

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 raise 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%

Key Activate 8:

- Head neutral
- Chest Up

PART B

SQUAT STAND WITH ROTATION

1 SET OF 12 REPS



- Feet shoulder width apart with finger holding under toes
- Squat as deep as possible
- Elbows inside knee
- Rotate chest, reaching alternate hands high
- Extend legs as straight as possible and return to squat

Key Activate 8:

- Head lift
- Chest up

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 - ankle in line on planted leg

SINGLE LEG BALANCE ARM CIRCLES

30
SECONDS
EACH
LEG



- Balance on one leg
- Extend arms as wide as possible
- Make circles with arms - varying small to large



Key Activate 8:

- Head neutral
- Chest up
- Hip-knee-ankle in line on planted foot
- Knee over toes on planted leg

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

BENT HIP NORDIC HAMSTRING CURL

1 SET
OF 5
REPS



- Kneel on ground with partner holding ankles
- Bend forward at hip about 30 degrees
- Controlled lower to ground
- Maintain 30 degrees hip bend throughout
- Use arms to land and return to start

Key Activate 8:

- Head Neutral
- Chest up
- Engage Core

PART C

PARTNER RESISTED SPRINT LEG

6 SETS
OF 5
STEPS



- Hands on partner's shoulders
- Start with one knee high to chest
- Drive foot backwards and raise opposite knee to chest
- Contact ground with flat foot
- Alternate in bursts of 5 quick steps

Key Activate 8:

- Head neutral
- Shoulders-hips-knees-ankles in line
- Engage core

SINGLE HOP & STICK DIAGONAL

1 SET OF
8 REPS
ON EACH
LEG



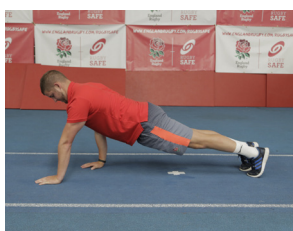
- Hop diagonally forwards on one leg
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on landing

Key Activate 8:

- Head Neutral
- Chest up
- Soft knees on landing leg
- Hip - Knee - Ankle in line
- Knee over toes

'POP' PRESS UPS - ALTERNATE

1 SET OF
15 REPS



- Press up position
- Start with one hand in front of head, other under chest
- Push explosively through shoulders with minimal arm bend
- Quickly move arms to land in opposite positions
- Push again to return hands to start positions
- Perform repetitions with minimal arm bend

Key Activate 8:

- - Head neutral
- - Shoulders-hips-knees-ankles in line
- - Engage core

JOGGING HIGH BALL JUMPS & TURN

2
SETS OF
5 REPS
IN 15M
CHANNEL



- Jog few steps
- Jump maximally off one leg
- Raise leading knee high
- Reach hands high above head as if catching a high ball
- Turn 90 degrees in mid air
- Land on both feet 90 degree from start
- Alternate jumping leg

Key Activate 8:

- Soft knees on landing
- Knees over toes

PARTNER MIRRORING

2 SETS
OF 15M
EACH
PLAYER



- Partner 'a' cuts from side to side moving forward
- Emphasise plant and cut
- Partner 'b' backtracks mirroring 'a' movements

Key Activate 8:

- Head neutral
- Chest up
- Hip-knee-ankle in line

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

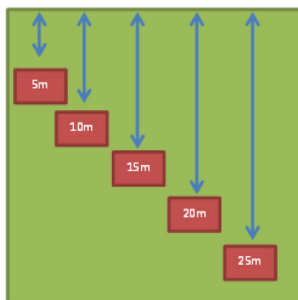
Key Activate 8:

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

PART D

5M SHUTTLE - REPEATED SPRING CONDITIONING

5 SETS
OF 30
SECONDS

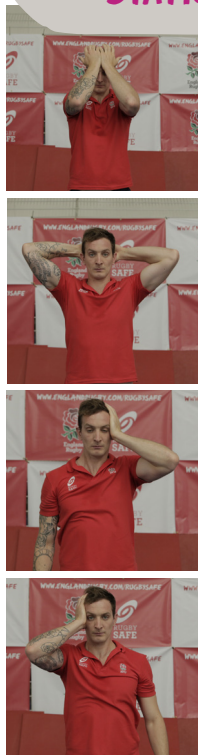


- Mark course of 25m with cones every 5m
- Split players into two groups
- One group sprints out and back for 30s: 5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m
- Other group performs neck strengthening
- Groups swap exercises

ONE GROUP COMPLETES NECK STRENGTH EXERCISES WHILE ONE GROUP RUNS.

STATIC NECK CONTRACTIONS

15 SECS
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