

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%

PART B

FORWARD LUNGE & SIDE BEND

2 LENGTHS
OF 15M
CHANNEL



- Lunge forwards, reaching arms above head
- Knee over toes on landing leg
- With extended arms slowly reach to the left then right
- 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 and ankle in line (on planted leg)



SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

30
SECONDS
EFFORT
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 leg)
- 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
SECOND
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

MAXIMUM HEIGHT POGO JUMP

2 LENGTHS
OF 15M
CHANNEL



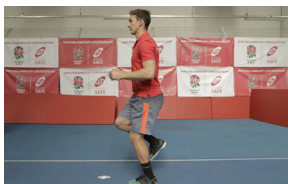
- Bound forward through ankle
- Push explosively through ball of foot
- Use arm drive
- Maintain straight legs throughout

Key Activate 8:

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

DOUBLE HOP AND STICK DIAGONAL

1 LENGTH
OF 15M
CHANNEL
EACH LEG



- Hop laterally twice 1/2 metre on one leg
- Balance for 1 second after first hop
- Balance for 4 seconds after landing second hop

Key Activate 8:

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

CLAP PRESS-UPS

1 SET OF
20 PRESS
UPS



- Start in press up position
- Perform explosive press up
- Claps hands before catching landing
- Perform next press up immediately

Key Activate 8:

- Head neutral
- Shoulder, hip, knee and ankle in line
- Engage core

REBOUND JUMPS

2 LENGTHS
OF 15M
CHANNEL



- Jump with feet together
- Aim for maximum height and distance
- Use powerful arm swing
- Rebound straight into next jump

Key Activate 8:

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

FIGURE OF 8 (PAIRS)

15
SECONDS
EACH
PLAYER



- Work in pairs
- Work in imaginary 2m x 1m grid
- Skip forward, laterally & Backwards in figure 8 movement
- Always face forwards
- One player aiming to catch partner

Key Activate 8:

- Head neutral
- Chest up
- Soft knees

SHOULDER WALKOUT

1 SET OF
10 REPS



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

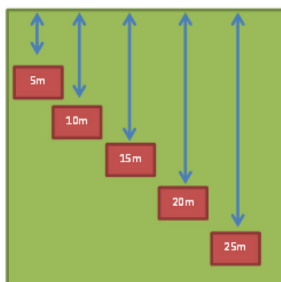
Key Activate 8:

- Head neutral
- Engage core

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 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