

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, to 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

KNEE TO ELBOW STATIC BEAR CRAWL

1 SET OF 20 REPS TOTAL



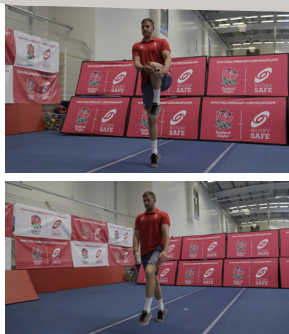
- Press up position
- Bring alternate knee as close as possible to elbow
- Perform movement slowly

Key Activate 8:

- Head lift
- Engage core

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 EYES CLOSED

30
SECONDS
EACH LEG



- Balance on one leg
- Close eyes
- Clap hands in front and behind alternately

Key Activate 8:

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

SHOULDER STATIC RESISTED LATERAL RAISE

2 X 15
SECOND
EFFORTS



- 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
SECOND
EFFORTS



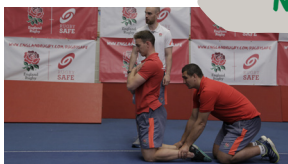
- Bend elbows at 90 degrees
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold
- 80% effort

Key Activate 8:

- Head neutral
- Chest up
- Shoulder pinch

NORDIC HAMSTRING CURL

1 SET
OF 3
REPS



- Kneel on ground with partner holding ankles
- Controlled lower - aim for 5s
- Use arms to land when lower cannot be held

Key Activate 8:

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

PART C

SINGLE LEG POGO JUMPS

1 LENGTH
OF 15M
CHANNEL
EACH LEG



- Hop forwards on one leg
- Keep leg straight & hop through ankle
- Minimal arm use

Key Activate 8:

- Head neutral
- Chest up
- Hip, knee and ankle in line
- Engage core

ADULT - PHASE 6

ACTIVATE

QUADRUPLE HOP & STICK DIAGONAL

2 LENGTHS
OF 15M
CHANNEL
EACH LEG



- Hop diagonally forwards on one leg 4 times
- Move 1/2 metre laterally each hop
- Balance for 1 second after hops 1, 2 & 3
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on landing fourth hop

Key Activate 8:

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

KNEELING DROP CATCH & PRESS UP

1 SET
OF 15
REPS



- Controlled lower as far as possible
- Use arms to land and perform press up
- Use hands to return to start

Key Activate 8:

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

FORWARD TUCK JUMPS

2 LENGTHS
OF 15M
CHANNEL



- Jump with feet together
- Aim for maximum height and distance
- Use powerful arm swing
- Tuck arms under shins at max height
- Rebound straight into next jump

Key Activate 8:

- Head neutral
- Chest up
- Soft knees
- Knees over toes

ADULT - PHASE 6

ACTIVATE



PLANT & CUT

2
CUTS OFF
EACH LEG
IN 15M
CHANNEL



- Accelerate over 5-7 metres
- Plant & cut off one foot
- Accelerate out of cut

Key Activate 8:

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

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

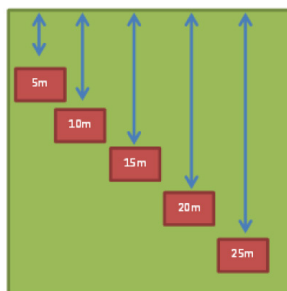
Key Activate 8:

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

PART D

5M SHUTTLE - REPEATED SPRINT 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 OTHER GROUPS RUN.

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