



UNLOCK YOUR ATHLETIC POTENTIAL

NETBALL

# STRENGTH & POWER

DEVELOPMENT PROGRAM

[www.projectmvp.co.uk](http://www.projectmvp.co.uk)



UNLOCK YOUR ATHLETIC POTENTIAL

## About Us

Project MVP was born to help athlete's reach their potential. We make fitness testing, data analysis, benchmarking, talent identification and athlete development a simple and seamless process for you. We let you know if you need to get fitter, faster, stronger or more powerful and then provide the expertise to help you attain your personal goals whatever they are.

Our battery of tests have been developed by industry leading sport scientists and fitness professionals. Using the very latest in sport science technology we assess the athlete's ability to perform a wide range of disciplines, which provides a clear representation of their athletic potential.

Our experienced coaches guide the athletes through the tests from start to finish, providing a fun and competitive environment that is filled with learning experiences. All tests are supported by current scientific based evidence and have been closely scrutinised for reliability and validity. Furthermore, the strict delivery of the tests at each and every event ensures that these standards are consistently upheld.

## Netball

This strength and power program is designed to improve your agility, helping you land more sharply and change direction better to create space and receive a pass. You will be able to jump higher and accelerate faster. The program is a mix of upper and lower body to improve your basketball.





## Training Goals





# DAY 1

Perform all warm up exercises for 20-30 seconds each.

Specific Warm Up		Week 1	Week 2	Week 3	Week 4	
1	Walking Calf Raises (For/Back) 0s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
2	Hurdle March (Forwards/Backwards) 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
3	Alternating Lunges 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
4	Cossaq Squats w. Hip Prying 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	

5	Wall Drills - Straight Leg Kicks 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
6	Wall Drills - Groin Kicks 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
7	Thoracic Rotations 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
8	Wall Angels 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	

<b>Stability</b>		<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
1.a	Floor - Side Bridge (Forearm) Hold 30s  <small>On knee's if too difficult</small>	x 15s	x 20s	x 25s	x 30s	

1.b	Floor - Front Bridge (4 point - Forearms) Hold 30s	x 15s	x 20s	x 25s	x 30s	
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Maximal intent to be explosive!

<b>Power Training</b>		<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
1	MB Chest Throws (One Leg) Fast 60s	8 8 8	8 8 8	10 10 10 10	10 10 10 10	
2	Forward Jumps - 2-1 Stick 201 60s <small>Jump off two legs, land on one. Focus on stick the landings softly with a bent knee.</small>	4	5	5	5	
3	Lateral Jumps - 2-1 Stick Inside Leg 201 60s	4	5	5	5	
4	Lateral Jumps - 2-1 Stick Outside Leg 201 60s <small>Jump sideways off two legs, land on the outside leg. Focus on stick the landings softly with a bent knee.</small>	4	5	5	5	

<b>Strength Training</b>		<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
1.a	Db Front Squat 301 60s <small>Feet positioned slightly wider than shoulder width</small>	8 8 8	8 8 8 8	10 10 10 10	10 10 10 10	
1.b	Db Bench Press 301 60s	8 8 8	8 8 8 8	10 10 10 10	10 10 10 10	
2.a	Db Side Lunge 301 60s	6 6 6	6 6 6 6	8 8 8 8	8 8 8 8	
2.b	Db - Bench One Arm Rows LOW 301 60s	8 8 8	8 8 8 8	10 10 10 10	10 10 10 10	
2.c	Ball - One Leg Bridge Back & Curl 301 60s	8 8 8	8 8 8 8	10 10 10 10	10 10 10 10	

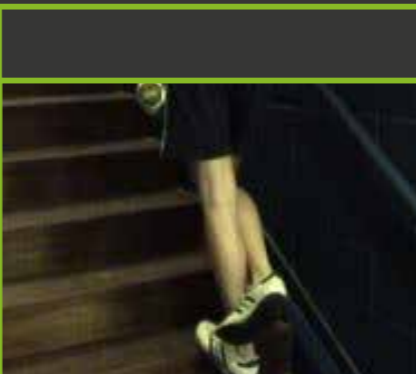
# DAY 2


Perform all warm up exercises for 20-30 seconds each.

Specific Warm Up		Week 1	Week 2	Week 3	Week 4	
1	Walking Calf Raises (For/Back) 0s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
2	Hurdle March (Forwards/Backwards) 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
3	Alternating Lunges 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
4	Cossaq Squats w. Hip Prying 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	







5	Wall Drills - Straight Leg Kicks 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
6	Wall Drills - Groin Kicks 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
7	Thoracic Rotations 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	
8	Wall Angels 201 30s	20s ea. side	20s ea. side	20s ea. side	20s ea. side	



Stability		Week 1	Week 2	Week 3	Week 4	
1	Db Calf Raise (Step) 301 60s	10 10	10 10 10	12 12 12	12 12 12	

2	Box - Standing One Leg VMO Squat 201 120s	5	5	6	6	
		5	5	6	6	
		5	5	6	6	

Maximal intent to be explosive!

<b>Power Training</b>		Week 1	Week 2	Week 3	Week 4	
1	MB Overhead Throw Fast 60s  8 reps = 4 each side. Pause between each rep and make it explosive! Start with a 3-4kg ball.	8	8	10	10	
		8	8	10	10	
		8	8	10	10	
		8	8	10	10	
2	Squat Jumps Fast 120s	6	6	8	8	
		6	6	8	8	
		6	6	8	8	
		6	6	8	8	

<b>Strength Training</b>		Week 1	Week 2	Week 3	Week 4	
1.a	Db Split Squat 201 60s  Also known as hip thrusts** Push through your heels	6	6	8	8	
		6	6	8	8	
		6	6	8	8	
		6	6	8	8	
1.b	Cable - Seated Row (Low) 201 60s	8	8	10	10	
		8	8	10	10	
		8	8	10	10	
		8	8	10	10	

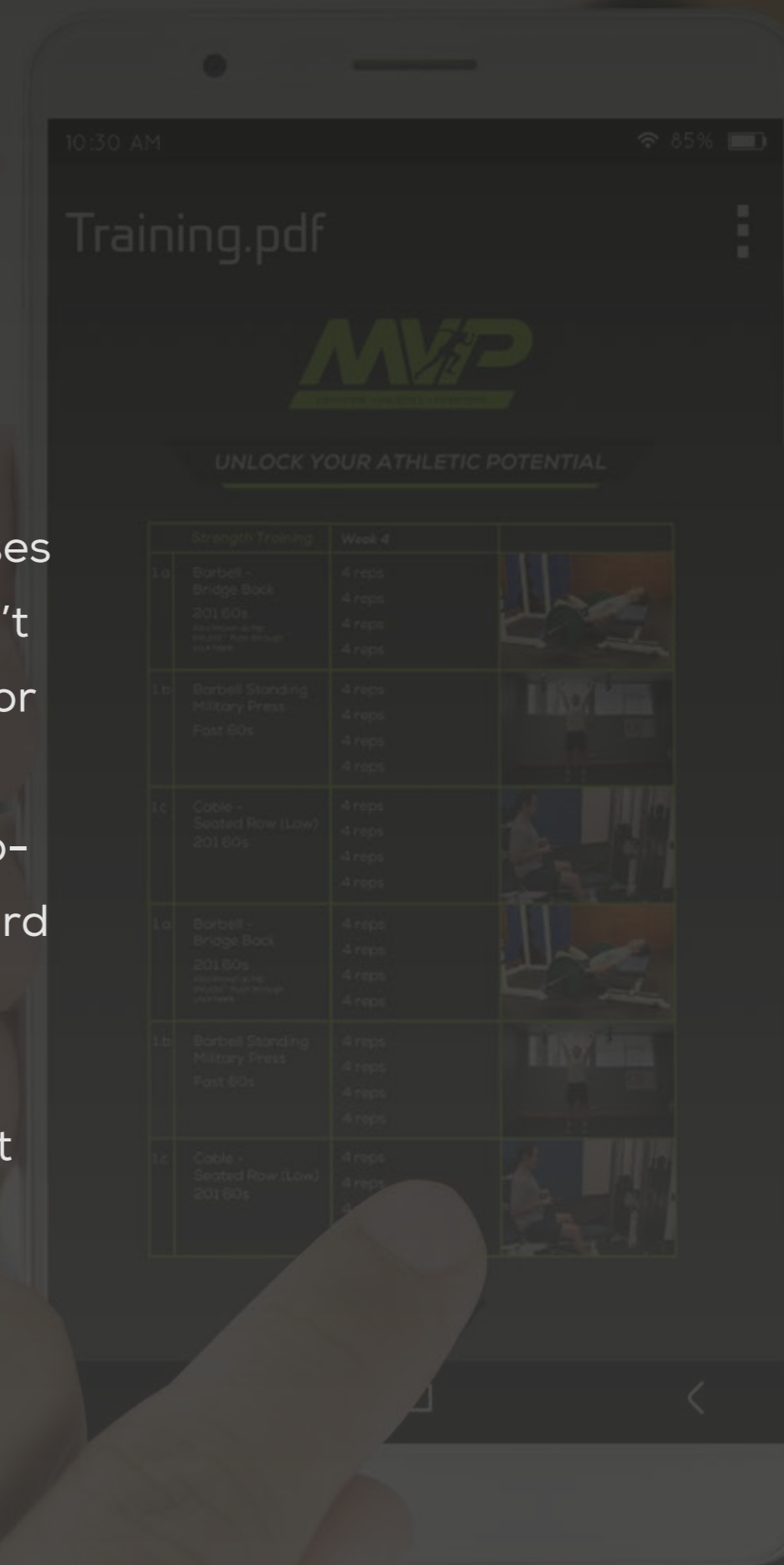
2.a	Floor - One Leg Bridge Back 201 60s	8	10	12	12	
		8	10	12	12	
		8	10	12	12	
		8	10	12	12	
2.b	Pulldowns Narrow Front 301 60s	8	8	10	10	
		8	8	10	10	
		8	8	10	10	
		8	8	10	10	



## Start Your Journey With MVP

You are now part of the MVP team! We now fully understand your strengths and weaknesses and the training program given in this ebook is a great start to your MVP journey but doesn't take into consideration any of your physical characteristics. We can create bespoke plans for you, online, based on your test results to help you be the best you can be and reach your goals whatever they are. With our connections we can guide your development with the potential for USA college scholarships or even pro team contracts with the right amount of hard work and talent!

Please contact us on [hello@projectmvp.co.uk](mailto:hello@projectmvp.co.uk) or call 020 3923 4938 to find out more about how we can be part of your journey to reach your potential





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FIND OUT MORE

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