

PART A

SMALL SIDED GAMES



- 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 in size.

5 TO
10 MINS

SNAKE RUNS



- Players run in channel 20m long x 5m wide
- Sverve 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

1 SET
OF
3 REPS

PART B

SQUAT STANDS



- Feet shoulder width apart with fingers holding under toes
- Squat as deep as possible
- Elbows inside knee
- Extend legs as straight as possible keeping fingers under toes
- Return slowly to squat

Key Activate 8:

- Head lift (look through eyebrows)
- Chest up

1 SET
OF 12
REPS

HEEL TO TOE WALK WITH KNEE RAISE



- 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

2
LENGTHS
OF 15M
CHANNEL

SINGLE LEG BALANCE BACK SLAPS



- Balance on one leg
- Extend arms as wide as possible
- Perform back slaps, alternating upper and lower arms

Key Activate 8:

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

30 SECS
EACH LEG

SHOULDER STATIC RESISTED LATERAL RAISE



- 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

2 X 15
SECS EACH
PLAYER

SHOULDER STATIC RESISTED EXTERNAL ROTATION



- 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

2 X 15
SECS EACH
PLAYER

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

6 SETS
OF
5 REPS



- 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

HOP AND STICK FORWARDS

1 SET OF
8 REPS
EACH LEG



- 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

'POP' PRESS UPS - WIDE TO NARROW

1 SET
OF 15
REPS



- Press up position
- Start with hands about 10cm apart under shoulders
- Push explosively through shoulders with minimal arm bend
- Quickly move arms to land in wide position
- 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

ACTIVATE_W

ADULT - PHASE 1

JOGGING HIGH BALL JUMPS

2 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

2
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

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

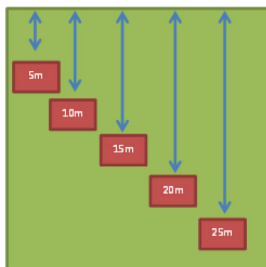
Key Activate 8:

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

PART D

5M SHUTTLE- REPEATED SPRING CONDITIONING

5 SETS
OF 30
SECS

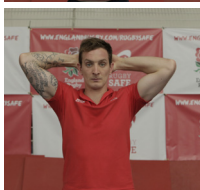


- Mark course of 25m with cones every 5m
- Split players into two groups
- One group sprints out and back for 30s: 5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m
- Other group performs neck strengthening
- Groups swap exercises

RECOMMENDATIONS IS 5 SETS OF 30 SECONDS WORK EACH GROUP DURING PRE-SEASON (MIN. 2 SETS)

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