

Training Program #2

Exercise Instruction Manual



THE UNIVERSITY OF
WESTERN AUSTRALIA



PREVENTING AUSTRALIAN FOOTBALL
INJURIES THROUGH EXERCISE



THE UNIVERSITY OF
WESTERN AUSTRALIA

This project is funded by the National Health and Medical Council (NHMRC) and proudly supported by Football Victoria and the Western Australian Football Commission.



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Abbreviations:

SLS = Single leg stance

DLS = Double leg stance

DL = Double leg

SL = Single leg

EO = Eyes open

EC = Eyes closed

HB = Head back

COD = Change of direction

PP = Pre-planned

UP = Un-planned

Conventions

Jump = Two legged movement

Hop = One legged ipsi-lateral i.e., left leg to left leg

Bound = One legged contra-lateral i.e., left leg to right leg

Asterisks beside exercises indicate these exercise can be run concurrently.

Some programs have 1 or 2 asterisks, in this case only run exercises concurrently with the same number of asterisks.

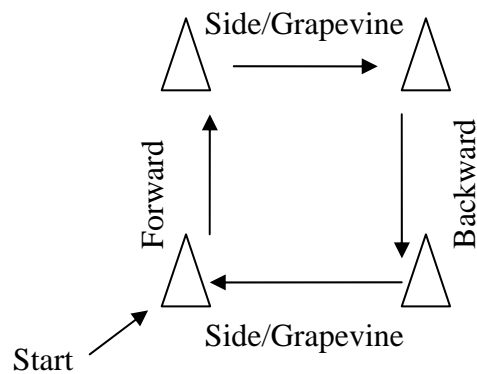
Basic Movement Exercises

Squares (10 m)

Players run as indicated in diagram

Equipment

- Cones
- Dura discs



Key point

- Smooth transition between running tasks

Weaving Bounds (a)

Cones are placed 1 m apart in the direction of movement

Channel through which players bound is about 2 m wide

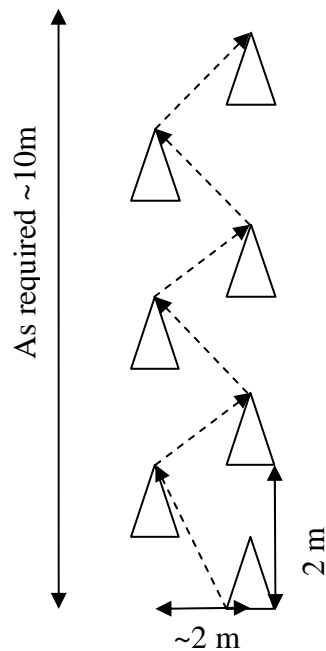
Length of cones is about 10 metres

Players are to bound weaving from cone to cone

Bounding speed is moderate pace

Equipment

- Cones



Key point

- Emphasise forward running speed

Weaving Bounds (b)

Cones are placed 1 m apart in the direction of movement

Length of cones is about 10 metres

Channel through which players bound is larger than previous exercise, > 2 m

Bounding speed is moderate to fast pace

Equipment

- Cones

See previous diagram. Adjust distances as needed.

Key point

- Emphasise forward running speed

Shuttle Runs

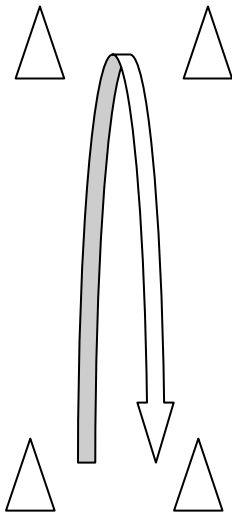
Cones are placed in a square outlining a 20 m distance

1 rep is up and back

Players run up and back for required number of reps at moderate-fast pace

Equipment

- Cones



Key point

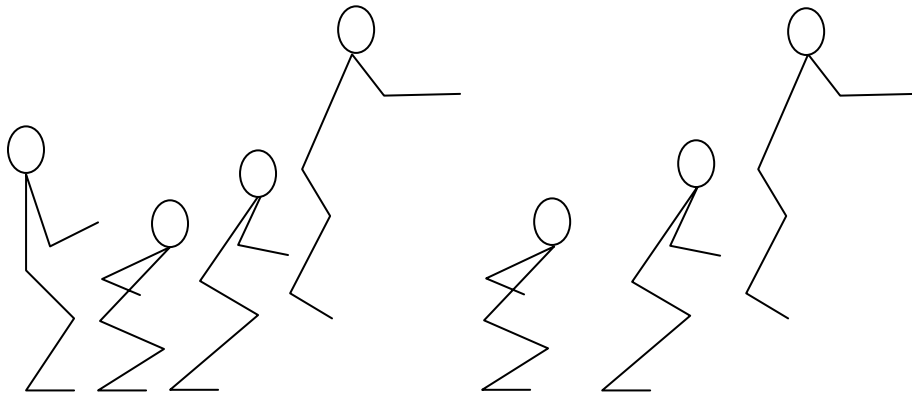
- Quick turnaround at top

Bunny Jumps

Using a powerful arm swing to help propel forward players jump forward for required number of jumps

Equipment

- N/A



Key point

- Quick transition between jumps

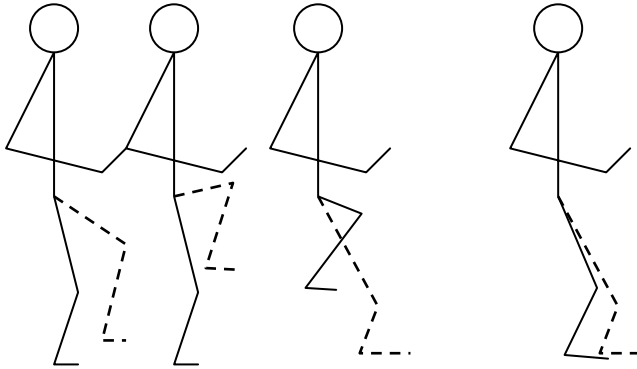
Standing Triples

Players perform a hop, skip, and jump from a standing start

Players should try to jump further with each rep

Equipment

- N/A



Key point

- Quick transition between each rep

General Sprinting Exercises

Sprints (Lying Start)

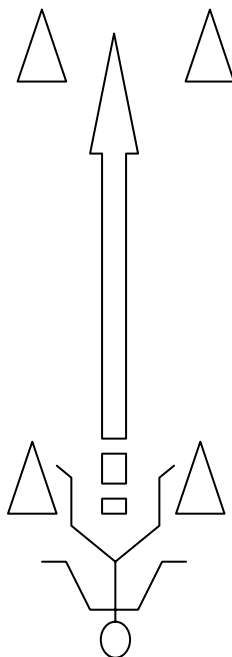
Players start lying on their stomach with feet pointing in direction to run

On command players get up as quick as possible and run over required distance

Walk back to start for recovery

Equipment

- Cones



Key point

- Quick transition from lying to standing

Resisted Sprints (5+15m)

Player behind the sprinter grabs their waist

The sprinter is resisted for the first 5 m and is to emphasise leg drive and stride rate

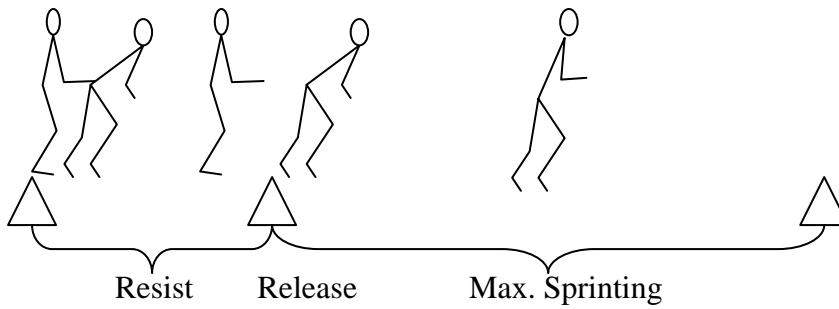
Both are to move forward to the 5 m mark

At the 5 m mark the sprinter is released and sprints maximally for 15 m

Sprinter is to run with ball in hand

Equipment

- Cones
- Footballs



Key point

- Emphasise forward body lean and short, quick strides

Tempo Runs

Exercise is performed over a total distance of 40 m

The first 10 m requires players to perform one of a number of drills

- Ankling
- Walking/Skipping A's
- Stiff leg pull throughs
- Grapevine
- Side-to-side

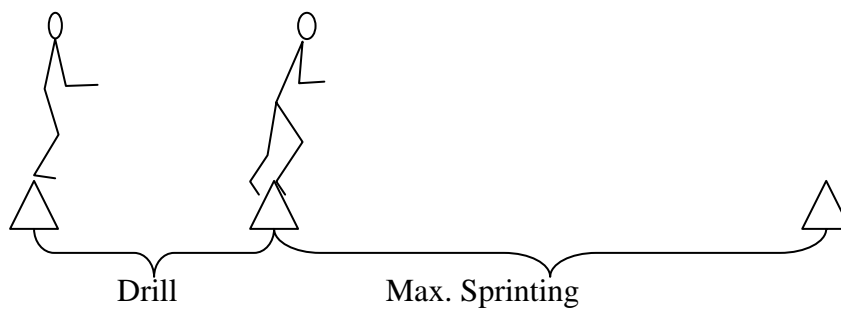
These drills are to be varied by trainer as required

After the drill players accelerate and sprint the last 30 m as fast as possible

Maintain good sprinting technique

Equipment

- Cones



Key point

- Emphasis on the drill at the start

Acceleration/Deceleration Exercises

Kneeling Beach Sprints

One on knee

Rear foot must be flat

Push off front foot going up and forward

Trailing foot/leg must be strong to support weight on 1st step

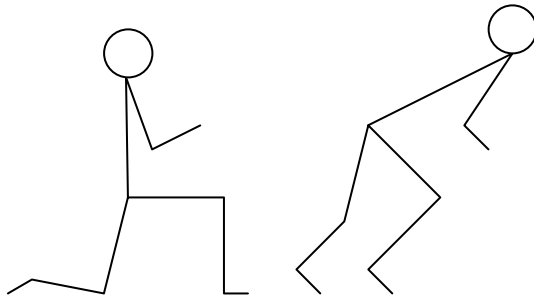
Maintain sprinting technique

Handicap players if necessary (i.e., faster ones start behind)

Look for good lean at start

Equipment

- N/A



Key point

- Quick transition from one knee to up

Graduated Sprints (20m)

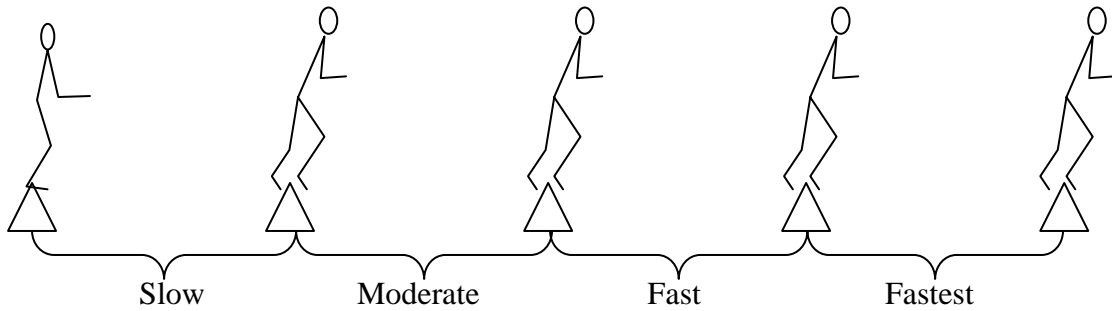
Players run and accelerate at each check point

Emphasise a sudden change in speed at 5, 10, 15 m

At 15 m players should be running maximally

Equipment

- Cones



Key point

- Emphasise sudden speed changes at each marker

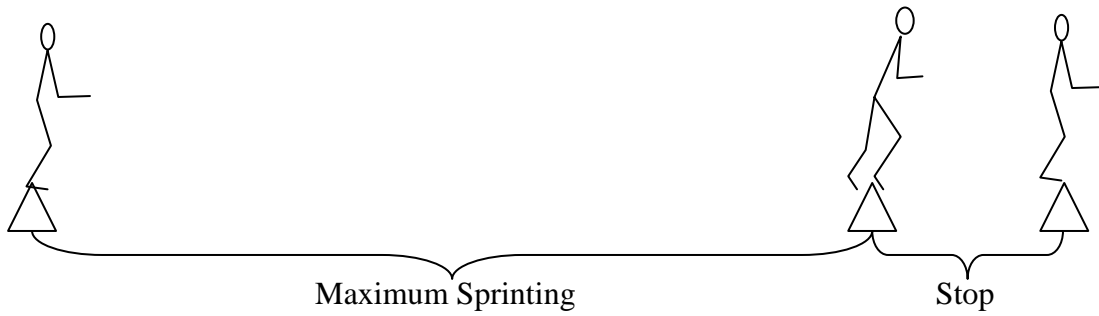
Stoppies (10+2m)

Players run as fast as they can for 10 m

They must come to a complete stop within 2 m after the 10 m

Equipment

- Cones



Key point

- Must stop abruptly in 2 metre

COD/Agility Exercises

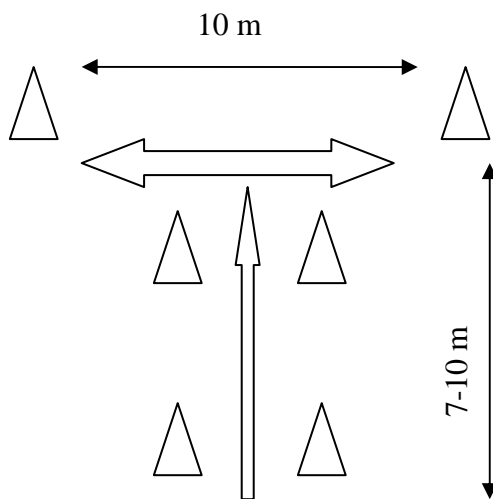
PP COD

With prior knowledge of which way to cut players run up the middle and cut left or right

Players are to run with a ball in their hands

Equipment

- Cones
- Footballs



Key point

- Complete task as fast as possible

UP COD (180 Turn)

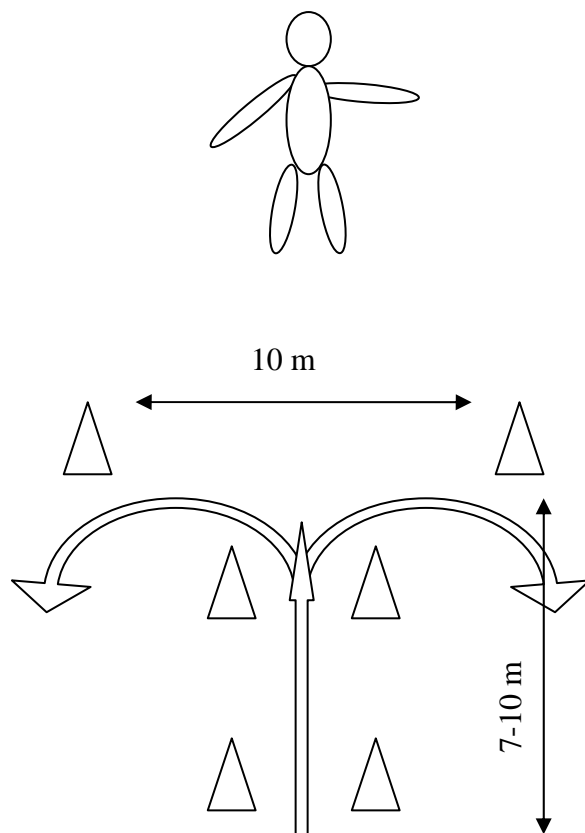
Without prior knowledge of which way to cut players run up the middle and are directed by a stimulus which way to cut

Stimulus is trainer that points to the direction of cut (run with ball in hand)

After making cut players make a 180 turn back to start as quickly as possible

Equipment

- Cones
- Footballs



Key point

- Respond as quickly as possible to trainer/player's command

PP COD (Double Forward)

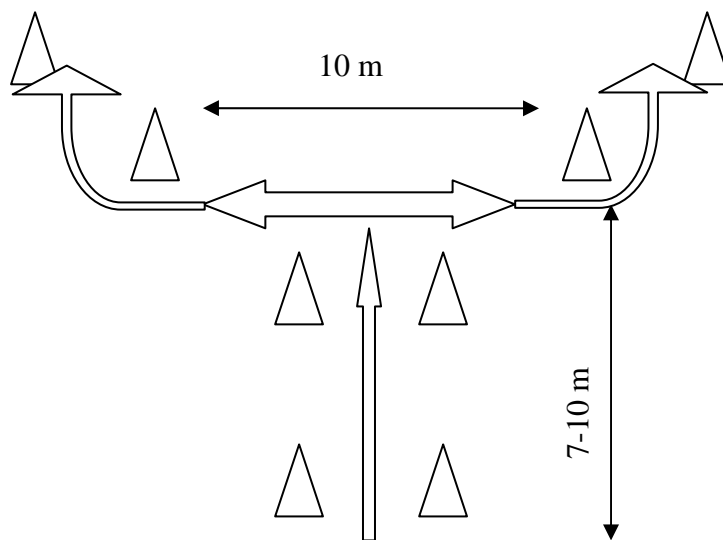
With prior knowledge of which way to cut players run up the middle and cut left or right, then cut right or left

i.e., if players first cut to the left they follow this with a cut to the right and vice versa

Players are to run with a ball in their hands

Equipment

- Cones
- Footballs



Key point

- Emphasise sharp sudden COD

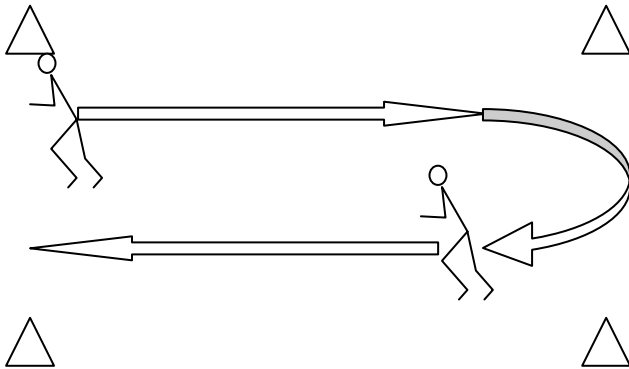
Backpedals (a) (15m)

Players backpedal (run backwards) for 15m

When they reach the end they sprint forward to the start as fast as possible

Equipment

- Cones



Key point

- Emphasise sharp sudden COD and good forward sprinting technique

Backpedals (b) (15m)

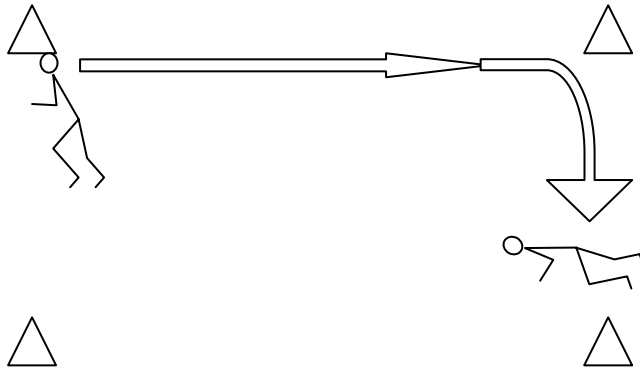
Players backpedal (run backwards) for 15m

When they reach the end they turn 90° and sprint to the side

Vary side to run to as required

Equipment

- Cones



Key point

- Emphasise sharp sudden 90° turn

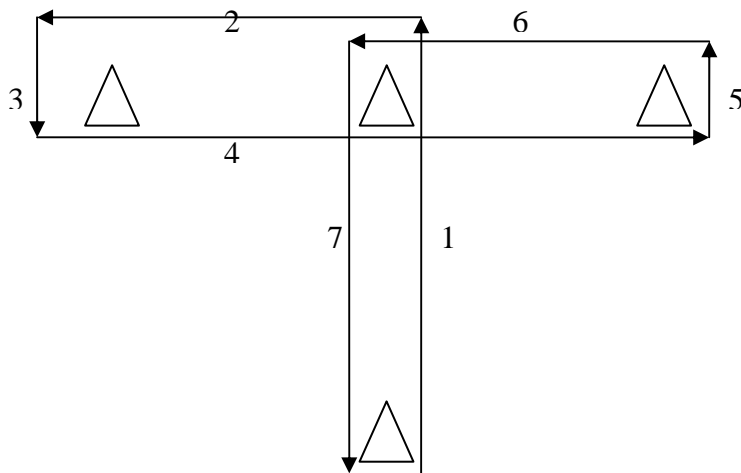
T-test

Players run through a standard T-test

Run forward around cone, turn 90 degrees left (or right), run forward, turn 180 degrees around cone, run past the middle cone, turn 180 degrees around the end, back to the middle turn 90 degrees and run back to the start.

Equipment

- Cones



Key point

- Complete task as quickly as possible

