

Umpires Fitness Program

Prepared for: Blacktown City Netball Association, Umpires Convenor

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Requirements for Session

Sweat Towel

Mat/towel

Water bottle

Running/netball shoes

Warm-up

From goal line to first transverse line

Jog x3

High knees

Butt kicks

Alternating Lunges

Squats

A-skips - slow

A-skips

Jog

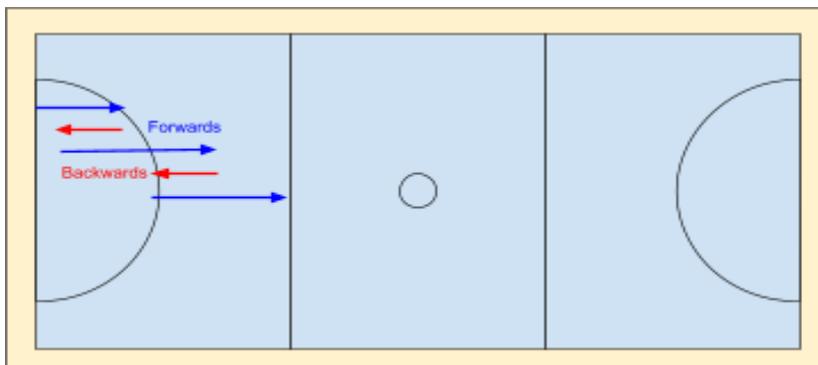
(optional) game of bullrush

Skills

Pick 3-5 of the drills to complete.

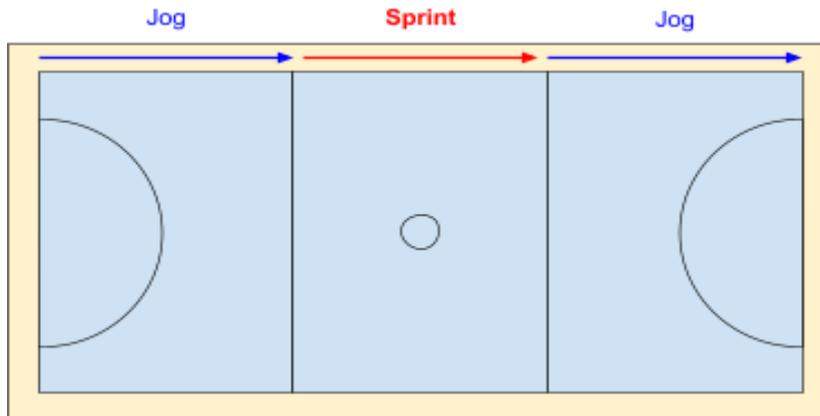
Drill One x 2

Have umpires line up on the goalline. Have them **sprint forwards**, then **run backwards** (backpedal) when indicated by the instructor. (For example, when the instructor blows a whistle or drops a cone). Do this for 30-60 seconds.



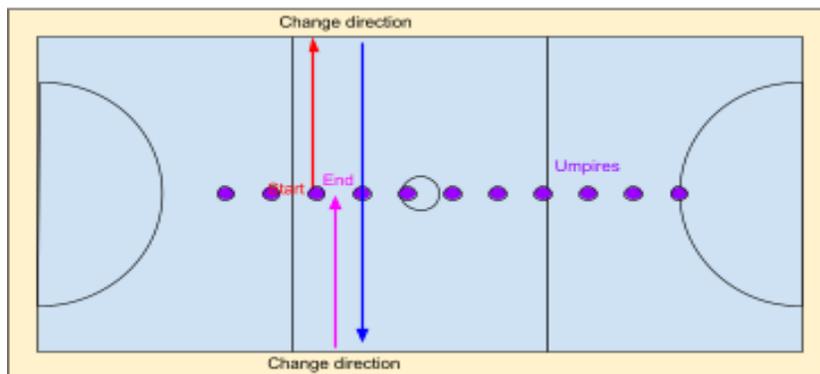
Drill Two x3

Have umpires line up on the goalline, jog to the **first transverse line**, sprint to the **second transverse line**, decelerate to the **opposite goal line**.



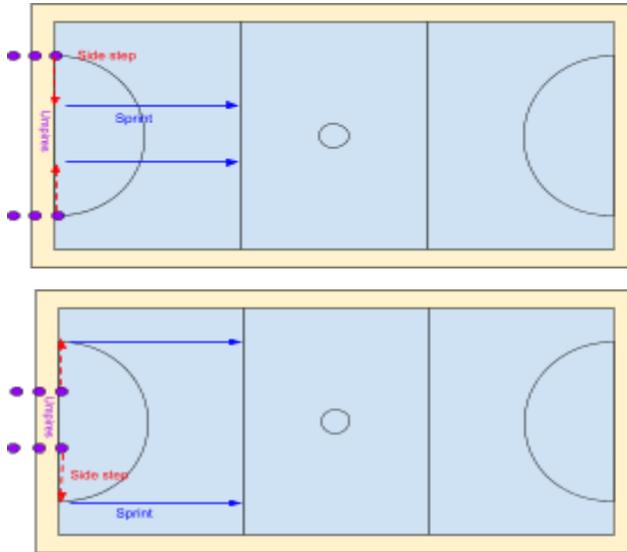
Drill Three x4

Have the **umpires** line up in a line length-ways down the court. Sprint to the **left sideline**, change direction, **sprint to the opposite sideline**, change direction and **sprint to the middle** and rest. Repeat twice and then swap the direction they run first and repeat twice.



Drill Four x 4

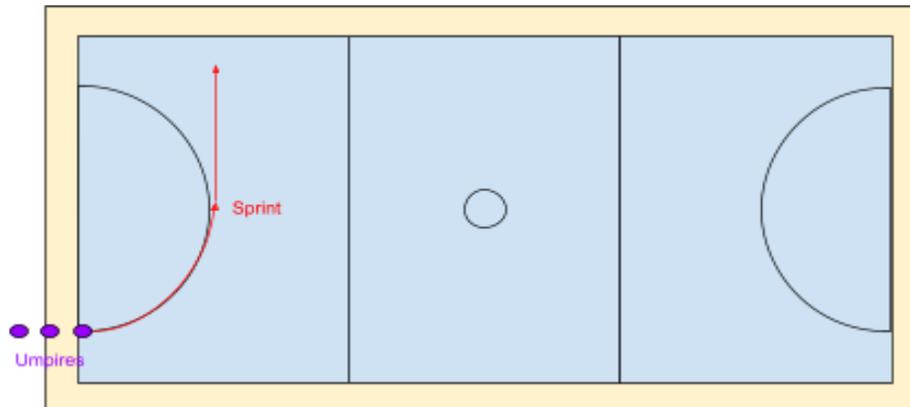
Have **umpires** form two lines on each corner of the goal circle. Have them take **three side steps inward** and then **sprint to the transverse line**, repeat twice. Then repeat with umpires forming lines next to the goal-post and side-stepping outwards, repeat twice.



Drill Five x4

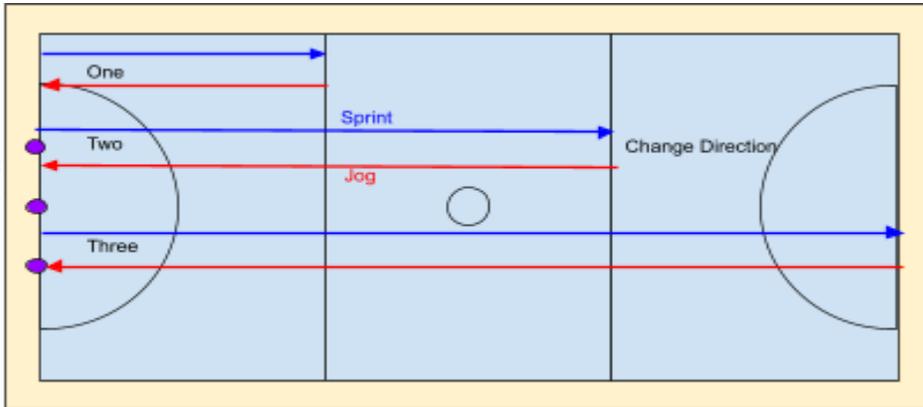
Have umpires line up on one corner of the goal-circle. Have them sprint **along the goal circle until half-way and then sprint straight**. Repeat with umpires going the other way. Do each side twice.

** If the group is very large, you can split the group into two and run that activity at both ends of the court.*



Conditioning

Have the umpires line up on the goalline. Do this in a suicide form. The umpires **sprint to the first transverse line**, change direction and **jog back to the goalline**. Then they **sprint to the second transverse line**, change direction and **return to the goalline, jogging**. Then they **sprint to the opposite goalline**, change direction and **jog back to the starting goalline**. Then they have 30-60 seconds rest. Repeat as many times as desired. For beginners, twice or three times maximum is recommended.



Cool-Down

Slow jog - full court

Alternating Lunges

Hamstring stretches

Standing bent-over calf stretch

Touch toes

Ankle rolls

90-90 hip stretch

Child's pose

Cat-cows

Cobra stretch