



## GIPPSLAND POWER UNDER 16 LEAD IN PROGRAM 2019

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## Gippsland Power Football Club - 2019 Under 16 Lead In Calendar



Oct. Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th	Sunday 27th
Weights Session 1 Stretching & Foam Rolling	Skills Program Stretching & Foam Rolling	Weights Session 2 Stretching & Foam Rolling	Rest Stretching & Foam Rolling	Swimming OR Spin Bike Program (Choose any) & Core Program	Skills Program Stretching & Foam Rolling	Rest Stretching & Foam Rolling

Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st	Nov. Friday 1st	Saturday 2nd	Sunday 3rd
Weights Session 1 Stretching & Foam Rolling	Swimming OR Spin Bike Program (Choose any)	Weights Session 2 Stretching & Foam Rolling	Running Program (Choose 1, 2 or 3) Core Program	Skills Program Stretching & Foam Rolling	Circuit Program (optional) Core Program	Rest Stretching & Foam Rolling

Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th	Sunday 10th
Weights Session 1 Stretching & Foam Rolling	Running Program 1 & Skills Program	Weights Session 2 Stretching & Foam Rolling	Running Program 3 & Core Program	Skills Program Stretching & Foam Rolling	Weights Session 1 OR Circuit Program Core Program	Information Day

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th	Sunday 17th
Weights Session 1 Stretching & Foam Rolling	Running Program 2 & Skills Program	Weights Session 2 Stretching & Foam Rolling	Skills Program Stretching & Foam Rolling	Rest Stretching & Foam Rolling	Weights Session 1 OR Circuit Program Core Program	Rest Stretching & Foam Rolling

Monday 18th	INFORMATION
Pre-Season Satellite Training Starts	<ul style="list-style-type: none"> <li>- All of the programs can be found in the 'LEAD IN PROGRAM' on the website.</li> <li>- "Choose 1, 2 or 3" etc. = Choose one of the programs in the document. There are 3 running programs, so when it says to choose, you can choose any one of those to do.</li> <li>- Weights OR Circuit = If you have your own weights program, you can do that. Or you can do the weights, which is in the 'LEAD IN PROGRAM'. You can also do the circuit, which is also in the 'LEAD IN PROGRAM'.</li> <li>- If you have any questions please do not hesitate to contact me (email: <a href="mailto:matthew.ross@afl.com.au">matthew.ross@afl.com.au</a>, mobile: 0467 567 799).</li> </ul>

## Running Programs

<b>1</b>	<p><b>Warm Up:</b> Over 10-15m Leg swings &amp; Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p><b>Session:</b> - 2 x 100m @ 90% pace on 15 seconds (30 seconds rest) - 2 x 200m @ 85% pace on 40 seconds (60 seconds rest) - 2 x 400m @ 75% pace on 90 seconds (120 seconds rest)</p> <p><b>Cool Down</b> – Gentle skills, walk (100-200m) and static stretching</p>	<p><b>Focus:</b> - Anaerobic &amp; Aerobic energy system interplay.</p> <p>- Deep breaths whilst resting. Stay upright and very light walking.</p>
<b>2</b>	<p><b>Warm Up:</b> Over 10-15m Leg swings &amp; Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p><b>Session:</b> 3 x 3-minute runs at ~70% with 2 minutes rest between each run. Set target after first run and reach that target again for the next runs.</p> <p><b>Cool Down</b> – Gentle skills, walk (100-200m) and static stretching</p>	<p><b>Focus:</b> - Aerobic system.</p> <p>- Try and remember how far you run, that way you have a target for the next run.</p>
<b>3</b>	<p><b>Warm Up:</b> Over 10-15m Leg swings &amp; Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p><b>Session:</b> - 3 x 20s (20s rest) runs at 90% with 2 minutes rest between each set. Repeat 5 times.</p> <p><b>Cool Down</b> – Gentle skills, walk (100-200m) and static stretching</p>	<p><b>Focus:</b> - Anaerobic system.</p> <p>- Try and remember how far you run, that way you have a target for the next run.</p>

## Swimming & Bike Programs

Swimming		
<b>1</b>	<p><b>Warm up:</b> 50m freestyle, 25m breast stroke, 25m backstroke</p> <p><b>Session:</b> 5 x 50m freestyle with 30 secs recovery, 5 x 25m backstroke with 30 secs recovery, 5 x 25m breast stroke with 30 secs recovery. 6 x 25m freestyle sprints (fast swimming) with 30 secs recovery.</p> <p><b>Recovery = after each 25m or 50m swim.</b></p> <p><b>Cool Down:</b> Gentle walk and stretch in water Session</p>	<p>Distance: 800m</p>
<b>2</b>	<p><b>Warm up:</b> 50m freestyle, 25m breaststroke, 25m backstroke</p> <p><b>Session:</b> 50m freestyle, 25m breaststroke, 100m freestyle, 25m breaststroke, 150m freestyle, 25m breaststroke 200m freestyle &amp; 25m Breaststroke. <b>30 SECS RECOVERY AFTER EACH BREASTSTROKE.</b></p> <p><b>Cool Down:</b> Gentle walk and stretch in water Session</p>	<p>Distance: 725m</p>

**Bike**

<b>1</b>	<p><b>Warm up:</b> 5min constant spin on low resistance. HR 110-130.</p> <p><b>Session:</b> 2 min pedalling hard, 1 min pedalling easy – repeat 5 times. 1 min pedalling hard, 30 sec pedalling easy – repeat 5 times. 30 sec pedalling hard, 10 sec pedalling easy – repeat 5 times.</p> <p><b>Cool Down:</b> 5min constant spin on low resistance.</p>	<p>Session Duration: 25:50 min</p>
<b>2</b>	<p><b>Warm up:</b> 5min constant spin on low resistance. HR 110-130.</p> <p><b>Session:</b> Complete 4 sets of: 30sec hard, 15s easy – repeat x 5.</p> <p><b>Cool Down:</b> 5min constant spin on low resistance.</p>	<p>Session Duration: 20:40 min</p>

**SKILLS / TOUCH PROGRAM**

**These need to be completed with a partner and if possible another player who is in the squad training. \*\*Before each session ensure you complete a thorough warm up!\*\***

**TWO BALLS REQUIRED**

- 30 x Right handballs at top pace
- 30 x Left handballs at top pace
- 50 x Tram tracks
- 20 x Half Volleys
- 20 x Ground balls
- 30 x Koutas
- 40 x Unders/Overs (roll shoulders)

Repeat above

30 x 2 balls juggle (one person at a time)

**ONE BALL REQUIRED**

- 20 marks from a kick (both sides) - 5m away (handball back)
- 25 x handballs to each other over varying distances using left and right hand (5-20m)
- Partner kicking (stationary) 15m (10 Right & left)- ‘Driver kicks’  
25m (10 Right & Left) – ‘5 iron kicks’  
35m (10 Right & Left) – ‘9 iron kicks’

**CHOOSE ONE OF THESE KICKING EXERCISES**

- Partner kicking to space, max distance 30m kicks (5 min)

& Partner kicking over 15m, both sides of the body (5 min max)

Snaps, Bananas, Torpedos, Drop punts

**OR**

- Partner kicking to space, max distance 30m kicks (5 min)

& Partner kicking over 10m – partner to mark the ball one handed then mark the ball behind back (5 min)

**CHOOSE ONE OF THESE CHALLENGES**

➤ Stand 15m apart. Dribble kick the ball along the ground to your partner. First player to get partner to fumble 10 times wins. Ball must be taken one touch

**OR**

➤ 1 player kicks the ball up in the air, the partner must allow the ball to bounce once then try and gather the ball before it bounces 3 times. Have 5 goes each

## Circuit Program U/16

This program is to be completed without rest. Players must jog 40m between each exercise i.e. 20m out 20m back.

**Focus = Legs (Hips, Glutes, Hamstrings & Quads) and Core.**


***Exercises:***

1. Push Ups X 15
2. Squats X 10
3. Glute Bridges X 15
4. 20m Shuttle runs X 2 (up and back count as 1)
5. Plank 45 seconds
6. Single Leg Glute Bridges
7. Side plank 20s both sides
8. 20m Shuttle Run X 2 (up and back count as 1)
9. Single-Leg Squats x 10 (each side)
10. Clams x 12 each side
11. Single Leg Deadlifts x 5 each side
12. Push Ups x 10
13. 20m Shuttle Run x 2 (up and back count as 1)

# Weights

- There are two different sessions. Do session 1 & 2 at least once per week, which focuses on your glutes, hamstrings, quads and core as well as some upper body strength. The Calendar will also have the option to do the circuit program once on the weekend. **If you are not sure how to do any exercises, there is an instruction booklet on the Gippsland Power Website.**

- There is nothing in the 'Load' section because everyone will be lifting different weights. So make sure you aren't lifting too heavy and make sure the correct technique is applied.

U16		GIPPSLAND POWER FOOTBALL CLUB																									
		Block 1	Squat				Deadlift																				
Bodyweight	Date	Season Best	Current																								
	Oct/Nov 2019																										
Warm Up: - 6 x Squats, 10 Single Leg Glute Bridges ES, 8 x Lateral walking, 10 x Clams																											
Sesion 1 (1 or 2 x Per Week)	Body Part	Type	Week 1				Week 2				Week 3				Week 4				Tempo	Exercise Notes							
			Sets				Sets				Sets				Sets												
			Reps	10-12	10-12	10-12	Reps	10-12	10-12	10-12	Reps	10-12	10-12	10-12	Reps	10-12	10-12	10-12									
			%				%				%				%												
			Rest	90s	90s	90s	Rest	90s	90s	90s	Rest	90s	90s	90s	Rest	90s	90s	90s									
			Load				Load				Load				Load												
			Result				Result				Result				Result												
			Reps	10-12	10-12	10-12	Reps	10-12	10-12	10-12	Reps	10-12	10-12	10-12	Reps	10-12	10-12	10-12									
			%				%				%				%												
			Rest	90s	90s	90s	Rest	90s	90s	90s	Rest	90s	90s	90s	Rest	90s	90s	90s									
			Load				Load				Load				Load												
			Result				Result				Result				Result												
A1	Goblet Squat or DB Lunges	LB	Push																	2-2	- Squat = Hold a DB or KB against your chest. Heavy enough so that it's relatively hard to get 12 reps. If you are not comfortable squatting, do lunges instead.						
A2	DB Deadlift	LB	Pull																	2-2	- Make sure the weight is right. Have DB in each hand. - Keep your back straight the entire time and push through with your glutes. - Drop or lower weight and then reset and lift again.						
B1	DB Glute Bridges	LB	Push	10	10	10		10	10	10	10	10	10	10	10	10	10	10	10	2-2	- Contract explosively, and concentrate on your glutes. - To add weight, have either a DB or BB across your hips, and push the weight up.						
B2	DB Calf Raises	LB	Push	15	15	15		10	10	10		10	10	10		10	10	10		2-2	- Hold the DB's in your hands. - Push through the middle of your foot / big toe. Do NOT roll outwards.						
C1	Supine Row	UB	Pull																	2-2	- Lying under a bar, pull yourself up. Your sternum should just about touch the bar on the way up.						
C2	DB Single Arm Row	UB	Pull																	2-2	Have a flat back and pull the weight up, without over doing it. Do not use momentum to pull the weight up.						
			RPE:				RPE:				RPE:				RPE:												
Additional Session Notes			Put in what weight you are doing. Make sure technique is right, and you know what you are doing. If not, please seek advice from myself or another trainer / professional ES = Each Side, DB = Dumbbell, BB = Barbell, BW = Bodyweight If you have any questions, please contact me. Email: matthew.ross@af1.com.au; Mobile: 0467 567 799																								

U16

GIPPSLAND POWER FOOTBALL CLUB



Block 1

Bench Press

Bench Pull

Shoulder Press

Seated Row

Lat Pull Down

Pull Up (Wide)

0

Bodyweight

Date Oct/Nov 2019

Season Best

Current

Warm Up: - 6 x Squats, 10 Single Leg Glute Bridges ES, 8 x Lateral walking, 10 x Clams

Session 2 (1 x Per Week)	Body Part	Type	Week 1				Week 2				Week 3				Week 4				Tempo	Exercise Notes	
			Sets				Sets				Sets				Sets						
A1	Bench Press OR Push Ups	UB	Push	Reps	10-12	10-12	10-12			10-12	10-12	10-12			10-12	10-12	10-12	10-12			
				%																	
				Rest	90s	90s	90s			90s	90s	90s			90s	90s	90s	90s			
				Load																	
A2	Seated Row	UB	Pull	Reps	10-12	10-12	10-12			10-12	10-12	10-12			10-12	10-12	10-12	10-12			
				%																	
				Rest	90s	90s	90s			90s	90s	90s			90s	90s	90s	90s			
				Load																	
A3	Seated Shoulder Press	UB	Push	Reps	10	10	10			10	10	10	10			10	10	10	10		
				%																	
				Rest	90s	90s	90s			90s	90s	90s	90s			90s	90s	90s	90s		
				Load																	
B1	Single Leg Deadlift	LB	Pull	Reps	8-10	8-10	8-10			8-10	8-10	8-10	8-10			8-10	8-10	8-10	8-10		
				%																	
				Rest	60s	60s	60s			60s	60s	60s	60s			60s	60s	60s	60s		
				Load																	
B2	DB Lunges	LB	Push	Reps	8 ES	8 ES	8 ES			8 ES	8 ES	8 ES			8 ES	8 ES	8 ES				
				%																	
				Rest	90s	90s	90s			90s	90s	90s			90s	90s	90s				
				Load																	
C2																					

RPE:

RPE:

RPE:

RPE:

Additional Session Notes

Put in what weight you are doing. Make sure technique is right, and you know what you are doing. If not, please seek advice from myself or another trainer / professional  
 ES = Each Side, DB = Dumbell, BB = Barbell, BW = Bodyweight  
 If you have any questions, please contact me.  
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## Core Program

### Exercise

- Kneeling arm-leg raise**
- Contract glutes all the way through.
  - 8 Each Side, with 15 seconds rest.



### Tips

Start with the hands under the shoulders, the knees under the hips & neutral curves in the spine. Extend the hip & knee & flex the opposite shoulder then return to the start position. Either continue with the same arm & leg or repeat the movements with both limbs in an alternating fashion. Hold a dumbbell to progress the exercise.

### Exercise

- Band hip ER**
- Push top heel into bottom heel.
  - 12 Each Side. x 2 15 seconds rest



### Tips

Start with the hips & shoulders square then externally rotate the hip. The amount of hip & knee flexion may vary depending on the requirements of the exercise. Try to keep the rest of the body stationary as the hip rotates.

### Exercise

- Prone stabilization**
- Just hold the middle position. Contract glutes, whilst holding plank.
  - 6 x 30 seconds. 15 seconds rest





### Exercise

Side prone stabilization - 8 Each Side x 3, with 15 seconds rest



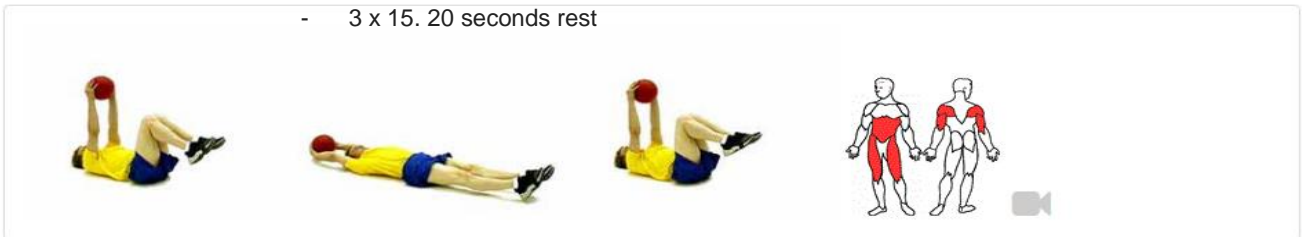
### Tips

Start with the elbows under the shoulders & the legs in line with the torso. Rotate the torso to open out at the chest then return the arm to the start position. Repeat the movements to both sides.

### Exercise

Lat pullover hip flexion - Start with light medicine ball or football, and progress with heavier medicine balls or dumbbells.

- 3 x 15. 20 seconds rest



### Tips

The head, shoulders & hips should remain on the floor. Flex the shoulders & simultaneously lower the legs towards the ground as far as possible then return to the start position. The time spent in the extended position can vary depending on the requirements of the exercise. A dumbbell or weights plate can be used as an alternative form of resistance.

### Exercise

Seated rotation - 20 on each side x 3. 15 seconds rest.



### Tips

Keep the legs straight & start by lifting the legs off the ground. Reach across the body with each hand while keeping the legs in the same position.

## Stretching / Foam Rolling Program

**Run time: 15 minutes**

Slowly roll back and forth on each muscle group listed below. Ensure deep breaths are taken throughout the entirety of the session.

Focus on rolling over the muscles, rather than joints. If pain persists throughout rolling and does not subside, please see one of the medical staff.

1. Calf



2. Hamstring



4. Glutes



3. Back / Spine



6. ITB



5. Calf



### Yoga 02562



#### Tips

Flex the hip & pull the leg straight up while keeping it straight. Slide the hands up the back of the thigh & flex the head forward.

The other leg should remain straight on the floor or flexed with the foot flat on the ground.

## Yoga 02526



### Tips

Lower the hips to the ground & extend the spine by extending the arms. The range of extension may vary depending on the level of flexibility.

Press the arms into the floor & keep the shoulders relaxed.

Extend the neck towards the end of the pose.

## Hamstrings buttock calf stretch 02608



### Tips

Sit on the floor with the legs straight & the spine in a tall position.

Pull the toes back, lean forward at the hips & do not flex the spine to initiate the movement.

While leaning forward grasp the feet & carefully flex the entire spine. The legs should remain relaxed while leaning forward at the hips.

## Groin stretch buttock 02763



### Tips

Start with the legs wide apart with the feet facing out. The outward facing direction of the feet should be achieved by externally rotating the hips.

Keep the feet flat on the ground, squat as far as comfortable or until the thighs are parallel to the ground.

The knees should track in line with the centre of the feet & keep the legs stationary during the rotations.

## Hip flexor quadriceps stretch 02629



### Tips

Start with the hips & shoulders square & facing forwards then lean forward at the hips.

Ensure that the shoulders remain above the hips while leaning forward & do not allow the lower back to extend.

The hips should remain stationary while flexing the back leg & pull the foot straight towards the buttock.

## Iliotibial band stretch 02782



### Tips

Position the hand on the wall with the feet an arms length from the wall.

Place one foot behind the other, then lean the hips towards the wall while keeping the hips & shoulders square.

The stretch should be experienced on the outside of the thigh, hip & possibly the torso.

The extent of the stretch is determined by the flexibility of these muscles.

## Torso side bend stretch 02798



### Tips

Place the hand & the opposite foot flat on the ground.

Slowly extend the arm to elicit the stretch while keeping the hip on the ground.

## Tensor fascia late stretch 02636



### Tips

Sit with the spine in tall posture with the hands on the floor.

Place one foot on the opposite knee & pull the knee towards the floor. The movement is rotation at the hip joint & do not twist the knee.

A stretch may not be experienced if the hip is not tight.

## Calf hip flexor stretch 02623



### Tips

Take a small step forward with the hips & shoulders square. The rear foot should be slightly turned out & flat on the floor.

Lean forward at the hips & do not allow the lower back to extend while. The shoulders should remain above the hips.

## Yoga 02508



### Tips

Position the hands flat on the floor & shoulder width apart. Lift the hips, straighten the legs & shift the weight onto the legs. Press the palms forward & try to press the heels towards the floor also.

Ensure that the arms remain straight to create an inverted V shape with the upper body & lower body.

If tightness in the back of the legs restricts the pose, bend the knees slightly.

## Posterior shoulder rotation stretch 02807



### Tips

Ensure that the surface is smooth & does not inhibit the hand from sliding.

Place both hands together with the back of the hand on the floor. Rotate the spine & press the hands across the body to facilitate the rotation.

The rotation is directed across the body & not down towards the floor.

## Recovery Methods

### BEST RECOVERY METHODS:

- ❖ Sleep
- ❖ Nutrition

### Sleep:

- 8-10 hours per night
- As many hours before midnight, the better.
  - For example: **sleeping at 9:30pm and waking at 6:00am** (8 ½ hours) compared to sleeping at 11:30pm and waking at 8:00am (8 ½ hours) is more beneficial.
- Naps during the day are also encouraged, but should not last over 90 minutes

### Nutrition:

#### *Everyday diet*

Ensuring your everyday diet is adequate but not excessive in protein, vegetables, fruits and carbohydrates will allow the body to perform at its best, including both pre -game preparation and post-match recovery,

Your standard, baseline diet needs to be based on the Australian Guide to Healthy but for maximal on ground performance and recovery; your daily diet must include the following:

- 2 serves of fruit
- **5-6 serves of vegetables – this is critical**
- 3-4 serves of dairy foods
- **2-3 serves of meat/alternatives like chicken, fish, nuts, legumes, tofu – this is critical, it needs to be good sources**
- 5-7 serves of grain-based foods like bread, cereals, pasta, rice – don't over do it
- 2 litres of water at least! (more on this later)

Additional 'extras' such as soft drinks, chips, lollies, chocolate, cakes, fast foods can be included in your diet occasionally, however please note these foods are high in energy, fat and/or sugar and provide minimal nutrition.