

# PREP TO PLAY STRENGTH PROGRAM



## COMPLETE 3 ACTIVITIES

You can choose A, B or C for each activity

10 minutes total (before, during or after every training session)

TO VIEW THE VIDEOS GO TO:  
[COACH.AFL/FEMALE-FOOTBALL](https://coach.afl/female-football)

**1 - LOWER LIMB**

**A**




**LUNGES**

Keep body straight, keep hips, knees and feet in line. Don't let the knee collapse inwards. Try to keep your upper body steady.

**2 x10 REPS EACH SIDE**

**B**




**CLOCKFACE**

In a mini squat, lightly tap the opposite foot around an imaginary clock at 12, 3, 6 & 9 o'clock. Keep hip and knee in line.

**Harder:** make a larger clock.

**x3 SETS EACH SIDE**

**C**



**REVERSE NORDICS**

In upright kneeling, slowly lean your body backwards as far as you can control. Keep your hips straight. Hold for 1 second then slowly return your body upright.

**2 x5 REPS**

**2 - HAMSTRING / GLUTE**

**A**



**GLUTE BRIDGE**

With one foot on the ground and the other in the air, lift your bottom off the ground as high as you can, pushing through your heels. Keep pelvis and thighs stable & in line.

**Easier:** hands on ground

**2 x10 REPS EACH SIDE**

**B**



**HAMSTRING BRIDGE**

With one leg on a bench/ball and the other leg in the air, lift your bottom off the ground as high as you can.

**Alternate Option:** Bridge off your partners shoulder.

**2 x10 REPS EACH SIDE**

**C**



**NORDIC HAMSTRING LOWERS**

With a partner holding your feet in kneeling, keep hips straight. Slowly lean forward as far as possible, then fall to ground landing in push up position.

**Alternate option:** Control to point you can control. Pause for 1 second and return to start.

**2 x5 REPS**

**3 - CORE / HIP**

**A**



**FRONT PLANK OR WHEELBARROW**

Hold your body off the ground leaning on your elbows and feet. Keep your body straight and head tucked in.

**Wheelbarrow:** Partner 1, set up in push-up position. Partner 2, stand behind your partner's feet. Lift Partner 1 legs. Partner 1 walks their hands forward to under their shoulders. Hold this position.

**2 x30-60 SECONDS**

**B**



**SIDE PLANK**


Lie on your side with legs on top of each other. Lean on your elbow and lift hips off the ground and hold. Create a straight line from ears to toes.

**Easier option:** on knees

**Harder option:** lift leg and arm

**2 x30-60 SECONDS**

**C**



**COPENHAGEN GROIN**

**Modified:** Partner 2 holds at the knee while the partner 1 is in a side plank position. Bring bottom foot up to touch the top foot, and then return the foot towards the ground in a controlled manner.

**Full:** As above, but partner 2 holds partner 1 at the ankle.

**2 x10 REPS EACH SIDE**

**NEED HELP? SCAN THE QR CODE FOR A LIST OF YOUR LEAGUE'S SPORTS MEDICINE PROVIDERS AND PREP TO PLAY ENDORSED PHYSIOTHERAPISTS**

