

Warm Up Programme | Phase One

Part 1: Preparation

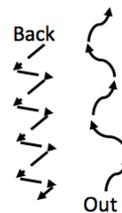
1. Side Sway Drill - Race



- In a 5m x 15m channel
- Double side skip and touch the ground alternating left to right
- Finish in sideways lunge
- First to get to 15m wins

2 sets of 5 touches in 15m channel

2. Skip Work

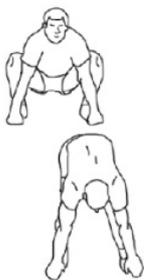


- Super-skips out
- Return using alternating backward skip
- Always face forwards
- Increase effort each rep; 30%, 50%, 70%

1 set of 3 reps

Part 2: Range, strength and balance

3. Squat Stands



- Feet hip width apart
- Squat as deep as possible
- Look forward lifting chest up
- Elbows inside knees
- Extend knees and repeat
- Maintain neutral spine

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 Back Slaps



- Keep both legs apart
- Slight bend in knee of stance leg
- Look forward
- Maintain balance
- Repeat both sides

1 x 30 second balance each leg

6. Pendulum kicks

- Full range of motion, back to front, front to back
- Maintain flat foot on first set
- Calf raise on second set
- Mlni hop on third set

3 X 20 meters

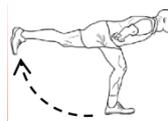
7. Shoulder External Rotation



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

2x 15 second efforts each player

8. Hip Aeroplane



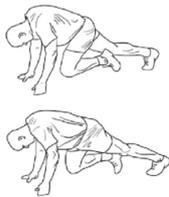
- Shoulder, hip and ankle in line
- Keep pelvis level
- Lean forward & hold for 2 secs
- Don't put passive foot down
- Repeat 10 time

1 set of 10 reps each leg

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Part 3: Range, strength and balance

9. Mountain Climbers



- 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 step

2 sets of 5 reps

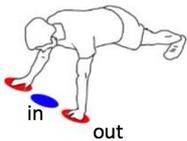
10. Hop and Balance



- Hop forwards & 'stick landing'
- Maintain knee over foot alignment
- Balance for 4 seconds
- Look forward throughout
- If balance is lost, shorten hop
- Repeat without putting foot down

1 set of 6 reps on each leg

11. 'Pop' Press Ups (wide to narrow)

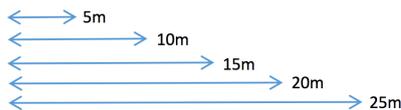


- Push explosively through shoulder girdle with minimal elbow bend
- Quickly move arms wide and push immediately to bring together again.
- Minimal rest between movements

1 set of 5 reps

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., forward / backs)
- Sprint to: 5m, 10m, 15m, 20m, 25m, 20m, 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