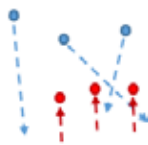


Warm Up Programme | Phase Two

Part 1: Preparation

1. 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 per side

5 to 10 mins

2. Graduated Swerve Runs



- Players line up on touch or try line and run in a channel 5m wide and 20m long
- Swerve run across full width
- Return using alternating backward skip
- Always face forwards
- Increase effort each rep; 30%, 50%, 70%

1 set of 3 reps

Part 2: Range, Strength and Balance

3. Squat Stands with Rotation



- Squat as deep as possible
- Look forward lifting chest up
- Elbows inside knees
- Rotate chest reaching around
- Extend knees and repeat

1 set of 12 reps

4. Heel to Toe Walk With Knee Raise



- Walking in 15m channel
- Emphasise heel contact by actively pulling toes toward shin
- Step through into a calf raise
- Pull leading leg up into body
- Hold for 2 seconds each step

2 lengths of 15m channel

5. Single Leg Balance Arm Circles



- Keep both legs apart
- Slight bend in knee of stance leg
- Look forward
- Maintain balance
- Make varied sized circles with arms
- Repeat on both legs

1 x 30 second balance on each leg

6. Shoulder Abduction



- Hold arms at 10 degrees away from body
- Retract shoulder blades
- Partner pushes wrists toward body
- Try to resist all movement
- 80% Effort

2 x 15 second efforts each player

7. Shoulder External Rotation



- Bend elbows to 90 degrees
- Elbows touching sides
- Resist as partner tries to push hands toward body
- 80% effort

2 x 15 second efforts each player

8. Bent Hip Nordic Curl



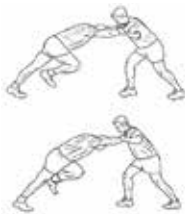
- Knee tall with ankles held
- Bend hip at about 30 degrees
- Keep full torso rigid
- Lean forward, control descent to ground, use hands if needed

1 set of 5 reps (approx. 60 secs work)

Warm Up Programme | Phase Two

Part 3: Strength, Stability, Agility, Power

9. Partner Ankling Quick Steps



- Hands on partners shoulders
- Don't drop hips
- Pull toes up on knee raise
- Drive foot backwards powerfully
- Contact should be with ball of foot
- Alternate in bursts of 5 steps

6 sets of 5 steps

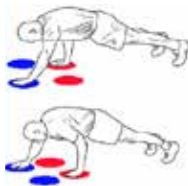
10. Lateral Hop and Balance



- Hop sideways
- 'Stick' landing (no mini hops!)
- Knee must not bend inwards
- Torso upright
- Hold balance for 4 seconds
- Repeat without putting leg down

1 set of 5 hops on each leg

11. 'Pop' Press Ups (alternate)



- Push explosively through shoulder girdle with minimal elbow bend
- Quickly alternate hand positions
- Minimal rest between movements
- Minimise body movement throughout

1 set of 20 reps

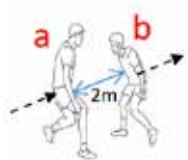
12. Jogging High Ball Jumps & Turn



- Raise knee high above hips
- Reach maximally above head
- Look between hands (not at ground)
- Alternate leading leg
- Twist 90 degrees in mid air
- Land softly

2 sets of 5 Jumps

13. Defender Tracking



- In open space
- Player 'a' swerves, cuts and weaves jogging forward
- Player 'b' backtracks mirroring partners movements

2 sets of 15m each player

14. Shoulder 'Workout'

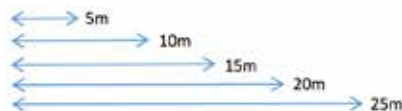


- Player 'a' holds arms straight at 90 degrees
- Player 'b' grasps wrists
- Player 'b' rapidly beats left and right as fast as possible
- Player 'a' tries to resist all movement

2 sets of 15 seconds each player

Part 4: Strength & Fitness

15. 5m Shuttle: Repeated Sprint Conditioning



- Mark out a straight course of 6 cones, each 5m apart
- Divide players into two groups (e.g., forwards / backs)
- Sprint to: 5m, 10m, 15m, 20m, 25m, 15m, 10m, 5m
- One group completes neck strength exercises while one group runs

Recommendation is 5 sets of 30 seconds work – each group during pre-season (min. 2 sets)

Neck Strength During Recovery



Forward Backward Right Side Left Side

- During recovery, complete isometric neck strength exercise – each hold lasts 15 seconds
- Complete Forwards & Backwards as the first set
- Complete Left Side & Right Side as the second set
- Effort should be maximum, 100%

Minimum of 1x 15 second hold in each direction