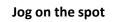
March 2013



**UNDER 13-17'S** 

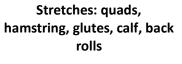




**IN ROOMS** 

Three sets of 20 seconds

Sitting/Standing Stretches





Tuck jumps

Two sets of 10

Burpie

Two sets of 10



Push ups

Two sets of 10



**Squats & Lunges** 

One sets of 15 Two sets of 10 Left and Right





WAVERLEY PARK PHYSIOTHERAPY CENTRE



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March 2013



**UNDER 13-17'S** 

## Game Day Warm-Up



## **ON GROUND**

Jog around square/oval

**Two Laps** 

Run throughs

Five sets of 75% x 50meters



Legs swings and flicks

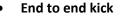
**Bumps and Tackles** 

Skills

Ten each side

Five each

- Handball cross-cross,
- Hand ball end to end,
- - **Ground level ball**





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