

Aerobic Endurance – the ability for the cardiorespiratory system to supply nutrients to working muscles during sustained physical activity.



Always find the link to Netball.





How can improving aerobic endurance help in Netball?

- Keeping up with play.
- Marking players.

Principles of training

Progressive Overload -

gradually increase the amount of exercise and keep overloading the body. Use **F.I.T.T** (Frequency, Intensity, Time, Type) to overload the body

Frequency 
Intensity 
Time 
Type 

- Principles of overload:**
- Frequency** - how often you train
 - Intensity** - how hard you train
 - Time** - how long to train for
 - Type** - the kind of training

CALCULATIONS

Maximum Heart Rate (Max HR) = 220 - age
Aerobic (with oxygen) training zone - 60-80% of Max HR
Anaerobic (without oxygen) training zone - 80-90% of Max HR

Components of fitness

- Agility** - the ability to change direction at speed (**Dodging to lose an opponent**)
- Speed** - how quickly an individual can move (distance ÷ time) (**to beat an opponent to the ball/move into space**)
- Power** - also known as explosive strength or anaerobic power. It is speed and strength combined (speed x strength = power) (**to be able to throw the ball to another player who is further away or to be able to jump high to intercept a throw**).

Types of training

- Interval training** - periods of high-intensity effort with periods of low-intensity effort.
Advantages:
 - Can mix aerobic and anaerobic exercise which replicates Netball**Disadvantages:**
 - Can become boring
- Weight training** - involves the use of free weights, resistance machines or any object which can be safely lifted. Allows performers to target specific muscles/muscle groups to suit their individual needs.
Advantages:
 - Relevant to all sports
 - Can be easily adapted for different fitness aims e.g. muscular strength or muscular endurance**Disadvantages:**
 - Heavy weights can increase blood pressure

Fitness Testing

- 30m Sprint Test (Speed)**
 Cone a 30m stretch on a flat non-slip surface. Assistant will say on your "marks, set, go". On "go" the assistant starts the stopwatch and times how long it takes the athlete to cross the finish line.
 The stopwatch is stopped when the athletes' torso crosses the finish line.
- Standing Broad Jump Test (Power)** -
 Stand behind the line with feet shoulder width apart. Take-off on two feet, jump as far as possible landing on two feet and measure the distance jumped.

