability to get free	5m 1.00 - 1.08 10m 1.70 - 1.85 5-0-5 2.29 - 2.42 20/20m 6.95 - 7.30	5m 1.00 - 1.08 10m 1.70 - 1.85 5-0-5 2.29 - 2.42 20/20m 6.95 - 7.30	5m 1.00 - 1.08 10m 1.70 - 1.85 5-0-5 2.29 - 2.42 20/20m 6.95 - 7.30	5m 1.00 - 1.05 10m 1.70 - 1.80 5-0-5 2.29 - 2.35 20/20m 6.95 - 7.15	<1.00 <1.70 <2.29 <6.95	
	Crucifix Test	Close Quarter Change of Direction Ability	5.65s - 6.05s	5.65s - 6.05s	5.65s - 5.95s	5.65s - 5.85s	<5.65s	
	Aerobic Capacity and Aerobic Power	Yoyo	Enhance the ability to cope with specific positional matchplay and training demands over the course of a single match, tournament and season. Increases time to exhaustion, enhances recovery from both acute and chronic bouts of exercise	18.1-19.5 17.4-18.7 17.4-18.7 16.8-18.3 16.8-18.2 15.6-17.1 15.6-17.1	18.6-19.6 17.8-18.8 17.8-18.8 17.4-18.4 17.3-18.3 16.3-17.1 16.3-17.1	19.3-20.1 18.3-19.2 18.2-19.1 17.7-18.5 17.5-18.2 16.7-17.3 16.7-17.3	19.5-20.1 18.6-19.2 18.4-19.1 18.1-18.5 17.7-18.2 17.1-17.3 17.1-17.3	C 20.1 WD 19.2 WA 19.1 GD 18.5 GA 18.2 GS 17.3 GK 17.3
			Bronco	Enhance the ability to cope with specific positional matchplay and training demands over the course of a single match, tournament and season. Increases time to exhaustion, enhances recovery from both acute and chronic bouts of exercise	C < 3.08s WD < 3.13s WA < 3.13s GD < 3.21s GA < 3.23s GS < 3.38s GK < 3.38s	C < 3.08s WD < 3.13s WA < 3.13s GD < 3.21s GA < 3.23s GS < 3.38s GK < 3.38s	C < 3.05s WD < 3.10s WA < 3.10s GD < 3.18s GA < 3.20s GS < 3.35s GK < 3.35s	C < 3.02s WD < 3.08s WA < 3.08s GD < 3.15s GA < 3.18s GS < 3.32s GK < 3.32s