

Training Program #1

Exercise Instruction Manual



THE UNIVERSITY OF
WESTERN AUSTRALIA



PREVENTING AUSTRALIAN FOOTBALL
INJURIES THROUGH EXERCISE



THE UNIVERSITY OF
WESTERN AUSTRALIA

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Table of Contents

Basic Movement Exercises	5
<i>Squares (10 m)</i>	6
Equipment.....	6
Key points	6
<i>Weaving Bounds (a)</i>	7
Equipment.....	7
Key points	7
<i>Weaving Bounds(b)</i>	8
Equipment.....	8
Key points	8
<i>Weaving Hops</i>	9
Equipment.....	9
Key points	9
Balance Exercises	10
<i>Dura-Disc Balance</i>	10
Equipment.....	10
Key points	10
<i>Wobble Board Balance</i>	11
Equipment.....	11
Key points	11
<i>Balance Hand Passing</i>	12
Equipment.....	12
Key points	12
<i>Balance Kicking</i>	13
Equipment.....	13
Key points	13
Hopping Exercises	14
<i>Dura-Disc Hop</i>	14
Equipment.....	14
Key points	14
<i>Hurdle Jumps</i>	15
Equipment.....	15
Key points	15
<i>Lateral Hurdle Jumps</i>	16
Equipment.....	16
Key points	16
<i>Hurdle Jump (PP Step)</i>	17
Equipment.....	17
Key points	17
<i>Hurdle Jump (UP Step)</i>	18
Equipment.....	18
Key points	18
<i>Hurdle Hop</i>	19
Equipment.....	19
Key points	19

Change of Direction Exercises.....	20
<i>PP COD.....</i>	20
Equipment.....	20
Key points	20
<i>UP COD</i>	21
Equipment.....	21
Key points	21
<i>UP COD (180 Turn).....</i>	22
Equipment.....	22
Key points	22
Swiss Ball Exercises	23
<i>SB Kneeling.....</i>	23
Equipment.....	23
Key points	23
<i>SB Squat</i>	24
Equipment.....	24
Key points	24
Mini-tramp Exercises	25
<i>Mini-Tramp Land</i>	25
Equipment.....	25
Key points	25
<i>Mini-Tramp Land (Lateral Hop)</i>	26
Equipment.....	26
Key points	26
<i>Mini-Tramp Land (Hop, Step).....</i>	27
Equipment.....	27
Key points	27
<i>Mini-Tramp Land (Catch, Step).....</i>	28
Equipment.....	28
Key points	28
Training Exercises Rollout	29

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)

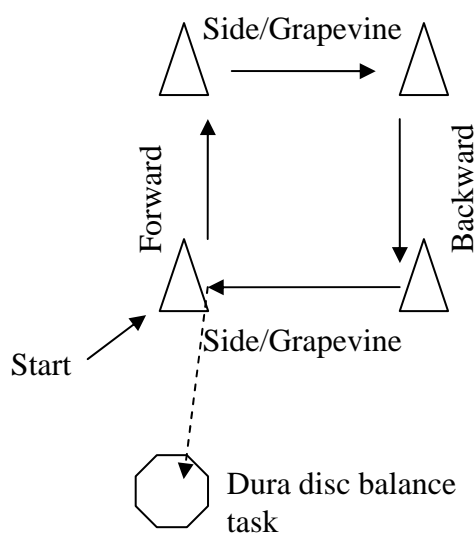
Players run as indicated in diagram

After completing the running component they complete a balance task that can be modified to match skill as necessary

i.e., DLS (HB) 20 sec

Equipment

- Cones
- Dura discs



Key points

- Smooth transition between running tasks
- Maintain balance on balance task

Weaving Bounds (a)

Cones are placed 1 m apart in the direction of movement

Length of cones is about 10 metres

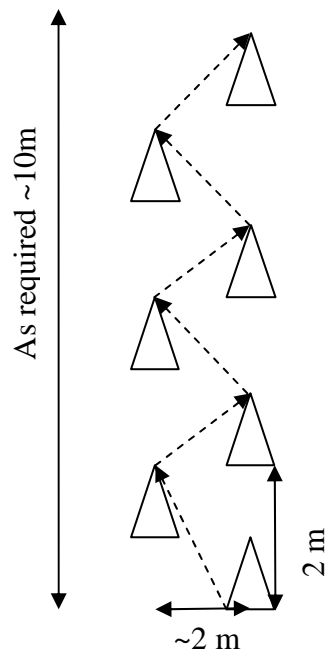
Channel through which players bound is about 2 m wide

Players are to bound weaving from cone to cone

Bounding speed is moderate pace

Equipment

- Cones



Key points

- Smooth transition between bounds
- Maintain stable upper body i.e., no leaning

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

Players are to bound weaving aggressively from cone to cone

Bounding speed is moderate to fast pace

Players are provided with instruction as to how best to weave

i.e., body upright, no twisting, keeping foot close to mid-line

Equipment

- Cones

See previous diagram. Adjust distances as needed.

Key points

- Sharp/hard bounds from cone to cone
- Smooth transition between bounds
- Maintain stable upper body i.e., no leaning

Weaving Hops

Cones are placed < 1 m apart in the direction of movement

Length of cones is 10 metres

Channel through which players run is narrower than previous exercise, ~ 1 m

Players are to hop on same leg from cone to cone

Players are provided with instruction as to how best to weave

i.e., body upright, no twisting, keeping foot close to mid-line

Equipment

- Cones

See previous diagram. Adjust distances as needed.

Key points

- Smooth transition between hops
- Maintain stable upper body i.e., no leaning
- Maintain lower leg stability i.e., no wavering of knee

Balance Exercises

Dura-Disc Balance

Players are to maintain balance on dura disc for specified amount of time.

Variations to this exercise include

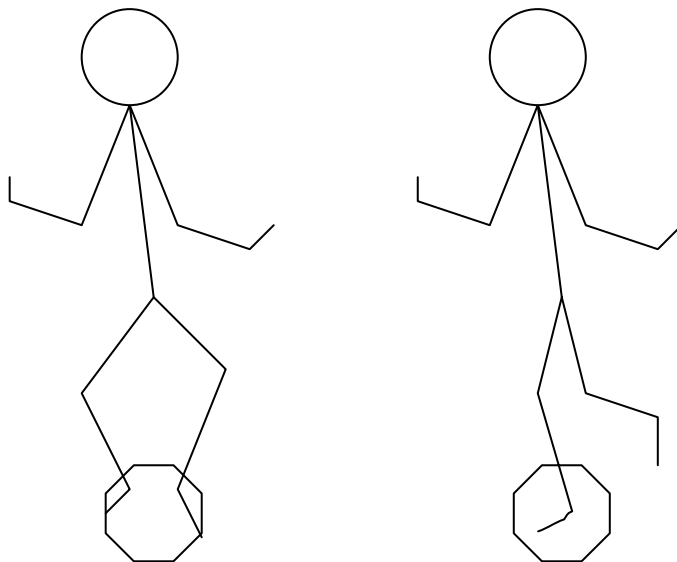
DLS/SLS

EO/EC

HB

Equipment

- Dura disc



Key points

- Must concentrate to complete required time
- Maintain balance with as little movement of arms/legs as possible

Wobble Board Balance

Players to maintain balance on a wobble board for specified amount of time.

Variations to this exercise include

Double leg stance (DLS)

Single leg stance (SLS)

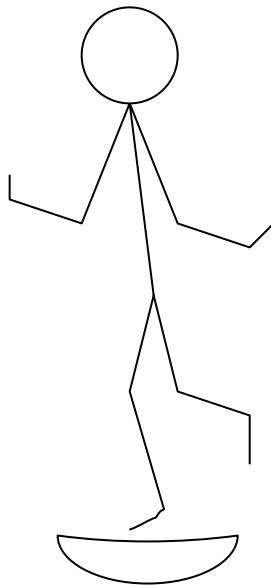
Eyes Open (EO)

Eyes Closed (EC)

Head back (HB)

Equipment

- Wobble board



Progressions

Tasks can be made more difficult by including movements of arms, legs, etc. as players improve. For hand passing drills target outside of body, and touch further away. Increase speed of movements.

Key points

- Must concentrate to complete required time
- Maintain balance with as little movement of arms/legs as possible

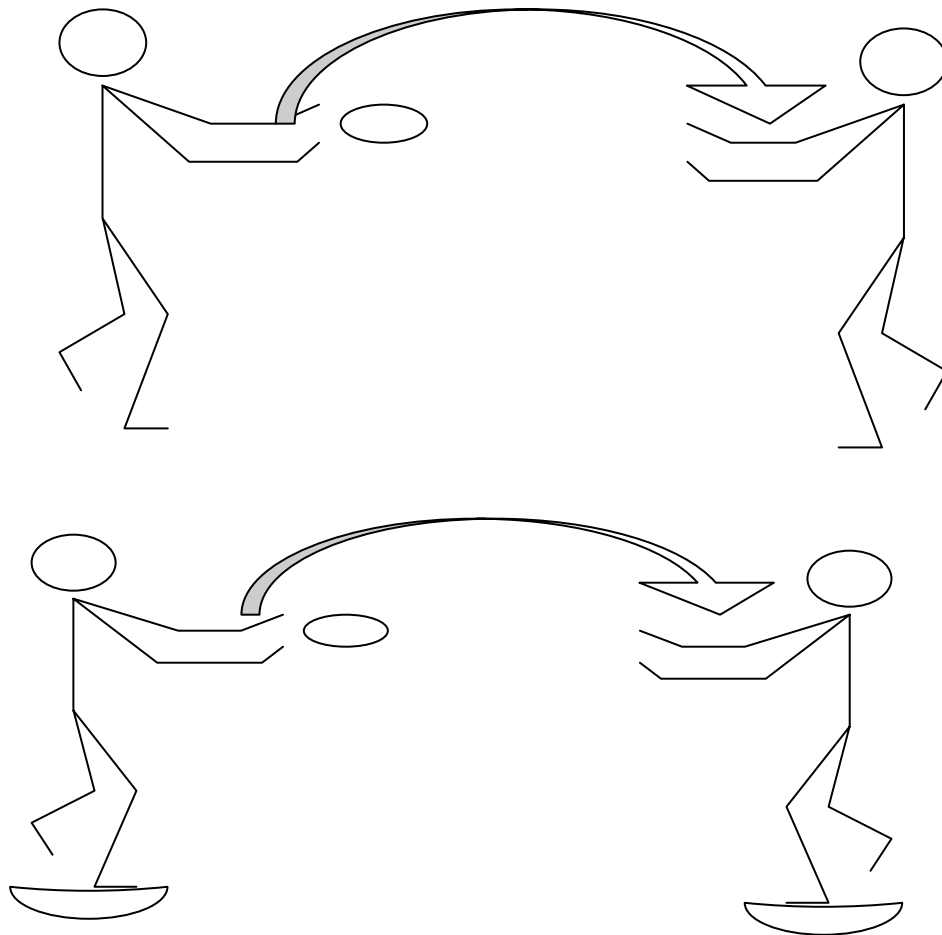
Balance Hand Passing

Conducted in pairs, players hand pass to each other over a distance of 10 meters for a specified amount of time

Variations of this drill include
touching the ball to the ground in between passes
standing on a wobble board/dura disc
SLS/DLS

Equipment

- Footballs
- Wobble board



Key points

- Focus on maintaining balance and not pass
- Must maintain balance with as little extraneous movement of arms/legs as possible

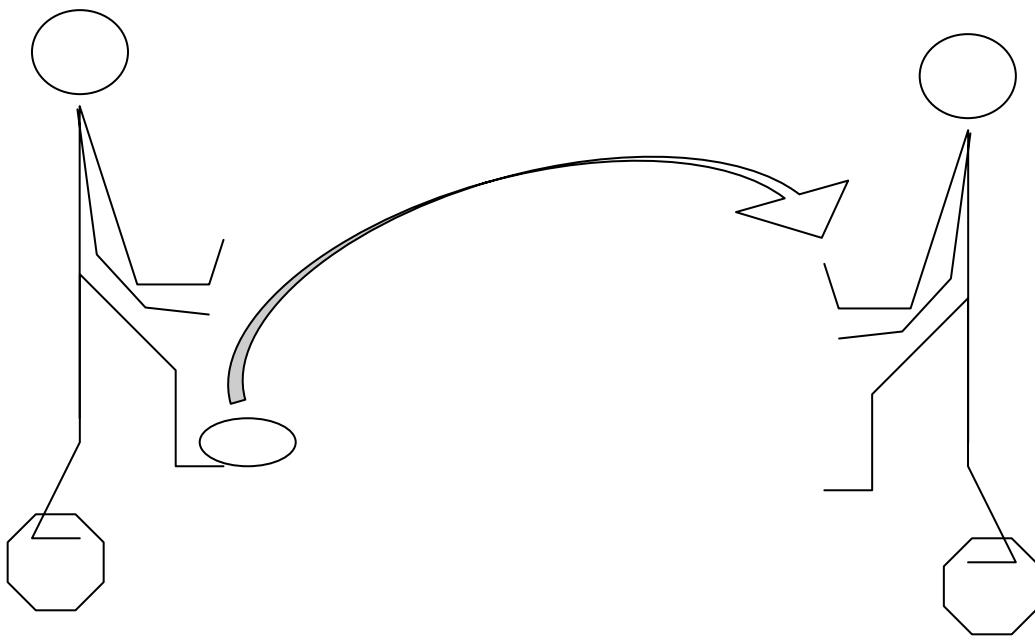
Balance Kicking

Conducted in pairs, players kick to each other over a distance of 10 meters for a specified amount of time

Usually conducted as SLS but can vary with DLS as skill dictates

Equipment

- Footballs
- Dura disc



Key points

- Focus on maintaining balance and not kick
- Must maintain balance with as little extraneous movement of arms/legs as possible

Hopping Exercises

Dura-Disc Hop

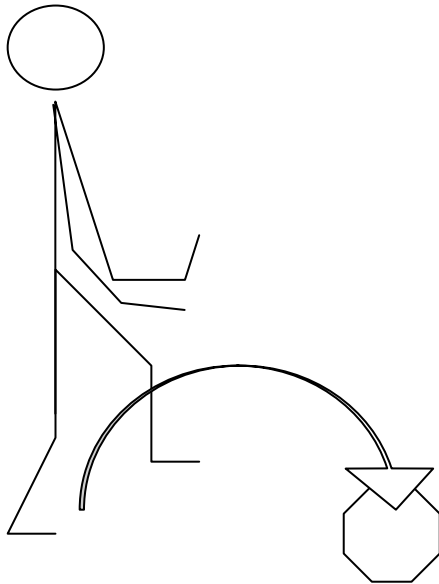
Hop onto dura disc hold SLS balance for period of time

Can vary balance after hop as per usual Dura Disc Balance

Time to hold balance on dura disc may be specified

Equipment

- Dura disc



Key points

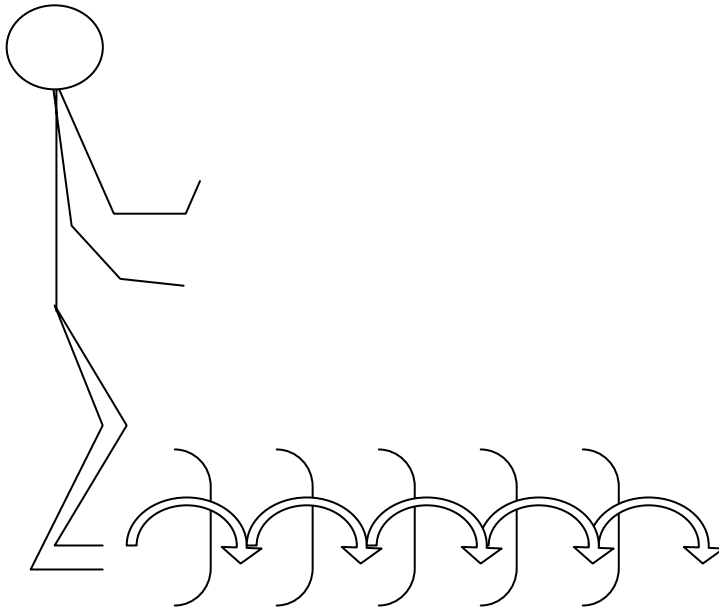
- Must maintain balance after hop
- Keep extraneous arm and leg movement to a minimum

Hurdle Jumps

Continuous jumping over hurdles

Equipment

- Hurdles



Key points

- Smooth transition between jumps
- Flex knees to absorb landing
- Maintain lower leg stability i.e., no wavering of knee

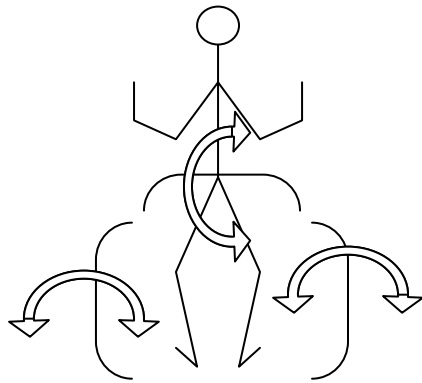
Lateral Hurdle Jumps

Players jump forward/backward over hurdles then side/side (left) and side/side (right)

Instruction is provided regarding technique as usual

Equipment

- Hurdles



Key points

- Flex knees to absorb landing
- Keep extraneous arm and upper body movement to a minimum
- Maintain lower leg stability i.e., no wavering of knee

Hurdle Jump (PP Step)

Players jump forward over hurdle then immediately perform a step to left or right

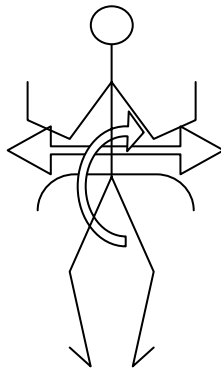
Knowledge about step direction is given prior to task

Instruction is provided regarding technique as usual

Player can run with ball in hand

Equipment

- Hurdles
- Football



Key points

- Flex knees to absorb landing
- Keep foot close to hips

Hurdle Jump (UP Step)

Players jump forward over hurdle then immediately perform a step to left or right

Knowledge about step direction is *not given* prior to task

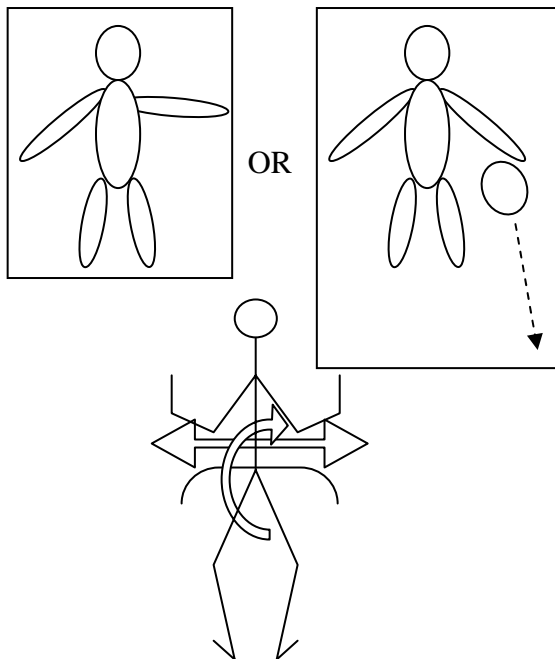
Stimulus is handball to side or,

Stimulus is trainer/player pointing

Instruction is provided regarding technique as usual

Equipment

- Hurdles
- Football



Key points

- Smooth transition from hop to step
- Avoid excessive upper body movement
- Keep foot close to hips

Hurdle Hop

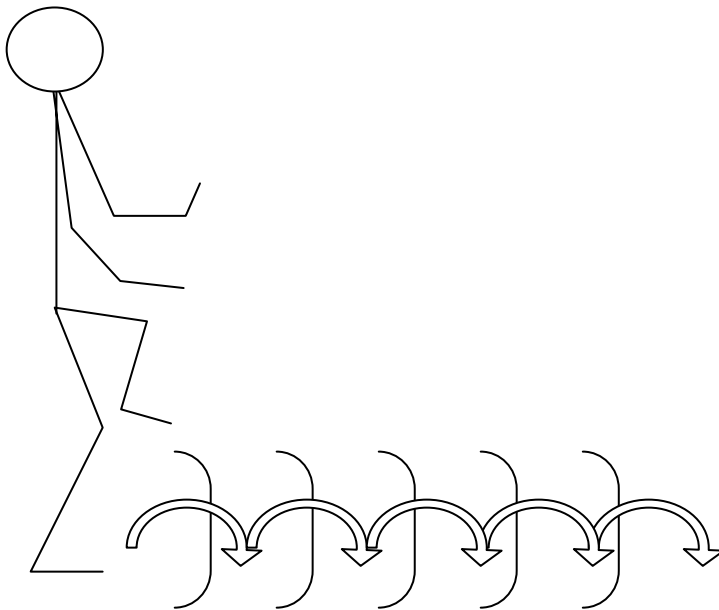
On a single leg players hop continuously forward over hurdles

Number of hurdles is pre-determined (about 5)

Players alternate legs with each set

Equipment

- Hurdles



Key points

- Avoid excessive upper body movement
- Maintain lower leg stability i.e., no wavering of knee
- Flex knees to absorb landing

Change of Direction Exercises

PP COD

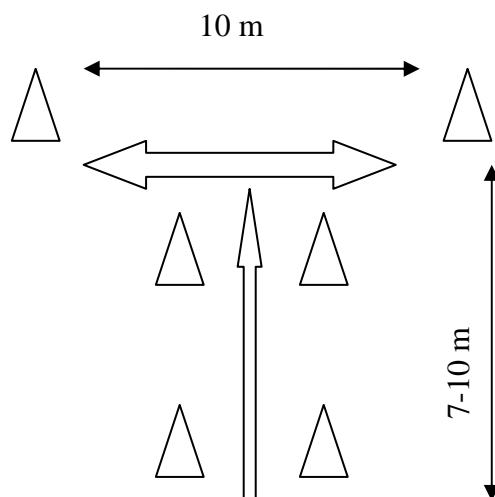
With prior knowledge of which way to cut players run up the middle and cut left or right

Players are provided with instruction with respect to their COD technique

Players are to run with a ball in their hands

Equipment

- Cones
- Footballs



Key points

- Avoid excessive upper body movement i.e., no leaning
- Keep arms close to body
- Keep foot close to hips

UP COD

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 handball to side or,

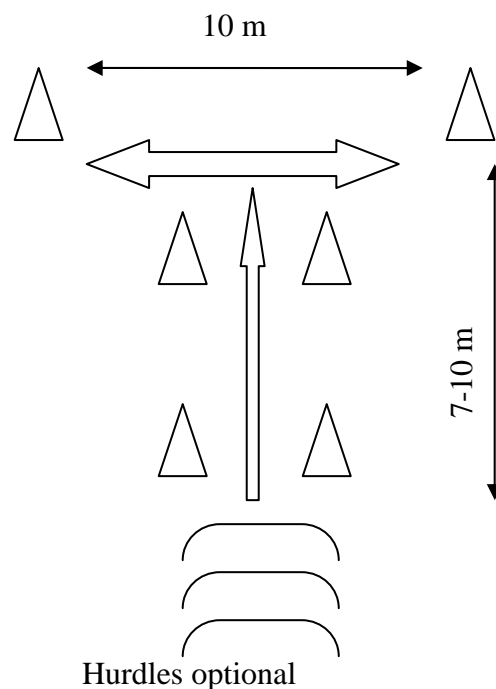
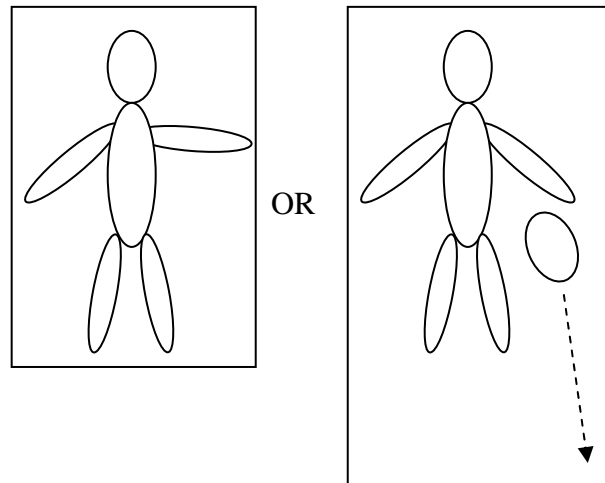
Stimulus is trainer/player pointing (run with ball in hand)

Players are provided with instruction with respect to their COD technique

The task can be made more difficult by placing hurdles at start of task

Equipment

- Cones
- Footballs
- Hurdles



Key points

- Avoid excessive upper body movement i.e., no leaning
- Keep arms close to body
- Keep foot close to hips

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

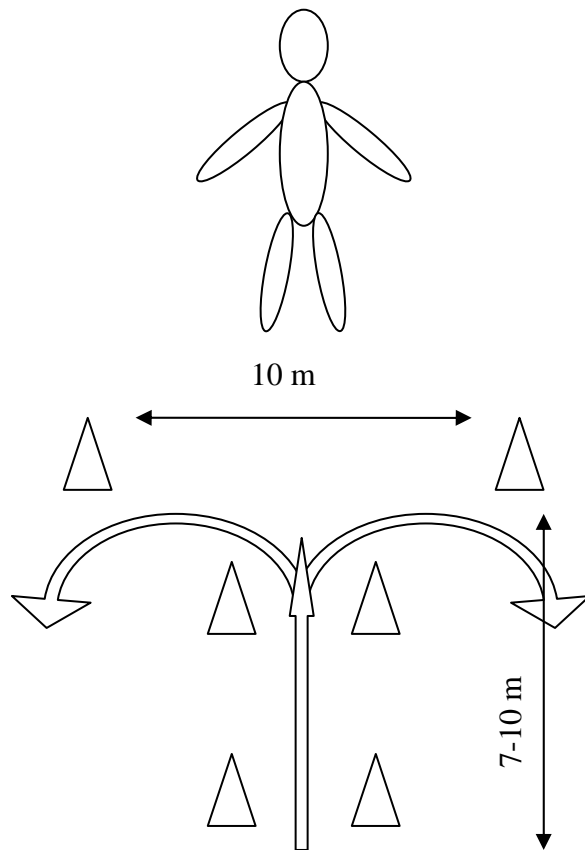
Stimulus is defensive player that must be avoided (run with ball in hand)

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

Players are provided with instruction with respect to their COD technique

Equipment

- Cones
- Footballs



Key points

- Avoid excessive upper body movement i.e., no leaning
- Keep arms close to body
- Bend knees for turning

Swiss Ball Exercises

SB Kneeling

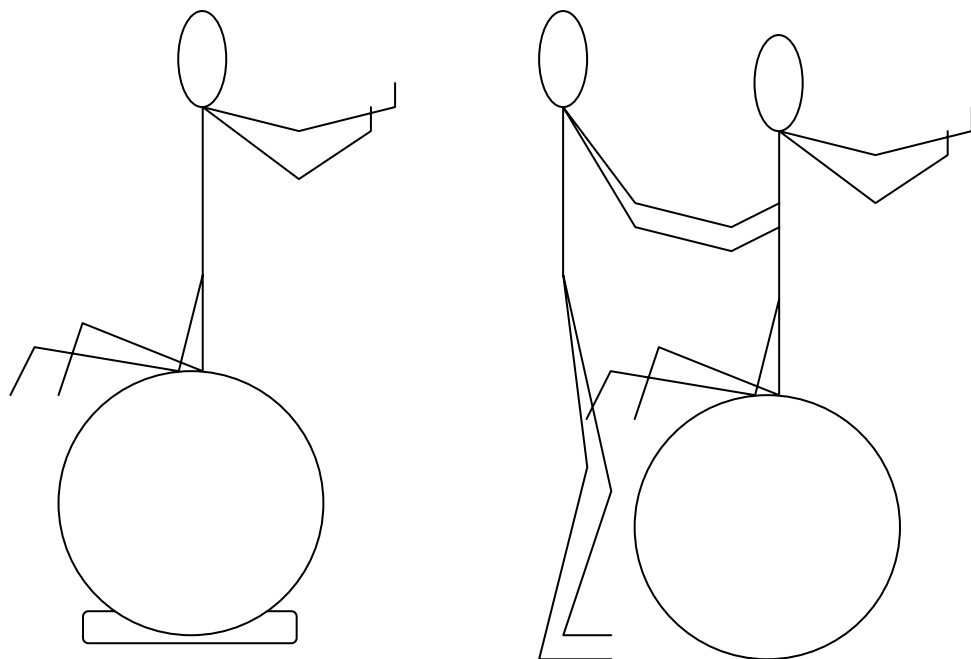
Using a base for the Swiss ball players are to balance on ball for specified period of time

Variations include

No base, but partner to assist when needed

Equipment

- Swiss ball
- Support base



Key points

- Concentrate to complete task
- Avoid excessive arm movement
- Avoid excessive trunk movement

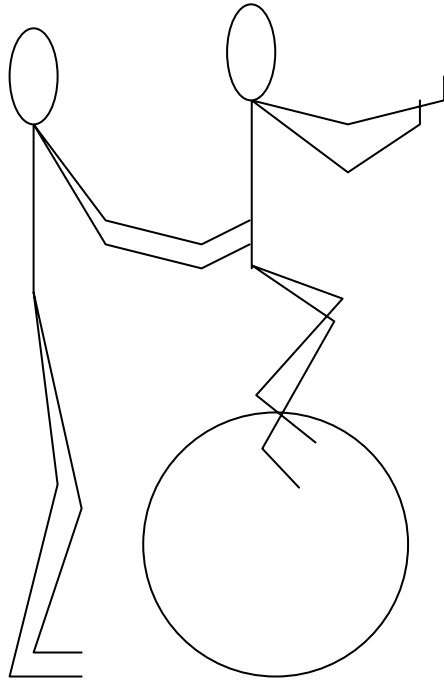
SB Squat

Players are to balance in a semi-squat on ball for specified period of time

A partner can assist when needed

Equipment

- Swiss ball



Key points

- Concentrate to complete task
- Avoid excessive arm movement
- Avoid excessive trunk movement

Mini-tramp Exercises

Mini-Tramp Land

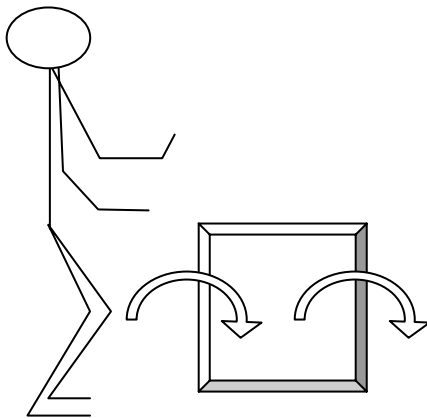
Players are to jump or hop onto the min-tramp and land with good technique

Instruction is provided regarding technique as usual

Can be performed as a DL or SL drill

Equipment

- Mini-tramp
- Footballs



Progressions

Tasks can be made more difficult by including movements of arms, legs, etc. as players improve. For hand passing drills target outside of body, and touch further away. Increase speed of movements. DL movements *may* progress to SL. Mini-tramp can increase lateral distance of jump.

Key points

- Bend knees to absorb landing
- Avoid excessive trunk movement
- Keep arms close to body

Mini-Tramp Land (Lateral Hop)

Players are to jump or hop onto the min-tramp and land

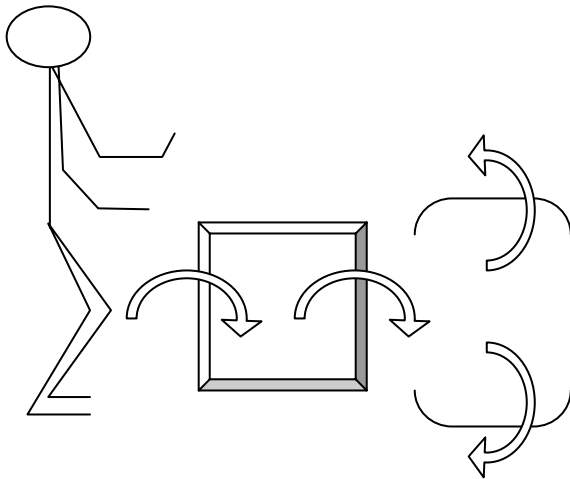
Immediately after landing they are to laterally hop to left or right as per *prior* instruction

Drill is conducted with ball in hand

Instruction is provided regarding technique as usual

Equipment

- Mini-tramp
- Footballs
- Hurdles



Key points

- Bend knees to absorb landing
- Don't lean upper body
- Stop excessive forward motion

Mini-Tramp Land (Hop, Step)

Players are to jump onto the min-tramp and land

Immediately after landing they are to hop forward and then step left or right as per stimulus

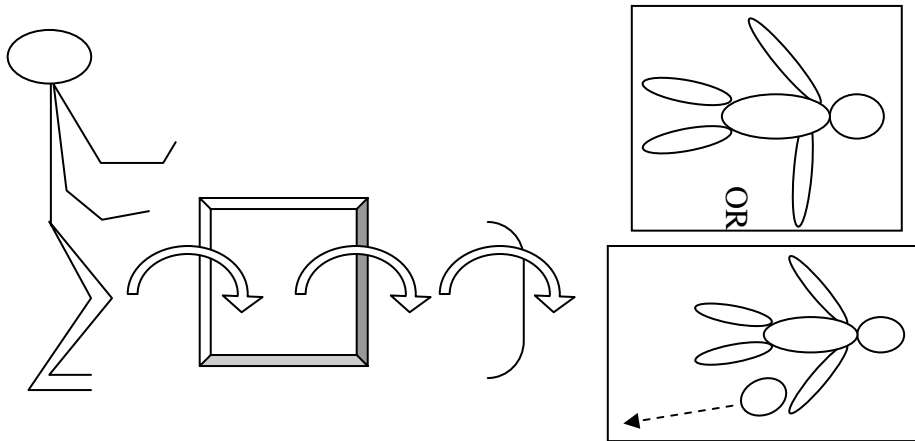
Stimulus is handball to side or,

Stimulus is trainer/player pointing (run with ball in hand)

Instruction is provided regarding technique as usual

Equipment

- Mini-tramp
- Footballs
- Hurdles



Key points

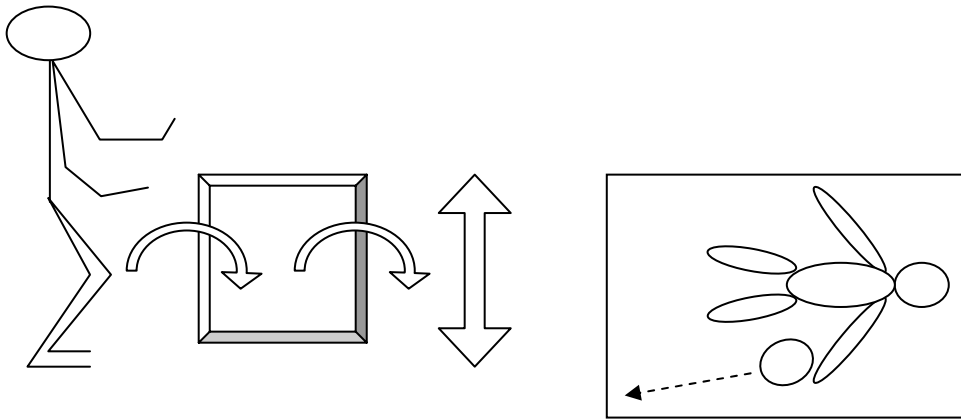
- Bend knees to absorb landing
- Keep arms close to body
- Keep foot close to hips

Mini-Tramp Land (Catch, Step)

Players are to jump/hop onto the min-tramp and land
As they are landing a ball will be hand passed indicating direction to cut
Instruction is provided regarding technique as usual

Equipment

- Mini-tramp
- Footballs



Key points

- Bend knees to absorb landing
- Keep arms close to body
- Keep foot close to hips

Training Exercises Rollout

		Tim Doyle Season 2007																																																							
Training Week	Season Dates (Based on 2006)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32																								
Focus		Gen. Prep.								Basic/Aggress.								Aggressive 1								Aggressive 2								Maintenance 1								Maintenance 2								Maintenance 3							
Intensity																																																									
Frequency		2 per week		2 per week		2 per week		2 per week		2 per week		2 per week		2 per week		2 per week		2 per week		1 per week		1 per week		1 per week		1 per week		1 per week		1 per week		1 per week																									
BALANCE	DURA-DISC BALANCE (DLS)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	DURA-DISC BALANCE (SLS)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	WOBBLE BOARD (SLS/DLS)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	SWISS BALL KNEELING (ON BASE)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	SWISS BALL KNEELING (NO BASE WWO PART.)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	SWISS BALL SQUAT	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
BALANCE w/- TASK	BALANCE HANDPASSING (WWO TOUCH GROUND)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	BALANCE KICKING DURA-DISC	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	BALANCE HAND PASSING DURA-DISC	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	HOP - DURA-DISC BALANCE	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	BALANCE HANDPASSING (WOBBLE)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
BASIC MIMENT TASK	10 METRE SQUARES (MULTIDIRECTN RUN)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	WEAVING BOUNDS	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	WEAVING HOPS	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	PRE-PLANNED	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
COD TASKS (SIDE STEPPING)	UN-PLANNED POINTING	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																							
	UN-PLANNED PLAYER	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	UN-PLANNED BALL	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
LANDING TASKS	HURDLE JUMPS	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	LATERAL HURDLE JUMPS	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	MINI-TRAMP LAND	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	HOP	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	JUMPS (UP/PP)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	MINI-TRAMP LANDING SUDL PP HOP/JUMP (HURDLE)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	MINI-TRAMP LAND (HOP, STEP)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	MINI-TRAMP LAND (CATCH, STEP)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
	MINI-TRAMP LAND (LATERAL HOP)	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						
STEPPING TASKS		→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→	→																						