



GIPPSLAND POWER NAB LEAGUE GIRLS 2020

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Welcome to the Gippsland Power Football Club.

The aim of Gippsland Power is to maximize each player's football and personal development. Our ability to fulfil this aim has established our reputation as being the leading elite football development program in Gippsland

We the staff are dedicated to assisting in the smooth running of the Club so as to provide the best environment for you the players to succeed.

Below are contact numbers for you to call if you are unable to attend training.

Female Talent Coordinator Chelsea Caple 0407 406 096
Head Coach Scott Armour 0408 394 007

Support from the **Parents** is essential if we are to continue to be a competitive force.

The Club and the Staff will do all they can to provide an appropriate environment for the development of the girls as footballers and as growing ladies.

It is also important to have faith in the Coaching Staff and allow them to carry out their training and match day duties without interference.

The temptation to talk to the girls during matches can be distracting to the players and the Coaching Staff. Certainly, discuss football with your girls as often as you wish but trust the Coaches to do the job on match days.

We look forward to meeting you all this year, and should you have any queries please do not hesitate to contact us at any time.

Scott & Chelsea
Talent Managers

Important Dates

2019 - Commencing Monday 18 November 2019 and concluding Thursday 18th December 2019.

2020 - Commencing January 29 2020 and concluding after last match, 9th/10th May 2020.

Training Nights and Locations

Satellite training will be on Mon, Wed, Fri nights from 5.00pm - 6:30pm at four various locations across Gippsland, commencing Mon 18th November and finishing on Fri 13th December.

Training locations -

Gippsland Grammar Oval, Princess Hwy Sale - Scott Pearce 0429 432 600

Wonthaggi Football Ground - Stu Gilmour - 0419 396 766 OR Darren

Fletcher 0427 973 106

Churchill Football Ground - Brett Van Berkel 0410 062 603

Garfield Recreation Reserve - Jason Mitchell 0488 254 065

Skills training will be on Tuesday nights from 5.30pm to approx. 7.30pm commencing Tuesday 4th February 2020.

Training location -

Gippsland Power Centre of Excellence

Morwell Recreation Reserve,

Travers St, Morwell

PLEASE NOTE: ALL PLAYERS MUST BRING THEIR OWN FOOTBALL, FOOTBALL BOOTS, RUNNERS, GIPPSLAND POWER SHORTS, GIPPSLAND POWER TSHIRT AND WATER BOTTLE TO ALL TRAINING SESSIONS.

Strength and Conditioning Program

Sporting performances are governed by three general factors: skill, physiological fitness and psychological preparation. While each of the three general factors is important in any sport, there are differences in the degree to which optimal performance relies on any one of them. Think carefully about the relationship between these components but remember that fitness is the energiser of sports performance.

Coming to Gippsland Power F.C. unprepared for the opportunity offered is a recipe for disaster. Unfortunately, many recruits still come down to get fit instead of being 85-90% of their maximal fitness when they arrive. A first impression is usually a lasting impression and unfit players coming to a new club and striving to keep up can so easily become injured, miss vital training sessions, lose confidence and finally forfeit what chance they have been given in the first place.

You have to prove to the coach and selectors, in the brief pre-season period, that you are capable of meeting team requirements both physically and mentally.

The purpose of this program is to guide your foundation training so that you are prepared for in-season training when it commences.

It is expected that every player will arrive to pre-season training with some type of foundation work completed. Organise somebody to train with; it is never easy to train by yourself.

All training sessions must be preceded with a warm-up and ended with a stretching session as set out below.

This program has been prepared by: Chelsea Caple, BExSc, MBus(SportMgt), Physical Activity Australia Registered Exercise Professional.

Pre Christmas at home training sessions

Conditioning Program 2 x per week

Core Program 2 x per week

Stretching/Foam Rolling 4 x per week

- **Conditioning and Core Program can be done together**
- **Skills Program to be completed if a Satellite training session is missed**

- 7 week Injury prevention + strength program
- Complete program 2-3 x week

Crab Walks > Skater Hops *

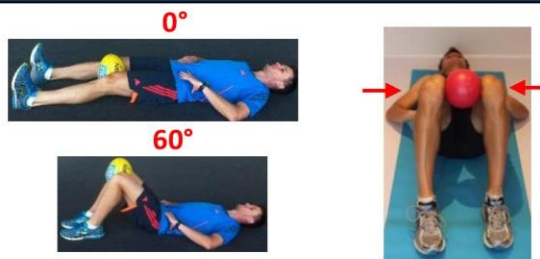


Description:

- Mini squat with band around ankles (green > blue)
- Keep side on and walk like a 'crab'
- Progress to skater hops at week 5

Week 1	Week 2	Week 3	Week 4	Week 5*	Week 6*	Week 7*
2 x 10 e.s	2 x 10 e.s	2 x 12 e.s	3 x 12 e.s	3 x 14 e.s	3 x 14 e.s	3 x 14 e.s

Adductor Squeeze



Description:

- Lie on your back
- Complete 2 sets at each angle 0° + 60°
- Place a football between your knees
- Squeeze the ball gradually and hold for **10 sec**
- No sharp pain on squeeze

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 6 each	2 x 6	2 x 8	2 x 10	2 x 10	2 x 10	2 x 10

Clams + Side Lying Hip Abduction



Description:

- Lie on your side against wall
- Keep a straight line between your shoulders, hips and feet
- Add the band around your knees as it gets easier on clams

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 14 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s	2 x 20 e.s

Bench Adduction



Description:

- Keep your hips square
- Straight line shoulders > hips > ankles
- Lift bottom leg up to bench
- SLOW movement

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
N/A	N/A	2 x 5 e.s	2 x 6 e.s	2 x 8 e.s	2 x 8 e.s	2 x 10 e.s

Single Leg Squat



Description:

- Keep your hips square and torso tall
- Squat down on one leg – sit onto box to start
- Keep your knee tracking over your toes
- Go as deep as you can – add weight as needed

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
3 x 6 e.s	3 x 6 e.s	3 x 6 e.s	3 x 8 e.s	3-4 x 8 e.s	3-4 x 8 e.s	3-4 x 8 e.s
BW	BW	BW-5kg				

Walk Lunge with Rotation

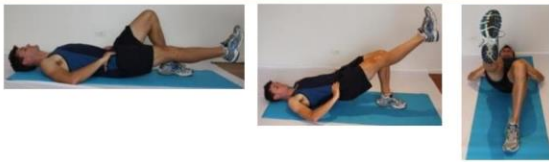


Description:

- Step into a lunge position
- Keep knee from tracking over front
- Rotate towards front knee
- Add weight either hold in front or vest

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 6 e.s	2-3 x 8 e.s	2-3 x 8 e.s	2-3 x 8 e.s	3 x 8 e.s	3 x 8 e.s	3 x 8 e.s
BW	BW	BW-5kg				

Single Leg Bridge (1-2 x week)



Description:

- Lie on your back with feet on the ground > progress to foot on box
- Take one leg out straight and lift your hips off the ground keeping hips square

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 8 e.s	2 x 8 e.s	2 x 10 e.s	3 x 10 e.s	2-3 x 12 e.s	3 x 12 e.s	2-3 x 12 e.s
			Try 1 set on box			

Nordics (1-2 x week)

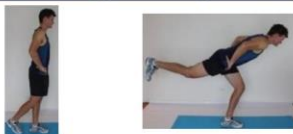


Description:

- Use a partner to hold your legs
- Keeping alignment
- Fall to the ground in 5 seconds

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 4	2 x 5	2 x 6	3 x 5	3 x 6	3 x 6-8	3 x 6-8

Single Leg Romanian Deadlift (1-2 x week)



Description:

- Stand on one leg and unlock your knee
- Keep chest out/shoulders back
- Start to hold a weight in your hands as needed

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 8 e.s	2 x 10 e.s	2 x 12 e.s	3 x 10 e.s	3 x 10 e.s	3 x 10 e.s	3 x 10 e.s
			Add weight			

Double Leg Jump & Land > Single Leg Land

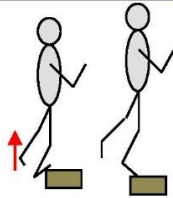


Description:

- Jump for height
- SOFT landing through ankles / hips / knees
- Start with double leg landing progress to single leg landings

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 8	2 x 8	3 x 8	3 x 8 or 4 es	3 x 8 or 4 es	3 x 8 or 5 es	3 x 8 or 5 es

Single Leg Calf Raise (1x week)

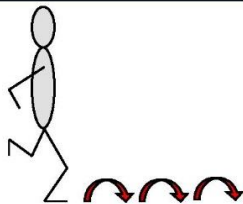


Description:

- Hanging off a step raise up onto your toes then control down
- Make sure you go through full range

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 10 e.s	2 x 12 e.s	2 x 14 e.s	2 x 18 e.s	2 x max e.s	2 x max e.s	2 x max e.s

Single Leg Hops (1x week)



Description:

- Hopping on one foot in a straight line
- Keep a good rhythm
- Keep the hops to around 10cm and no bigger

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 10 e.s	2 x 12 e.s	2 x 14 e.s	2 x 16 e.s	2 x 18 e.s	2 x 20 e.s	2 x 20 e.s

TRUNK

Side Hold



Description:

- Support your body on your elbow
- Keep elbow under shoulders and straight alignment between shoulders-hips-ankles

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 20 sec e.s	2 x 30 sec e.s	2 x 30 sec e.s	2 x 45 sec e.s	2-3 x max e.s	2-3 x max e.s	2-3 x max e.s

Prone Hold



Description:

- Supporting yourself up with your elbows
- Keep straight line between your shoulders, hips and ankles
- Draw your abs in (belly button towards your spine and ribs in)
- Aim is to progress at your own pace, but go to max each time

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 30 sec	2 x 45 sec	2-3 x 45 sec	2-3 x 60 sec	2-3 x max	2-3 x max	2-3 x max

Supine Single Leg Extension – Legs Up



Description:

- Lie on your back and activate your deep abs
- Take your legs up to 90°
- Take one leg out at a time
- Keep a neutral spine

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
2 x 6 e.s	2 x 8 e.s	2 x 8 e.s	2 x 8 e.s	2 x 8 e.s	2 x 10 e.s	2 x 10 e.s

Core Program

Exercise


Seated rotation



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.


3 x 20 each side.
Stay balanced,
do not swing
legs.

Supine arm-leg raise



Tips
Start with the head, shoulders & hips in contact with the ground with the arms & legs straight. Lower the opposite arm & leg to the floor as far as possible while maintaining a stable torso then reverse the movements back to the start position. If insufficient strength limits the range of hip extension, flex the legs slightly as long as the lumbar spine does not flatten or round. To increase the resistance, hold dumbbells in the hands or place weighted cuffs around the legs.


3 x 15 each side.
Keep it very slow
(3 seconds down
and up) and think
about core.



Tips
Start with the forearm flat on the ground & the elbow under the shoulder. The hips & shoulders should face forward with the neck in line with the spine. Keeping the legs together, lift the hips off the ground until the body is straight & balanced. Either hold the raised position for the prescribed period of time or return the hips to the floor after each repetition.

Cautions
Do not round the spine or allow the shoulder blades to wing or lift off the ribs.

3 x 30 second
holds each side.
Tense your glutes
and keep body
straight




Tips
Start with the forearms flat on the floor with the palms facing down. Extend the hips & knees to press up to a front support position while keeping the torso rigid then reverse the movements back to the start position. Control both phases of the exercise, particularly the lowering phase. Consider placing a mat under the arms for additional comfort.

Cautions
Keep the neck in line with the spine & do not allow the spine to sag.

3 x 50 second
holds. Tense your
glutes and
practice focusing
on muscles.

Exercise

Kneeling arm-leg raise



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.

3 x 10 each side.
Keep hips steady!
Do NOT drop
opposite side
when lifting leg.

Stretching

Hold each stretch for 20 seconds and repeat each stretch twice. Take deep breaths whilst you are holding the stretch, and go to full range of motion where possible.

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.

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.

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.

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.

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.

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.

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 knees.

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

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.

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.

Foam Rolling

Run time: 5-10 minutes

Roll each muscle group for 30 seconds and repeat twice. 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



3. Glutes



4. Back / Spine



5. ITB



6. Thigh



Skills 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

30 x Tram tracks

20 x Half Volleys

20 x Ground balls

20 x Koutas

20 x Unders/Overs

Repeat above

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

ONE BALL REQUIRED

20 marks from a kick- 5m away (handball back) **** use both side of body****

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 over 15m, both sides of the body (10 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 has to allow the ball to bounce once then try and gather the ball before it bounces 3 times. Have 5 goes each

Recovery

After every training session - aim for 30 or more points. After games, aim for 50 points.

You can also include these strategies after any other training session throughout the week.

Recovery Strategy	Description	Recovery Points
<u>Compression Garments</u>	Worn during travel (more than 2 hours)	5 points
<u>Compression Garments</u>	Worn during sleep (8 hours)	10 points
<u>Contrast Shower (hot/cold)</u>	Alternate 2 min hot / 30sec cold Repeat 4-7 times Remember to finish on cold	10 points
<u>Ice Bath</u>	7-10 mins in water temperature of 12-15 degrees	5 points
<u>Pool Recovery</u>	20-30 mins is recommended. Alternate swim strokes, running and walking in hip deep water, dynamic stretching.	15 points
<u>Beach Session</u>	10-20 minutes is recommended, which should involve having the hips submerged under the water and light activity (walking, dynamic stretching).	15 Points
<u>Hydration Status</u>	Calculate pre- and post-game bodyweight Fluid ingestion = 1.5 x kg lost Eg. Pre- game weight 62kgs Post-game weight 60kgs Weight lost =2kgs Fluid ingestion = 1.5 x 2kg =3L	15 points
<u>Massage - deep tissue</u>	Deep Tissue Massage (30mins)	15 points
<u>Massage - self massage</u>	Tennis Ball, Foam Roller (15-20mins)	10 points
<u>Nutritional supplementation</u>	Pre game - during game - post game. Bar/Banana - Gatorade or Lollies - Low Fat Milk	5 points

Recovery

Sleep

Sleep is the most beneficial form of recovery. Athletes should follow these guidelines:

Sleep 8-10 hours every day (80-90% at night, 10-20% during 'day naps' between sessions)

Try to go to bed and get up at regular times

Start to relax and 'wind down' 20-30mins before bed

Don't force sleep - go to bed when ready

Cool down: EVERY session should have cool down component lasting 5-10mins.

Water immersion (pool/ocean recovery): A minimum of 10minutes is required to achieve the effect from water pressure. Recommended time for a session is 15-20minutes immersion with light activity (i.e. leg swings, walking, swimming etc)

Cryotherapy (ice/ice baths): most commonly used method for recovery - Some tips:

Ice baths: 10-15minutes of 'exposure' i.e. underwater

Ice baths: temperature between 10⁰-15⁰ **NO LESS - buy a thermometer and check**

Ice: follow protocol of 15minutes 'on', 30minutes 'off' *5reps

Contrast therapy (hot-colds): involves a combination of hot and cold techniques, which possibly creates a 'pumping action' of fluid and nutrients to improve recovery. Some tips and benefits of contrast therapy:

Faster recovery of strength and power factors

Decreased stiffness and pain, fast removal of wastes

Ratio of 3:1 (hot:cold) i.e. 2mins hot:30min cold

15-20minutes. 'Hot' temp = 37-44⁰ 'Cold' temp = 10-20⁰

Can be easily done in shower. ALWAYS start with hot and end with cold.

Remember no hot water if you have a corky or muscle damage.

Massage: Massage can have several benefits both physiologically and psychologically. Tips and benefits of massage:

Has been shown to significantly reduce soreness and improve strength and power performance

Reduces anxiety, stress, tension

Should last at least 20-30minutes

Ideally should be massaged within 1-2hours of a highly fatiguing session

'Relaxation' massage should be considered as well as 'sports' massage

Compression Garments

Compression garments and bandages may aid recovery by reducing swelling. They also act as a pump, squeezing blood flow out of muscles during normal activities.

Different recovery techniques will work better for each individual. Try all and see which one works best for you

Hydration and Nutrition

Danielle Purvis - 0449 591 128

Hydration is one of the most important factors for high quality training and high performance. Particularly when the weather is warm, **hydration** can dictate how comfortable you are during a session and how well you perform. Some rules about hydration:

Start drinking **EARLY IN THE DAY** (soon after you wake up) and drink **REGULARLY**

Aim to drink at least 2-3litres of water per day, more on running days

Drink a variety of fluids that you enjoy the taste of

Drink fluids that are cold instead of room temperature

On training days consume fluids with carbohydrates (i.e. Gatorade, Powerade)

If you have lost 1kg of body weight you need to consume 1.5L of water to replace the fluids lost within 4-6hours post exercise.

Alternative **hydration** methods are being explored in the hot weather, such as the use of slushies/slurpees before and after training sessions.

On days where the temperature is 32^o or above, some useful advice:

Consume 500ml-1litre of slushie/slurpee 30-45mins before a session

Consume 500ml-1litre of slushie/slurpee immediately after a session in conjunction with normal fluids

**If possible try to avoid caffeinated and sugary drinks on a regular basis as they dehydrate you.*

Nutrition is equally as important as recovery sessions. The food taken in following a heavy session will impact on how quickly an athlete grows and repairs.

Before a session - aim to leave at least an hour between food and a session. The food should be a *snack only* that has carbohydrates and protein that is also low fat.

After a session - aim to intake carbohydrates and proteins immediately (within 15mins) in food and liquid

General Notes:

Get into a routine with eating and training

Aim to do strength training in the mornings - drastically increases metabolism throughout the day compared to training later on

Eat foods you enjoy

Eat meals that are rich in nutrients and will keep you fuller longer.

Example: Spaghetti with Napoli sauce vs. Spaghetti with Napoli sauce + tuna *or* minced meat + beans

Healthy Eating Choices

1.	Eat smaller meals, more frequently	✓ ✓ ✓ ✓	Keeps your metabolism at constant rate Large meals cause sharp rise then fall in metabolic rate Burns energy more efficiently Helps to maintain blood sugar more effectively therefore feelings of energy throughout the day
1.	Drink 2-3 litres of fluid daily	✓ ✓ ✓	Also keeps metabolism more constant Helps digestion including bloating Assists training capabilities
1.	Avoid fried foods	✓ ✓ ✓	Contain large amounts of oil and butter Worse at take away where you don't know portions used Choose grilled or even pan-fried options where possible
1.	NO chips/fried potatoes	✓ ✓ ✓	Extremely high in fats and carbohydrates (i.e. extremely energy dense food) Little nutritional value Wasted energy
1.	Avoid white flour products	✓ ✓ ✓ ✓	Examples include: white bread (the devil), pastries (i.e. pies, sausage rolls, muffins) Poor nutritional content for amount of energy Difficult to digest Absorb other macronutrients such as fat easily
1.	Limit starchy carbohydrates after 4pm	✓ ✓	'Starchy carbohydrates' = pastas, potatoes, pastries, breads Significant energy consumed before bed when metabolism will be almost shutting down - difficult to burn energy
1.	NO soft drink/juice/cordial	✓ ✓	Sugarless options are OK Sugar contains significant amounts of energy and can be stored as adipose tissue (fat) eventually if not utilised
1.	Choose sugary treats over fatty ones	✓ ✓ ✓ ✓	Treats like lollies, biscuits (except shortbreads) Have high sugar but little fat Fat contains double the energy per gram than sugar Not to be eaten as a meal! Treat/snack only
1.	Aim for Low-GI foods and foods high in protein	✓ ✓ ✓	Protein helps build lean mass which helps to maintain body composition Low-GI examples = Basmati rice, vegetables (not potato), legumes (i.e. beans), meats, dairy (choose low fat) May help energy levels for longer