

preparation *to* perform



LEVEL 1

DRILL NAME		EXERCISE DESCRIPTION	SETS / REPS	COACHING CUES
RUNNING (5 MINS)				
RUNNING	1	RUNNING STRAIGHT Run straight ahead to last cone Stay tall and drive arms	30m out 30m back	Stay tall Drive arms
	2	RUNNING HIP OUT Jog to first cone, Stop and lift knee forward. Rotate knee to side and put foot down. Jog to next cone and repeat on other leg. Repeat for reps and jog back to start.	2 reps	Pelvis Horizontal Hip, knee and foot in straight Do not let the knee of supporting leg buckle inwards
	3	RUNNING HIP IN Jog to first cone, Base position, feet square, mid foot focus Pushing off BIG toe shuffle across to cone Bounce off the line and return back to start (facing same way) Proceed to each cone and repeat	2 reps	Pelvis Horizontal Hip, knee and foot in straight Do not let the knee of supporting leg buckle inwards
	4	RUNNING LATERAL SHUFFLE Jog to first cone, Base position, feet square, mid foot focus Pushing off BIG toe shuffle across to cone Bounce off the line and return back to start (facing same way) Proceed to each cone and repeat	1 rep (6 cones)	Base position Push off big toe Strong trunk
	5	RUNNING SHOULDER CONTACT Jog to first cone, shuffle side ways at 90 degrees towards partner and jump to make shoulder contact, shuffle back to side. Repeat every cone on both sides.	1 rep (6 cones)	Land on both feet In base position
	6	RUNNING ACCEL DECEL Run 2 cones and back 1. Keeps hips and knees slightly bent. Repeat, running two cones forward one cone backwards.	1 rep (6 cones)	Weight over middle foot Small steps as you approach Sit back as you decelerate Do not let knees buckle inwards
	7	NECK ISOMETRICS Perform as recovery from Running. Use hand to apply force to head in all directions. 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.	1 x 15 secs each direction	Head neutral Chest up Engage core
STRENGTH (5 MINS)				
GROUND	8	GLUTE & HIPS SUPINE BRIDGE RAISE Lying face up on ground, knees bent, arms & heels on ground Lift hips off the ground; knees to shoulders in a straight line Hold position for 5 sec; repeat for 10 reps	1 x 10 reps	Brace your body Glutes on Push the ground away
	9	THE PLANK STATIC Lying on your front, elbows directly under shoulder. Support yourself on your forearms and feet. Maintain a straight line from your head to your heels, pull your rib cage in and brace. Hold for 30 sec	1 x 30s	Glutes on Hold
	10	SIDEWAYS PLANK STATIC Lying on your side with forearm on ground under your shoulder Push hip off the ground, straight line from ankle to shoulder Keep your head in line with your spine Hold the line	1 x 30s each way	High hips Hips forward Open your chest
	11	HAMSTRINGS PAIRED NORDIC Kneel down on a soft surface, partner kneels behind you and grips your lower legs just above the ankle, and uses their bodyweight to hold down Ensure straight line from top of head to knee Slowly lean forward and try to hold position for as long as possible Once you can no longer hold the position, fall into a push up position	1 x 4 reps	Stay tall Hips through Hold as long as possible
PLYOMETRICS - BALANCE (5 MINS)				
STANDING	12	SINGLE - LEG STANCE HOLD THE BALL Stand on 1 leg (chest over knee, knee over toe) Hold the ball in front of you with both hands, Raised leg should be positioned behind the supporting leg. Hold your balance and bodyweight over the ball of foot for 30sec on each leg x 2 sets	2 x 30s	Bend through hip and knee Weight over ball of foot Chest over knee, knee over toe Do not let knee buckle inwards
	13	SQUATS WITH TOE RAISE Stand with feet hip width apart, arm straight out in front Sit back (as though sitting down) bending hips/knees & ankles to 90 degrees Lean upper body forwards Then stand back up straightening hips/knee/ankles, stand on toes to finish Repeat x 10	1 x 10	Hinge through hip / knee / ankle Extend through hip / knee / ankle Finish on toes Keep back straight
	14	JUMPING VERTICAL JUMPS Start in base position (hips back, chest over knee, knee over toes, brace core) Jump from base position and extend through hips/knee/ankles Land in base position and hold for 1 sec	1 x 5	Hinge through hip / knee / ankle Pause in base position Jump as high as possible Cushion land on balls of foot
	15	SHOULDER'S ON PERTURBATIONS Stand in front of partner and press them away, using 1 arm, as they fall towards you. Ensure trunk is tight. Partner should have hands across their chest.	1 x 10 reps 5 each side	Strong through shoulder Brace through trunk
RUNNING (5 MINS)				
RUNNING	16	RUNNING LOW BOUNDING Take a few warm up steps Take 8-10 low bounding steps, lift knee and drive opposite arm Jog the rest of the way Jog back to start and repeat x 2	2 x sets	Keep body straight Land on ball of lead foot React & spring off ground Arm drive
	17	RUNNING PLANT & CUT Jog 4-6 steps Plant on right leg, cut and change direction to the left and accelerate again Sprint 5-7 steps (80/90%) before you plant on left leg and accelerate to right Repeat until you reach the other side of the field, jog back. Repeat x 2	2 reps	Hips, knee, feet aligned Cut on ball of lead foot Do not let knee buckle inwards

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LEVEL 2

DRILL NAME		EXERCISE DESCRIPTION	SETS / REPS	COACHING CUES
RUNNING (5 MINS)				
RUNNING	1	RUNNING STRAIGHT Run straight ahead to last cone Stay tall and drive arms	30m out 30m back	
	2	RUNNING HIP OUT Jog to first cone, Stop and lift knee forward. Rotate knee to side and put foot down. Jog to next cone and repeat on other leg. Repeat for reps and jog back to start.	2 reps	
	3	RUNNING HIP IN Jog to first cone, Base position, feet square, mid foot focus Rotate knee forwards and put foot down. Jog to next cone and repeat on other leg. Repeat for reps and jog back to start.	2 reps	Pelvis Horizontal Hip, knee and foot in straight Do not let the knee of supporting leg buckle inwards
	4	RUNNING LATERAL SHUFFLE Jog to first cone, Base position, feet square, mid foot focus Pushing off BIG toe shuffle across to cone Bounce off the line and return back to start (facing same way) Proceed to each cone and repeat	1 rep (6 cones)	Base position Push off big toe Strong trunk
	5	RUNNING SHOULDER CONTACT Jog to first cone, shuffle side ways at 90 degrees towards partner and jump to make shoulder contact, shuffle back to side. Repeat every cone on both sides.	1 rep (6 cones)	Land on both feet In base position
	6	RUNNING ACCEL DECEL Run quickly to the second cone then run backwards to the first cone Keeps hips and knees slightly bent. Repeat, running two cones forward one cone backwards.	1 rep (6 cones)	Weight over middle foot Sit back as you decelerate Do not let knees buckle inwards
	7	NECK ISOMETRICS Perform as recovery from Running. Use hand to apply force to head in all directions. 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.	1 x 15 secs each direction	Head neutral Chest up Engage core
STRENGTH (5 MINS)				
GROUND	8	GLUTE & HIPS SUPINE BRIDGE Lying face up on ground, knees bent, arms & heels on ground Lift hips off the ground; knees to shoulders in a straight line Lift 1 leg up and continue to alternate for 10 reps in total (5 each side)	2 x 5 each side	Brace your body Glutes on Push the ground away
	9	THE PLANK ALTERNATE LEGS Lying on your front, elbows directly under shoulder. Support yourself on your forearms and feet. Maintain a straight line from your head to your heels, pull your rib cage in and brace. Lift alternate legs and hold for 3 secs. Cont 60 secs	1 x 60s	Do not tilt head back Do not arch back Do not raise buttocks Keep pelvis stable
	10	SIDEWAYS PLANK RAISE & LOWER HIP Lying on your side with forearm on ground under your shoulder Push hip off the ground, straight line from ankle to shoulder and repeat for 10 reps Both legs straight. Keep your head in line with your spine	2 x 10 reps each way	High hips Hips forward Open your chest
	11	HAMSTRINGS PAIRED NORDIC Kneel down on a soft surface, partner kneels behind you and grips your lower legs just above the ankle, and uses their bodyweight to hold down Ensure straight line from top of head to knee Slowly lean forward and try to hold position for as long as possible Once you can no longer hold the position, fall into a push up position	2 x 3 reps	Stay tall Hips through Hold as long as possible
PLYOMETRICS - BALANCE (5 MINS)				
STANDING	12	SINGLE - LEG STANCE THROWING BALL WITH PARTNER Pair up and stand 3m from Partner Stand on inside leg (chest over knee, knee over toe) Raised leg should be positioned behind the supporting leg. Keeping hips stable and square, throw the ball 10 times to your partner. Turn around change legs and pass back to partner	1 x 10 each leg	Hip, knee, foot aligned Support leg slightly bent Do not let stance knee buckle inwards Chest over knee, knee over toe Do not let knees nuckle inwards
	13	SQUATS REVERSE LUNGE TO ROTATE From an upright starting position; step right leg back Lower your hip, maintain upright chest, without letting your back knee touch the ground Rotate through torso performing with control Drive up through front foot and return to stance position. Repeat for other leg	1 x 5 each leg	Hip, knee, foot aligned Lean upper body slightly forward Do not let stance knee buckle inwards Keep pelvis horizontal
	14	JUMPING JUMP & STICK CIRCUIT Jump from a squat position for each movement Land on one leg in a strong position; chest up; knee over toes all directions, each side Directions: forwards, lateral, medial, backwards	1 x 4 each leg	Brace your body Strong landing position Stick the landing Be soft on land
	15	SHOULDER'S ON PERTURBATIONS Stand in front of partner and press them away, using 1 arm, as they fall towards you. Ensure trunk is tight. Partner should have hands across their chest.	1 x 10 reps 5 each side	Strong through shoulder Brace through trunk
RUNNING (5 MINS)				
RUNNING	16	RUNNING LOW BOUNDING Take a few warm up steps Take 8-10 low bounding steps, lift knee and drive opposite arm Jog the rest of the way Jog back to start and repeat x 2	2 x sets	Keep body straight Land on ball of lead foot React & spring off ground Arm drive
	17	RUNNING PLANT & CUT Jog 4-6 steps Plant on right leg, cut and change direction to the left and accelerate again Sprint 5-7 steps (80/90%) before you plant on left leg and accelerate to right Repeat until you reach the other side of the field, jog back. Repeat x 2	2 reps	Keep body straight Cut on ball of lead foot Hips, knee, feet aligned

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LEVEL 3

DRILL NAME		EXERCISE DESCRIPTION	SETS / REPS	COACHING CUES
RUNNING (5 MINS)				
RUNNING	1	RUNNING STRAIGHT Run straight ahead to last cone Stay tall and drive arms	30m out 30m back	
	2	RUNNING HIP OUT Jog to first cone, Stop and lift knee forward. Rotate knee to side and put foot down. Jog to next cone and repeat on other leg. Repeat for reps and jog back to start.	2 reps	
	3	RUNNING HIP IN Jog to first cone, Stop and lift knee to the side. Rotate knee forwards and put foot down. Jog to next cone and repeat on other leg. Repeat for reps and jog back to start.	2 reps	Pelvis Horizontal Hip, knee and foot in straight Do not let the knee of supporting leg buckle inwards
	4	RUNNING LATERAL SHUFFLE Jog to first cone, Base position, feet square, mid foot focus Pushing off BIG toe shuffle across to cone Bounce off the line and return back to start (facing same way) Proceed to each cone and repeat	1 rep (6 cones)	Base position Push off big toe Strong trunk
	5	RUNNING SHOULDER CONTACT Jog to first cone, shuffle side ways at 90 degrees towards partner and jump to make shoulder contact, shuffle back to side. Repeat every cone on both sides.	1 rep (6 cones)	Land on both feet In base position
	6	RUNNING ACCEL DECEL Run quickly to the second cone then run backwards to the first cone Keeps hips and knees slightly bent. Repeat, running two cones forward one cone backwards.	1 rep (6 cones)	Weight over middle foot Sit back as you decelerate Do not let knees buckle inwards
	7	NECK ISOMETRICS Perform as recovery from Running. Use hand to apply force to head in all directions. 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.	1 x 15 secs each direction	Head neutral Chest up Engage core
STRENGTH (5 MINS)				
GROUND	8	GLUTE & HIPS SUPINE BRIDGE 1 LEG LIFT Lying face up on ground, knees bent, arms & heels on ground Lift hips off the ground; knees to shoulders in a straight line Keeping knee bent lift 1 leg off the ground and hold for 3sec Repeat on each leg x 5	1 x 5 each leg	Brace your body Glutes on Push the ground away Hips level
	9	THE PLANK 1 LEG LIFT & HOLD Lying on your front, elbows directly under shoulder. Support yourself on your forearms and feet. Maintain a straight line from your head to your heels, pull your rib cage in and brace. Lift 1 leg 15 cm and hold for 20 secs repeat other leg	2 x 20s each leg	Do not tilt head back Do not arch back Do not raise buttocks Keep pelvis stable, don't tilt
	10	SIDEWAYS PLANK RAISE & LOWER HIP Lying on your side with forearm on ground under your shoulder Push hip off the ground, straight line from ankle to shoulder Both legs straight. Keep your head in line with your spine Lift uppermost leg and hold 20 secs x 2 and change sides	2 x 20s each leg	High hips Brace your body Hips forward Open your chest
	11	HAMSTRINGS PAIRED NORDIC Kneel down on a soft surface, partner kneels behind you and grips your lower legs just above the ankle, and uses their bodyweight to hold down Ensure straight line from top of head to knee Slowly lean forward and try to hold position for as long as possible Once you can no longer hold the position, fall into a push up position	3 x 3	Stay tall Hips through Hold as long as possible
PLYOMETRICS - BALANCE (5 MINS)				
STANDING	12	SINGLE - LEG STANCE PAIRED SINGLE LEG BALANCE (TEST YOUR PARTNER) Standing arms length from partner Hold raised leg slightly behind supporting leg Keep your balance while your partner try to push you off balance Push in different directions Do not let knees buckle in wards	2 x 15 each leg	Hip, knee, foot aligned Hip, knee & support leg slightly bent Do not let knees buckle inwards Pelvis horizontal
	13	SQUATS SL SQUAT WITH PARTNER Stand on 1 leg next to partner so that you can hold on to each other Hold raised leg slightly behind supporting leg slowly bend your leg and squat to 90 degrees before returning to straight leg position Initiate movement from hips and then bend at the knee Repeat x 10 on each leg for 2 x sets	1 x 10	Hip, knee, foot aligned Lean upper body slightly forward Keep pelvis horizontal Drive up through mid-foot
	14	JUMPING HOP & STICK CIRCUIT Stand on 1 leg (chest over knee, knee over toe) and slightly bend at hips/knees/ankles From this position jump in desired direction Land on one leg in a strong position; chest up; knee over toes All directions, each side Directions: forwards, lateral, medial, backwards	1 x 4 each leg	Brace your body Strong landing position Stick the landing Be soft on land
	15	SHOULDER'S ON PERTURBATIONS Stand in front of partner and press them away, using 1 arm, as they fall towards you. Ensure trunk is tight. Partner should have hands across their chest.	1 x 10 reps 5 each side	Strong through shoulder Brace through trunk
RUNNING (5 MINS)				
RUNNING	16	RUNNING LOW BOUNDING Take a few warm up steps Take 8-10 low bounding steps, lift knee and drive opposite arm Jog the rest of the way Jog back to start and repeat x 2	2 x sets	Keep body straight Land on ball of lead foot React & spring off ground Arm drive
	17	RUNNING PLANT & CUT Jog 4-6 steps Plant on right leg, cut and change direction to the left and accelerate again Sprint 5-7 steps (80/90%) before you plant on left leg and accelerate to right Repeat until you reach the other side of the field, jog back. Repeat x 2	2 reps	Keep body straight Cut on ball of lead foot Hips, knee, feet aligned