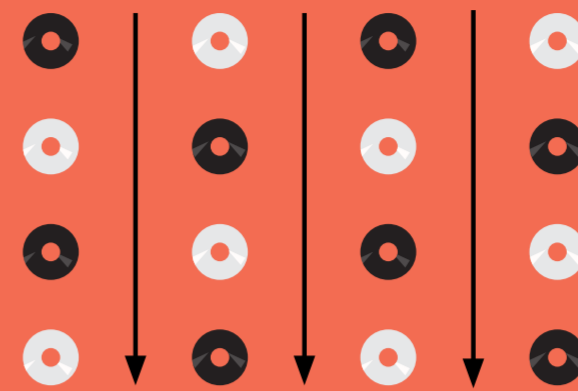


PREP TO PLAY DYNAMIC WARM-UP PROGRAM

**DO ALL 8 ACTIVITIES –
THEY ARE ALL IMPORTANT!**

Choose A, B or C
for each activity

10 minutes every training
session and match



Players start here and
perform movements
through the cones

16 cones
(8 of each colour)

JOG AT LEAST 200M & AT LEAST 1 MOBILITY EXERCISE

1	A 	HAMSTRING SWEEP Get low, sweep fingers to the grass, alternate sides. x5 EACH SIDE	B 	LEG SWING Swing leg forwards and backwards or side to side. x5 EACH SIDE	C 	OPEN/ CLOSE GATE Lift knee to hip height. Sweep hip out to open sweep in to close, alternate sides. x5 EACH SIDE
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DECELERATION

2	A 	STUTTER STEP At each cone decelerate & rapidly move your feet on the spot for 3secs. REPEAT x2	B 	ONE LEG STOP Get low & use short quick steps. Finish in athletic stance. x1 EACH SIDE	C 	FORWARD 2 BACKWARD 1 Accelerate forwards 2 cones, then backtrack 1 cone. REPEAT x2
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CHANGE OF DIRECTION

3	A 	45 DEG ZIG ZAG CUTS Using short quick steps, get low and use outside leg to plant & push off. REPEAT x2	B 	PARTNER ZIG ZAG - NO CONTACT Start on cones next to each other. Zig-zag around cones avoiding contact with partner. Make it a race. REPEAT x2	C 	PARTNER ZIG ZAG - CONTACT Zig-zag around cones racing a partner. You can bump each other as you move through. Compete for a ball at the end. REPEAT x2
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JUMP AND LAND

4	A 	DOT THE i Jump forward and then jump up straight away. Land in athletic stance. REPEAT x10	B 	BOUNDING Leap off right leg, landing on left leg, moving forward as you bound left to right. REPEAT x10 EACH SIDE	C 	HOPS Hop forward as far as you can. Keep foot, knee, and hip in line. REPEAT x10 EACH SIDE
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JUMP AND LAND - CONTACT

5	A 	PARTNER PUSH From a standing double leg start, jump high & have a partner bump you in the air. Land in athletic stance. x5 EACH SIDE	B 	RUNNING PARTNER PUSH Run, jump off 1 leg. Drive the knee closest to your partner up. Partner bumps you in the air. Land in athletic stance. x5 EACH SIDE	C 	RUNNING PARTNER PUSH WITH TWIST Run, jump off 1 leg, and in the air turn the body 90 degrees. Partner bumps you in the air. Land in athletic stance. x5 EACH SIDE
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CONTACT

6	A 	PARTNER BUMP/ CHECK Get low in athletic stance and bump your partner. (x5 each side) Or bump (check) your partner as they try to run to the end cone (1 turn each). x5 EACH SIDE	B 	TACKLING BREAKDOWN Chest on chest, chin to back. Get feet close, get low and drive legs. Swap sides until coach blows whistle - try to push partner over the line. 2 x30s	C 	FALLING/ROLLING Tuck the right arm and head through, lower the body and roll onto the back on the right shoulder, diagonally across the back, landing on the left hip. x3-5 EACH SIDE
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SPRINTING

7	A 	SPRINTS Sprints of 30m. Build up to 80-90% of top speed. Partner option: Race from a lying position. REPEAT x2-3
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BALANCE

8	A 	BALANCE Balancing on one leg, handball with a partner. 1 MINUTE EACH SIDE
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**VIEW THE
VIDEOS AT
PLAY.AFL/
COACH/
RESOURCES/
PREP-TO-PLAY/**



PREP TO PLAY STRENGTH PROGRAM

COMPLETE 3 ACTIVITIES You can choose A, B or C for each activity

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

Strength over stretch - Replace your traditional "cool down" with exercises to make your players stronger and more resilient

Team connection - The strength component offers an opportunity for team debrief / connection

Quick, easy and specific: No equipment, different to traditional gym, build soft tissue resilience

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

REMEMBER! SOME SORENESS IS EXPECTED AFTER COMPLETING THE STRENGTH EXERCISES - PARTICULARLY 24-48 HOURS AFTER.

If the player is consistently complaining of soreness which is affecting their ability to participate, encourage them to see a physiotherapist.

To find a Prep to Play trained physiotherapist in your region contact prep2play@latrobe.edu.au

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