Netball Smart - Injury Prevention Resources

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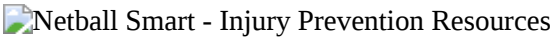

Co-authored by Netball New Zealand

Play video
Netball Smart

Netball Smart

NetballSmart is the official injury prevention programme of Netball New Zealand.

The 6 principles

NetballSmart is an evidence-based framework made up of 6 principles. It helps improve your performance in sport by preventing injuries.

Smart Preparation

Smart Preparation prepares the mind and body before you reach the court.

Dynamic warm-up, cool down and recovery

Dynamic warm-up, cool down and recovery

Smart Movement

Smart Movement is developing a player's skill and technique correctly which allows them to compete and enjoy their sport.

Smart Training

Smart Training is ensuring the players body is prepared to play. This includes loading, endurance, strength, power and flexibility.

Smart Player Well-being/Welfare

Smart Player Well-being/Welfare is ensuring there is a holistic awareness and approach to a player's health and wellbeing.

Smart Injury Management

Smart Injury Management is ensuring injuries are identified, assessed and treated early.

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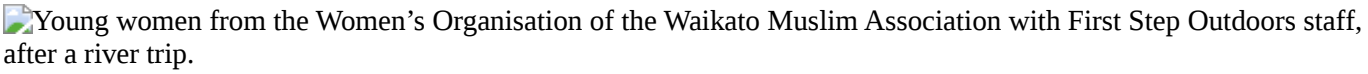
Young women from the Women’s Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

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