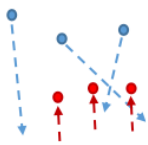


Warm Up Programme | Phase Three

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. Overhead Lunge



- In a 15m channel
- Lunge forwards reaching arms up above head
- Stretch through groin of rear leg
- Rear knee does not touch ground

2 lengths of 15m channel

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 Eyes Closed



- Balance on a single leg
- Legs must not touch
- Balance for 30 seconds
- Eyes remain closed
- Focus on ankle, knee and hip alignment

1 x 30 second effort 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 8 reps (approx. 80 secs work)

Warm Up Programme | Phase Three

Part 3: Strength, Stability, Agility, Power

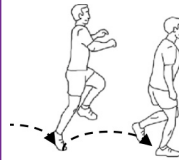
9. Stiff Knee Ankle Bounds



- Keep knees and torso 'stiff'
- Little arm movement
- Bound through ankles
- Pull toes toward shin through jump
- Push explosively through ball of foot during ground contact
- Walk back recovery

2 lengths of 15m channel

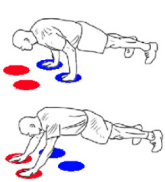
10. Double Hop & Stop



- Hop forwards two times
- 'Stick' final landing
- Balance for 4 seconds
- Focus on knee staying over toes
- If balance is lost, shorten hops
- Keep torso upright

2 lengths of 15m channel

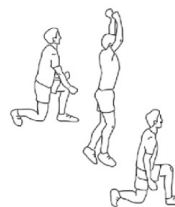
11. 'Pop' Press Ups (near-far)



- 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

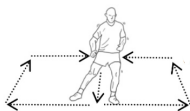
12. Lunge Jumps



- Jump powerfully, driving arms up
- Hind knee should not touch floor
- Both knees at 90 degrees during lunge
- Knees over toes during lunge
- Torso upright throughout

1 set of 10 reps

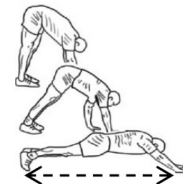
13. Figure 8 Drill



- Using imaginary 2m x 1m grid
- Always face forwards
- Skip laterally, run forwards and backwards
- Complete as many figure 8 drills as possible

1 x 30 second maximal effort

14. Shoulder 'Workout' (in pairs)

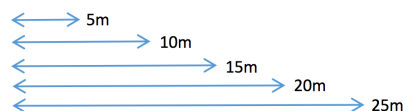


- Legs straight throughout
- Walk hands out as far as possible
- Don't allow trunk/hips to drop
- Out and in = 1 rep
- In pairs race to 5 reps
- 15 seconds rest between sets

2 sets 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., forwards / 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