

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

ADULT - PHASE 3

ACTIVATE_W

PART B

FORWARD LUNGE & REACH

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

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 EYES CLOSED

30
SECONDS
EACH LEG



- Balance on one leg
- Establish balance for 1-2 seconds
- Close eyes for 30 second hold

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

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

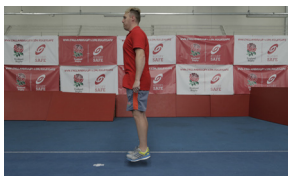
Key Activate 8:

- Head Neutral
- Chest up
- Engage Core
- Shoulder-hip-knee in line

PART C

POGO JUMP FORWARD

2 LENGTHS
OF 15M
CHANNEL



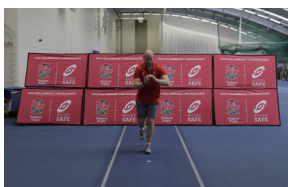
- Bound forward through ankles
- Push explosively through ball of foot
- Maintain straight legs throughout

Key Activate 8:

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

DOUBLE HOP AND STICK FORWARD

2 LENGTHS
OF 15M
CHANNEL



- Hop forwards twice on one leg
- Hold for 1 second after first hop
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on landing second hop

Key Activate 8:

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

'POP' PRESS-UPS NEAR-FAR

1 SET OF
15 REPS



- Press up position
- Start with both hands in front of head
- Push explosively through shoulders with minimal arm bend
- Quickly move arms to land in under chest
- Push again to return hands in front of head
- Perform repetitions with minimal arm bend

Key Activate 8:

- Head neutral
- Shoulder-hip-ankle in line
- Engage core

FORWARD LUNGE JUMPS

1 SET OF
10 REPS



- Start in lunge position
- Jump powerfully, driving arms up
- Return arms to sides on landing
- Knee over toes on landing
- Rear knee does not touch ground

Key Activate 8:

- Head neutral
- Chest up
- Engage core
- Hip-knee-ankle inline

FIGURE OF 8

1 X 30
SECOND
MAXIMUM
EFFORT



- Work in imaginary 2m x 1m grid
- Skip forward, laterally & backwards in figure 8 movement
- Always face forwards

Key Activate 8:

- Head neutral
- Chest up
- Soft knees

SHOULDER WALK-OUT

2 SETS OF
5 REPS



- Start with legs straight & hands on floor
- Walk hands out as far as possible
- Engage core
- Hold at full extension for 2 seconds
- Walk hands back towards feet
- Out and In = 1 repetition

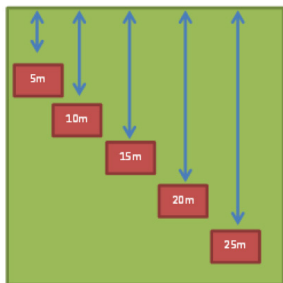
Key Activate 8:

- Head neutral
- Engage core

PART D

5M SHUTTLE - REPEATED SPRING CONDITIONING

2 SETS
OF 30
SECONDS
EACH
GROUP



- 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

