

PART A

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
- Keep facing forwards
- Increase effort each rep: 30%, 50%, 70%

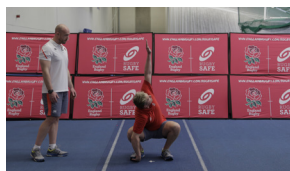
Key Activate 8:

- Head neutral
- Chest Up

PART B

SQUAT STANDS 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 (look through eyebrows)
- 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 WITH PARTNER PUSH TO UNBALANCE

30 SECS
EACH LEG



- Partners balance on one leg one arms length apart
- Push each other just to unbalance (do not push forcefully)



Key Activate 8:

- Head neutral
- Chest up
- Engage core
- 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

ACTIVATE

ADULT - MATCH DAY

ARABESQUE WITH AEROPLANE



- Balance on one leg with slight knee bend
- Lean forwards slowly so torso is parallel to ground
- Hold for 2 seconds
- Return to upright without placing passive foot on ground before next repetition

Key Activate 8:

- Head neutral
- Shoulders-hips-knees-ankles in line
- Knee over toes on planted leg

1 SET OF
10 REPS
EACH LEG

PART C

MOUNTAIN CLIMBER



- Press up position top start
- Start with one knee towards elbow
- Drive alternating knees towards elbows, extending opposite leg fully
- Alternate in explosive bursts of 5 steps

Key Activate 8:

- Head lift (look through eyebrows)
- Shoulders-hips-knees-ankles in line
- Engage core

6 SETS
OF
5 REPS

HOP AND STICK FORWARDS



- Hop 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

1 SET OF
8 REPS
EACH LEG

'POP' PRESS UPS - ALTERNATE

1 SETS
OF 15
REPS



- Press up position
- One hand in front, 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

6 SETS
OF 5 REPS
IN 15M
CHANNELS



- Jog few steps
- Jump maximally off one leg
- Raise leading knee high
- Reach hands high above head as if catching a high ball
- Land on both feet
- Alternate jumping leg

Key Activate 8:

- Soft knees on landing
- Knees over toes

DIAGONAL SKIP TO SWAY LUNGE

6 SETS OF 5
TOUCHES
IN 15M
CHANNELS



- Use 5m x 15m channel
- Double skip diagonally forwards alternating left to right
- Finish each double skip in a lunge position always facing forwards

Key Activate 8:

- Head lift (look through eyebrows) in lunge position
- Hip - knee - ankle in line on planted leg facing forwards
- Knee over toes

ACTIVATE 

ADULT - MATCH DAY

SHOULDER 'WORKOUT'

2 SETS
15 SECS
WORK



- 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

STATIC NECK CONTRACTIONS

1 X 15
SECONDS
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

Key Activate 8:

- Head neutral
- Chest up
- Engage core