

PART A

SMALL SIDED GAMES

5 TO 10 MINUTES



- For the first 5 to 10 minutes of training, while players arrive, use small-sided games to get players moving, keep them warm and to act as a pulse raiser exercise
- Groups should be no larger than 6 per side

SNAKE RUNS

1 SET OF 3 REPS



- Players run in channel 20m long x 5m wide
- Swerve run using full width
- Backward skip (alternate 2 left, 2 right) to start
- Always face forwards
- Increase effort each rep: 30%, 50%, 70%

PART B

FORWARD LUNGE & TWIST

2 LENGTHS OF 15M CHANNEL



- Lunge forwards, reaching arms above head
- Knee over toes on landing leg
- Rear knee does not touch ground
- Bring rear leg straight through to next lunge

Key Activate 8:

- Head neutral
- Chest up
- Engage core

ADULT - PHASE 5

ACTIVATE 8



HEEL TO TOE WALK WITH KNEE RAISE

2 LENGTHS
OF 15M
CHANNEL



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg

Key Activate 8:

- Head neutral
- Chest up
- Hip, knee and ankle in line (on planted leg)

SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

30
SECONDS
EACH LEG



- Partners balance on one leg 1/2m apart
- Push each other just off balance
- Use both hands to push

Key Activate 8:

- Head neutral
- Chest up
- Hip, knee and ankle in line (on planted foot)
- Knees over toes (on planted foot)

SHOULDER STATIC RESISTED LATERAL RAISE

2 X 15
SECS EACH
PLAYER



- Hold arms 10 degrees away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10 degrees
- 80% effort

Key Activate 8:

- Head neutral
- Chest up
- Shoulder pinch

SHOULDER STATIC RESISTED EXTERNAL ROTATION

2 X 15
SECS EACH
PLAYER



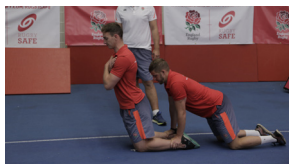
- Bend elbows at 90 degrees
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold
- 80% effort

Key Activate 8:

- Head neutral
- Chest up
- Shoulder pinch

STATIC NORDIC HAMSTRING HOLD

1 SET
OF 5 REPS



- Kneel on ground with partner holding ankles
- Control to lowest point where hold can be maintained for 15 seconds
- After 15 seconds, lower to ground and return to start
- Use arms to land and return to start

Key Activate 8:

- Head neutral
- Chest up
- Engage core
- Shoulders, hips and knees in line

PART C

DEAD LEG SPRINT

1 LENGTH
OF 15M
CHANNEL



- Drive powerfully off active foot
- Inactive leg passive with minimal bend
- Use powerful arm drive
- Slow forward movement

Key Activate 8:

- Head neutral
- Chest up

TRIPLE HOP AND STICK FORWARD

2 LENGTHS
OF 15M
CHANNEL



- Hop forwards three times on one leg
- Hold for 1 second after hops 1 & 2
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on landing third hop

Key Activate 8:

- Head neutral
- Chest up
- Soft knees on landing leg
- Hip, knee and ankle in line
- Knee over toes

KNEELING DROP CATCH

1 SET OF
15 REPS



- Controlled lower as far as possible
- Use arms to land and return to start

Key Activate 8:

- Head neutral
- Shoulders, hips and knees in line
- Engage core

HIGH POGO JUMP FORWARD

1 SET OF
10 REPS



- Bound on alternate legs
- Aim for maximum height
- Use powerful arm drive

Key Activate 8:

- Head neutral
- Chest up
- Knees over toes

BACKTRACK, PIVOT, SPRINT

4
LENGTHS
OF 15M
CHANNEL



- Run backwards 5m
- Pivot 180 degree and accelerate
- Alternate pivot direction

Key Activate 8:

- Head neutral
- Chest up

SHOULDER 'WORKOUT'

2 X 15
SECS EACH
PLAYER



- Player 'A' holds arms straight at 90 degrees
- Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- Player 'A' tries to resist and maintain arms at 90 degrees throughout but player 'B' likely to create some movement

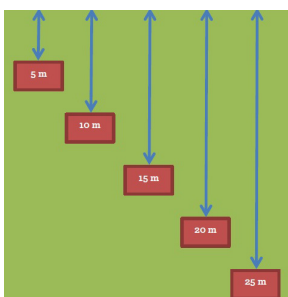
Key Activate 8:

- Head neutral
- Chest up
- Engage core
- Shoulder pinch

PART D

5M SHUTTLE - REPEATED SPRING CONDITIONING

5 SETS
OF 30
SECONDS



- Mark course of 25m with cones every 5m
- Split players into two groups
- One group sprints out and back for 30s: 5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m
- Other group performs neck strengthening
- Groups swap exercises

ONE GROUP COMPLETES NECK STRENGTH EXERCISES WHILE ONE GROUP RUNS.

STATIC NECK CONTRACTIONS

15 SECOND
HOLD EACH
DIRECTION



- Perform during recovery from repeated sprint conditioning
- Use hand to apply force to head in different directions
Direction of forces applied:
- Flexion (look down - hand to forehead)
- Extension (look up - hand to back of head)
- Lateral Flexion Left and Right (ear towards shoulder - hand to side of head)
- Resist force to maintain head neutral position
- Effort at 100%

Key Activate 8:

- Head neutral
- Chest up
- Engage core