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# Netball Smart - Injury Prevention Resources

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 Netball Smart - Injury Prevention Resources

Co-authored by Netball New Zealand



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## 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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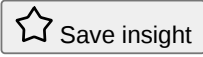


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## Creating an Environment for Youth to Flourish

By Charissa Barnham - Sport New Zealand

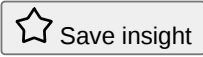
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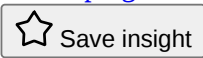
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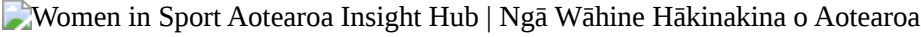
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