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North Curl Curl 2099 phone: 9905 3500

12/12/2011 PEP

WARM UP

Run - 50m Efforts - Run Every 30s

- Slow jog
- Good technique
- 50 metres with short rest



Complete 2-3 sets of 6-10 repetitions. Rest 2min between sets.

Side Shuffle

- Sideways running action
- Lower centre of gravity, maintain same head height throughout
- Shuffle sideways, taking small steps
- Feet do not cross over
- Feet remain further than shoulder width apart
- Complete over 15-20 metres

Repeat 3-6 times. Rest 60-90s between repetitions.

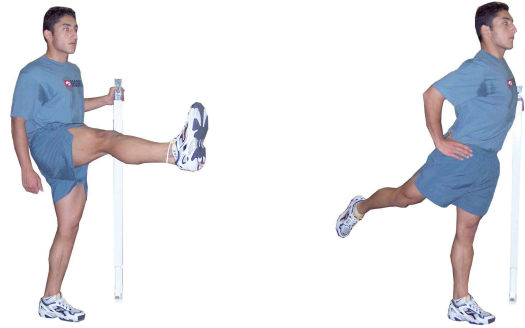
Backward Run - Small Steps

- Run backward, take small steps
- Maintain a tall, upright posture
- Emphasise heel lift
- Ground contact on balls of feet
- Short ground contact times
- Complete over 15-20 metres

Repeat 3-6 times. Rest 60-90s between repetitions.

Leg Swings - Front To Back

- Stand on one leg
- Side on to fixed object or wall for support
- Swing leg front to back
- Maintain upright posture



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

Leg Swings - Side To Side

- Stand on one leg
- Hold fixed object or wall for support if necessary
- Swing leg side to side
- Maintain upright posture
- Repeat several times



Complete 2-4 sets of 5-10 repetitions. Rest 30s between sets.

STRENGTHENING

Lunge - Walking - Bodyweight

- Feet hip width apart
 - Take a large step forward, descend until leading thigh is parallel to floor
 - Push off the trailing leg & step forward onto the leading leg to the new start position
 - Maintain upright posture throughout
- Variations: Substitute dumbbells for a barbell or medicine ball



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Leg Curl - Machine

- Adjust machine to suit
- Push hips into the bench
- Pull ankles to buttocks
- Slowly lower back to start position



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Calf Raise - Single Leg

- Stand on one leg
- Hold something for support
- Lift & lower body by extending the ankle of the stance leg
- Maintain an upright posture throughout

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



PLYOMETRICS

Mini Hurdle Jumps - Lateral Combination

- Stand side on to 3 mini hurdles set up in row
- Jump laterally over the hurdles
- Jump from left to right, then right to left
- Maintain an upright posture, use arms to assist with elevation
- Ground contact on balls of feet, minimise ground contact times

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Mini Hurdle Jumps - Forward - Backward

- Stand facing a single mini hurdle
- Jump over hurdle, without turning around, jump back
- Maintain an upright posture, use arms to assist with elevation
- Minimise ground contact times

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Mini Hurdle Hops - Forward - Backward

- Stand, facing a single mini hurdle
- Hop over hurdle, without turning around, hop back
- Maintain an upright posture, use arms to assist with elevation
- Cushion landing by adopting single leg squat position on landing
- Repeat sequence

Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.



Rebound Jumps

- Stand, feet hip width apart
- Jump for height
- On landing immediately jump again
- Aim to minimise ground contact time & jump for maximum height



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

AGILITY

Forward run with 3 step deceleration (before each cone)

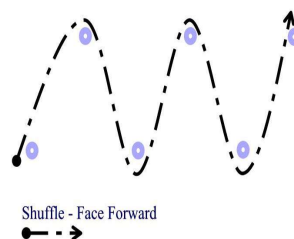
- Run on a flat soft surface - ideally a marked football oval
- Set timer
- Run 100m in 20s, rest for remainder of the minute
- Run 200m in 40s, rest for remainder of the minute
- Repeat, take 2-3 minutes rest after desired number of repetitions
- Monitor heart rate if possible
- Extend rest period another 30s if required

Complete 1-2 sets of 3-5 repetitions. Rest 20-40s between sets.



Shuffle - Zigzag

- Place 6-8 markers in a zigzag pattern 3-5m apart
- Combine cross over & shuffle steps to move quickly through the grid
- Face straight down the grid throughout



Complete 0 sets of 3-6 repetitions. Rest 60-90s between sets.

Bounding - Alternate Legs

- Running action
- Lengthen stride
- Aim for maximum height & distance from each stride
- Ground contact on balls of feet
- Maintain an upright posture, use arm action to assist with elevation



Complete 2-4 sets of 3-6 repetitions. Rest 90s between sets.

STRETCHING

Calf Stretch - Lunge to Wall

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

Quadriceps Stretch - Standing

- Stand, bend one leg & grasp the ankle
- Pull ankle to buttock
- Stand tall



Hold for 20-40 seconds. Repeat 1-3 times.

Hamstring Stretch - Seated

- Sit with one leg straight, other leg bent
- Lean forward from hips
- Reach towards shin of straight leg



Hold for 20-40 seconds. Repeat 1-3 times.

Adductor Stretch - Seated

- Sit upright on floor
- Soles of feet together & close to groin
- Maintain upright posture
- Push knees towards floor with elbows



Hold for 20-40 seconds. Repeat 1-3 times.

Hip Flexor Stretch - Kneeling

- Kneel in lunge position
- Upright posture
- Contract abdominals to tilt pelvis backward
- Contract buttocks to assist



Hold for 20-40 seconds. Repeat 1-3 times.

Glute Stretch - Lying - Legs Crossed

- Lie on back, knees bent
- Place one foot across opposite knee
- Grasp shin of the support leg
- Pull toward chest



Hold for 20-40 seconds. Repeat 1-3 times.