

Physical Training

Name: _____

FITNESS TESTING

COMPONENTS OF FITNESS

Speed - how fast an individual can move

Coordination - using two or more body parts together

Cardiovascular endurance - the ability to exercise the whole body for long periods of time

How can these be applied to netball?

FIT

Principles of OVERLOAD

Frequency - how **OFTEN** you train

Intensity - how **HARD** you train

Time - how **LONG** you train

How are these used to improve performance?

Calculations

220 - AGE

Anaerobic (without oxygen) training zone - 80-90% of Max HR

Aerobic (with oxygen) training zone - 60-80% of Max HR

What are your aerobic and anaerobic training thresholds?

30m sprint test (measures SPEED)

The assistant marks out a 30 metre straight section with cones

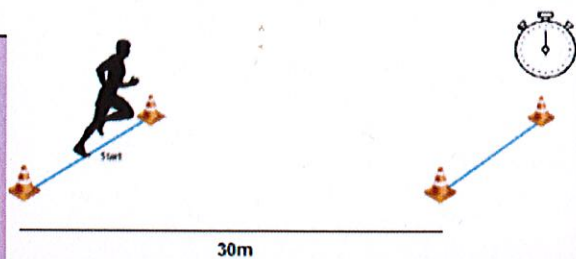
The assistant will call out the commands "on your marks, set, GO" and the athlete sprints the 30m

The assistant starts the stopwatch on the command "GO"

The assistant records the time the athlete crosses the 30 metre point

Advantages: Simple test to carry out / Small amount of equipment needed

Disadvantages: Not a reliable result from assistant using stopwatch



TYPES OF TRAINING

Interval training - periods of high-intensity effort followed by periods of low-intensity effort.

Advantages: Improves speed AND replicates a game situation

Disadvantages: Can become boring

Fartlek training - this training involves running at different speeds.

Advantages: Good for sports that need changes in pace

Disadvantages: Can be difficult to see how hard someone is trying