



U16 PRE-SEASON TRAINING PROGRAM 2019/20



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Program created by Matt Ross

Welcome by Talent Manager

On behalf of myself and my staff I would like to welcome you all 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 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.

Talent Manager: Scott McDougal 0439 109 367

U16 Program Coordinator: Darryl Cooling 0411 112 979

U16 Coach: Allan Chandler 0438 724 898

U18 Coach: Rhett McLennan 0423 124 337

Strength & Conditioning Coach: Matt Ross 0467 567 799

Office: 5134 8133

Parents

Support from the Parents is essential if we are to continue to be a competitive force in the AFL Victoria Country U16 program.

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

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 boys during matches can be distracting to the players and the Coaching Staff. Certainly, discuss football with your boys 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 me at any time.

Scott McDougal

Talent Manager

Introduction

Gippsland Power's U/16 program forms an important part of the talented player pathway and provides players with a tremendous opportunity to develop their football abilities. The program has skill development as a major focus, while at the same time providing players with an introduction to the training demands and commitment associated with taking the next step to U/18 NAB League football.

You are one of 120 players from throughout Gippsland who have been issued invitations to attend pre-season training, and as such this is an achievement in itself. However, at the end of the day all you have earned is an opportunity to show us what you are capable of. The hard work begins now. Ultimately a final squad of approximately 25 players will be selected to compete in the Country U/16 Championships in three games from March 21st to the 3rd April 2020. The task of making the final squad will be a difficult one. Put your best foot forward, so that you can look back with the knowledge and satisfaction that you gave it your best.

Certain aspects of the pre-season program will, for some players, be the most physically demanding training that you will have encountered to this point. Embrace the challenges that are placed in front of you and gain strength from your ability to meet each one. Mental fortitude is a critical component in the make-up of achievers in all walks of life. You have to decide if you are strong in heart and mind. Build your mental toughness in all that you do, particularly during the challenging times when the opportunity to test yourself will be presented regularly.

Selection of players who possess the right character traits is regarded by the club as being of paramount importance. We will observe your behaviour closely and with great interest. Will you put your hand up when required and take physical risks? Will you get back up quickly after having been knocked down? What will be your response to seemingly poor decisions? Will you always be very keen and enthusiastic? Will you remain disciplined in all you do?

In finishing, make the most of every opportunity, and enjoy your football. Become a "we" rather than a "me" player from the start to finish. Help build a Gippsland Power culture of selflessness, so you can become a footballer and we can become a team which is respected and competitive.

Training Program 2019-20

Pre-Christmas Training 18th November to 18th December

Commencing 18th November 2018 and concluding on Wednesday the 18th December 2019.

Pre-Christmas Training Program

FOOTBALL SKILLS

Skills training prior to Christmas will be again decentralized, and each player will train three nights a week commencing Monday 18th November 2019 at one of the following locations according to where you live. This will allow coaching staff to view all squads more evenly. Mondays, Wednesdays & Fridays will be football specific training.

IMPORTANT DATES FOR THE WHOLE SQUAD

- Sunday 8th December

Under 16 Practice matches at Churchill Football Ground. You will be required at the ground by 12:00pm

- Sunday 15th December

Fitness testing day at Moe-Newborough Leisure Centre commencing at 12:15pm

- Wednesday 18th December

2km Time Trial at Moe-Newborough Leisure Centre commencing at 5:30pm onwards.

Football & Fitness Sessions

Training times Monday, Wednesday & Friday from 5.00PM – 6.15PM

Bairnsdale Football Ground – Adrian Bromage (0408 861 768)

Gippsland Grammar Oval, Princess Hwy Sale – Scott Anderson (0425 610 822)

Wonthaggi Football Ground – Craig Reid (0488 481 400)

Churchill Football Ground – Daniel Brand (0417 506 664)

Garfield Recreation Reserve – Dean Blake (0400 914 241) & Hayden Stanton (0417 317 779)

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

*** PRE-SEASON TRAINING WILL RE-COMMENCE ON WEDNESDAY 29th JANUARY AT THE Moe-Newborough Leisure Centre at 4:30pm. TRAINING WILL THEN BE EVERY WEDNESDAY AND FRIDAY NIGHT COMMENCING FRIDAY FEBRUARY 1st AT 5.30 PM AT CHURCHILL FOOTBALL GROUND UNTIL FURTHER NOTICE.**

GIPPSLAND POWER U16 FOUNDATION TRAINING PROGRAM 2019-2020

Introduction

Australian Rules Football requires a blend of many components of fitness (e.g. strength, speed, power, agility, cardiovascular endurance, flexibility and speed endurance). During the preseason period, all these fitness components will be developed with a wide variety of training methods.

The main objective of this program is to prepare you to meet the physical demands of NAB League football. As with the demands of this level of football, this year's program demands a ***"Commitment to Excellence"*** in terms of physical preparation.

The program is designed to build a strong aerobic base, improve strength, improve core strength, improve flexibility, decrease body fat, improve your ability to recover and provide a basis for further development.

You will train in your satellite groups on the allocated days shown in the calendar. The program is 20 weeks in duration and sets out your other 3 sessions per week. The program begins Monday 18th November and continues for 11 weeks until preseason training commences on the 29th January 2020. The next 8 weeks of the program details the extra sessions required during preseason training on your off nights. The last 4 weeks outlines your off-night sessions at the start of the season.

The program is a cross training program i.e. a mixture of running, riding, swimming and strength training. This type of program keeps you motivated due to its variety and change of environment. If you wish to have the required endurance for preseason training, it is vital that you complete the program in its entirety.

It is important that each training session begins with a warm-up, some form of light exercise (short run, cycle/skip or foam rolling) to raise body temperature and a stretching session must always be completed at the end of each session.

RUNNING PROGRAMS

1	<p>Warm Up: Over 10-15m Leg swings & Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p>Session: - 3 x 100m @ 90% pace on 15 seconds (30 seconds rest) - 3 x 200m @ 85% pace on 40 seconds (90 seconds rest) - 2 x 400m @ 75% pace on 75-80 seconds (120 seconds rest)</p> <p>Cool Down – Gentle skills, walk (100-200m) and static stretching</p>	<p>Focus:</p> <ul style="list-style-type: none"> - Anaerobic & Aerobic energy system interplay. - Deep breaths whilst resting. Stay upright and very light walking.
2	<p>Warm Up: Over 10-15m Leg swings & Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p>Session: 3 x 3 minute runs at 60-70% with 2 minutes rest between each run.</p> <p>Cool Down – Gentle skills, walk (100-200m) and static stretching</p>	<p>Focus:</p> <ul style="list-style-type: none"> - Aerobic system. - Try and remember how far you run, that way you have a target for the next run. See MAS Table on next page
3	<p>Warm Up: Over 10-15m Leg swings & Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p>Session: 3 x 2 minute runs at 70% with 2 minutes rest between each run.</p> <p>Cool Down – Gentle skills, walk (100-200m) and static stretching</p>	<p>Focus:</p> <ul style="list-style-type: none"> - Aerobic system. - Try and remember how far you run, that way you have a target for the next run. See MAS Table on next page
4	<p>Warm Up: Over 10-15m Leg swings & Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p>Session: - 3 x 20s runs at 90-95% with 2 minutes rest between each set. Repeat 3 times. - 4 x 10s run at 95% + with 2 minutes rest between each set. Repeat 2 times.</p> <p>Cool Down – Gentle skills, walk (100-200m) and static stretching</p>	<p>Focus:</p> <ul style="list-style-type: none"> - Anaerobic system. - Try and remember how far you run, that way you have a target for the next run.
5	<p>Warm Up: Over 10-15m Leg swings & Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.</p> <p>Session: - 6 x 20m with 15s rest. - 8 x 40m with 20s rest. - 10 x 60m with 30s rest. - 8 x 40m with 20s rest. - 6 x 20m with 15s rest. 2 to 3 minutes rest between each set. 90-100% effort.</p> <p>Cool Down – Gentle skills, walk (100-200m) and static stretching</p>	<p>Focus:</p> <ul style="list-style-type: none"> - ATP-PC & Anaerobic systems. - Deep breaths whilst resting. Stay upright and don't move too much between runs. Walk around between each set. - If you have tight hamstrings or anything, do not do any sprinting.

6

Warm Up: Over 10-15m

Leg swings & Back Stretches, Knee Skipping, Heel flicks, high knees, side-side, accelerations and back stretches.

Session:

- 1 x 800m @ 180:180
- 2 x 600m @ 120:120
- 2 x 400m @ 80:80

Complete at 70-80% intensity (1:1 ratio)

Cool Down – Gentle skills, walk (100-200m) and static stretching

Focus:

- Aerobic System
- Make sure you stick to the running times and the rest time. Start with 800m runs and the work your way down.
- Big breaths in between and use your rest wisely.

MAS Running Distances – 2km TT

U16 MAS Table				
2KM TIME	MAS	4 MINUTE RUNS	3 MINUTE RUNS	2 MINUTE RUNS
6.31 - 6.45	5.00	1200	900	600
6.46 - 7.00	4.82	1157	867	578
7.01 - 7.10	4.65	1116	837	558
7.11 - 7.20	4.55	1091	818	545
7.21 - 7.30	4.44	1067	800	533
7.31 - 7.40	4.35	1043	783	522
7.41 - 7.50	4.26	1021	766	511
7.51 - 8.00	4.17	1000	750	500
8.01 - 8.15	4.08	980	735	490
8.16 +	4.00	960	720	480

1. Find your 2km time
 2. Find the distance you need to run for the prescribed time.
 3. Reach this target for every run (see running session 2 & 3)
- *If you do not know what 2km time you have ran, choose a distance and adjust it from there, whether it is too easy (increase distance) or too hard (decrease distance).

Goodwin Running Sessions

On 10sec (10 seconds to complete each side of the rectangle) – Rectangle Layout (85% effort on long side and Recovery Jog on short side)

B Grade – 57m x 26m

Set 1: 3mins – Rest 3mins **Set 2:** 3mins – Rest 3mins **Set 3:** 3mins – Rest 3mins

C Grade – 54m x 24m

Set 1: 3mins – Rest 3mins **Set 2:** 3mins – Rest 3mins **Set 3:** 3mins – Rest 3mins

D Grade – 51m x 22m

Set 1: 3mins – Rest 3mins **Set 2:** 3mins – Rest 3 mins **Set 3:** 3mins – Rest 3mins

SWIMMING PROGRAM

1	<p>Warm up: 4 x 25m Warm Up with 25 secs Recovery (2 x Freestyle, 2 x Breaststroke)</p> <p>Session: 4 x 50m with 40 secs Recovery (Freestyle), 4 x 25m Easy (Breaststroke), 4 x 50m Moderate to Hard with 50 secs Recovery (Freestyle), 4 x ^[1]_[SEP]25m Sprint with 35 secs Recovery (Freestyle), 6 x 25m Easy (Freestyle)</p> <p>Cool Down: Gentle walk and stretch in water Session</p>	Distance: 825m
2	<p>Warm up: 50m freestyle, 25m breast stroke, 25m backstroke</p> <p>Session: 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>Cool Down: Gentle walk and stretch in water Session</p>	Distance: 800m
3	<p>Warm up: 50m freestyle, 25m breast stroke, 25m backstroke</p> <p>Session: Freestyle: 1 minute hard, 30sec easy X 5 Breaststroke: 30sec hard, 15sec easy X 5 2 minutes freestyle at a steady pace.</p> <p>Cool Down: Gentle walk and stretch in water Session</p>	Session Length: ~ 15 minutes
4	<p>Warm up: 50m freestyle, 25m breaststroke, 25m backstroke</p> <p>Session: 50m freestyle, 25m breaststroke, 100m freestyle, 25m breaststroke, 25m breaststroke, 150m freestyle, 25m breaststroke 200m freestyle & 25m Breaststroke. 30 SECS RECOVERY AFTER EACH BREASTSTROKE.</p> <p>Cool Down: Gentle walk and stretch in water Session</p>	Distance: 725m
5	<p>Warm up: 50m freestyle, 25m breaststroke, 25m backstroke</p> <p>Session: 8 x 25m SPRINTS (30sec rest between each); 2min rest. 4 x 50m SPRINTS (60sec rest between each); 2min rest. 3 x 100m SPRINTS ^[1]_[SEP](120sec rest in between each)</p> <p>Cool Down: Gentle walk and stretch in water Session</p>	Distance: 800m

CIRCUIT TRAINING PROGRAM

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

This program is to be completed without rest between exercises.

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

Exercises:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Push Ups X 15 2. Burpees X 10 3. Plank X 45 sec 4. 20m Shuttle runs X 3 (up and back count as 1) 5. Squats x 15 6. Lunges X 10 each side (each side) 7. Single-Leg Deadlifts x 10 (each side) | <ol style="list-style-type: none"> 8. Glute Bridges x 15 9. 20m Shuttle Run X 3 (up and back count as 1) 10. Single-Leg Squats x 8 (each side) 11. Single-Leg Glute Bridges x 10 (each side) 12. Side Plank x 20 sec (each side) 13. Push Ups x 15 |
|--|--|

Repeat (once) – 2 minutes rest before starting again.

SPIN BIKE SESSIONS

1	<p>Warm up: 5min constant spin on low resistance. HR 110-130.</p> <p>Session: 1 min pedalling hard, 30s pedalling easy – repeat 5 times. 45 sec pedalling hard, 20 sec pedalling easy – repeat 5 times. 30 sec pedalling hard, 10 sec pedalling easy – repeat 5 times.</p> <p>Cool Down: 5min constant spin on low resistance.</p>	<p>Session Duration: 25 - 40 min</p>
2	<p>Warm up: 5min constant spin on low resistance. HR 110-130.</p> <p>Session: Complete 4 sets of: 30sec hard, 15s easy – repeat x 5.</p> <p>Cool Down: 5min constant spin on low resistance.</p>	<p>Session Duration: 20:40 min</p>
3	<p>Warm up: 5min constant spin on low resistance. HR 110-130.</p> <p>Session:</p> <ul style="list-style-type: none"> - 5 min (80-85%), 1min easy (50%), 4 minute (80-85%), 1min easy, 3 min (80-85%), 1min easy, 2 min (80 -85%), 1min easy, 1 min (80-85%). - Rest 3 minutes. - 30sec hard, 15s easy – repeat x 5 <p>Cool Down: 5min constant spin on low resistance.</p>	<p>Session Duration: 25:40 min</p>

STRENGTH TRAINING INFORMATION

The calendar will outline which days players are required to participate in training, *weights*, extra conditioning sessions, skills, stretching etc.

Pre-Season

Throughout November and December, the weights programs will be accessible on Team App. The program comprises of mainly upper and lower body bodyweight exercises. The program is designed to help improve your performance on the field. You **need to complete two sessions per week**, unless instructed otherwise. If you feel like you are ahead of what is on the program, please get in contact with Matt Ross.

Please note:

- *Weights are done to help improve your football on the field and are not just incorporated to make people "big".*
- *Doing weights does not stunt growth or cause back injuries. If everyone is completing the exercises properly, there should not be any problems.*

2019-20

As mentioned above, the calendar will outline what to do on a day-to-day basis. It is very important players keep up with the weights and conditioning sessions throughout January. There will 2 strength / gym sessions per week, with varying skills and conditioning sessions. The weights will be made available in Team App.

POOL RECOVERY PROGRAM

- Walk 2 X 25m Forwards
- Walk 2 X 25m Backwards
- Swim 3 X 25m Freestyle
- Swim 3 X 25m Breaststroke
- Stretch Hamstrings/ Quads
- Jog 2 X 25m Forwards
- Jog 2 X 25m Backwards
- Swim 3 X 25m Freestyle
- Leg Swings
- Stretch calves/groins/gluteals

CORE PROGRAM 1

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.

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

Plank Stabilisation (Hold)



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 40 second
holds. Tense your
glutes and
practice focusing
on muscles.

Side Plank Stabilisation (Hold)



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 15 second
holds each side.
Tense your glutes
and keep body
straight

Supine arm-leg raise



2 x 10 each side.
Keep it very slow
(3 seconds down
and up) and think
about core.

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.

Exercise

Lat pullover hip flexion



2 x 10. Keep it
very slow (3
seconds down
and up) and think
about core.

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.

CORE PROGRAM 2

Single leg bridging



2 x 8 each side.
Go up explosively
and hold at the
top.

Tips

Start with the heel in contact with the ground & the other leg straight. Keep the head & shoulders in contact with the ground. Lift the hips off the floor until the thighs are in line with the torso, then control the movement back to the start position. Either hold the position for the prescribed duration or repeat the exercise



SB Bridge

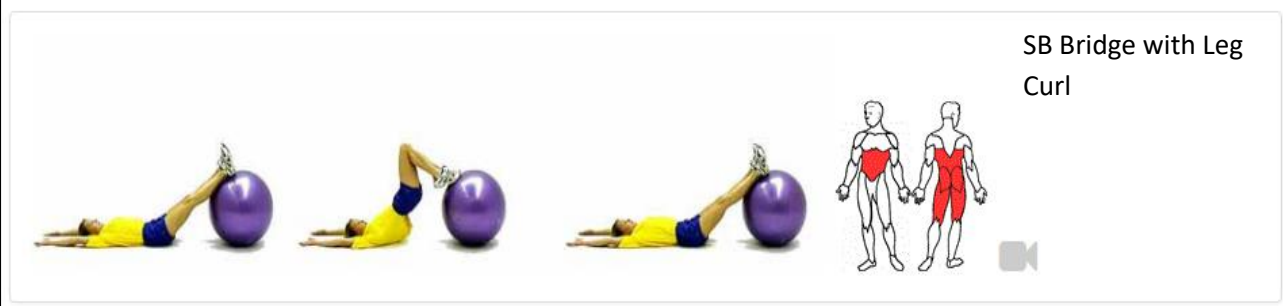
2 x 8. Hold at the top for 2-3 seconds.

Tips

Position the feet securely on the stability ball with the hands on the floor. Lift the hips off the floor until the legs are in line with the torso then reverse the movement back to the start position. Vary the position of the hands on the floor to assist with balance & place the hands across the chest to progress the exercise.

Cautions

Do not raise the body too high off the floor. If you have a history of neck or upper thoracic injury, seek professional advice prior to commencing this exercise.



SB Bridge with Leg Curl

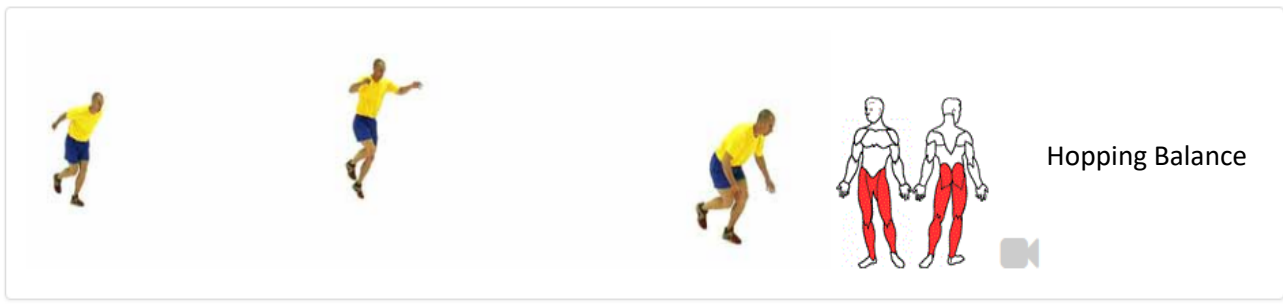
2 x 8. Stay balanced, contract glutes.

Tips

Position the feet securely on the stability ball & start with the hands above the head. If you have tight shoulders or a stiff thoracic spine it may be difficult to place the hands above the head. Lift the hips off the floor until the legs are in line with the torso, keep the torso stationary & flex the knees then reverse the movements back to the start position.

Cautions

Do not raise the body too high off the floor. If you have a history of neck or upper thoracic injury, seek professional advice prior to commencing this exercise.



Hopping Balance

2 x 6 each side. Stay balanced, focus on knee landing position (over centre of foot)

Tips

Hop forward then stabilize upon landing. The knee tracks in line with the centre of the foot. To modify the exercise, hold weighted implements such as dumbbells or a medicine ball.

Cautions

Do not land with straight legs & do not allow the torso to flex. Do not allow the knee to buckle inwards upon landing.

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.

2 x 15 each side. Stay balanced, do not swing legs.

FOAM ROLLING & STRETCHING PROGRAM

FOAM ROLLING

Run time: 15 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



STRETCHING PROGRAM

Run Time: 5-10 minutes

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.

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.

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.

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.

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.

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.

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.

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

Repeat above

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

Information Sheet

Passive recovery is a basic form of recovery, which is low intensity and includes sleeping, resting and static stretching etc.

Active recovery is used more commonly and is more intense than passive recovery. This can include jogging, walking, dynamic stretching etc.

Avoid any intensive exercise within 24 hours of a hard training session. For strength training ensure muscles are rested (~36-48hrs) before using the same muscle groups.

Sleep / Resting:

- One of the most beneficial forms of recovery.
- 8-10 hours of sleep every day; this can include naps throughout the day.
- Try to be relaxed before going to bed without spending a vast amount of time on social media, phones, computers etc.
- The more hours spent sleeping before midnight, the better.

Nutrition:

- Another essential part of recovery.
- 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.
- See nutrition section below for more information

Static Stretching:

- Often used after a cool down session (active recovery) and for flexibility throughout the week.
- Involves stretching of muscles in a static position, without expending a vast amount of energy.
- 20-30 seconds on each muscle / joint (both sides of the body)

Active Recovery

Cool down: EVERY session should have a cool down component lasting 5-10mins, consisting of light jogging/walking and certain dynamic stretches, which should be done whilst walking.

Water Immersion (pool/ocean recovery): Approximately 10-20 minutes is recommended, which should involve having the hips submerged under the water and light activity (walking, dynamic stretching).

Cryotherapy: Most commonly used method for recovery.

- Ice Baths: at least 6 minutes of exposure (hips under water), with the temperature between 10-14 degrees – No Less!!
- Icing: follow protocol of 20 minutes 'on' every 2 hours.

Contrast Therapy (Hot/Cold): Involves a combination of hot and cold techniques. The cold water immersion constricts blood vessels (vasoconstriction), whereas hot water dilates the blood vessels (vasodilation). This can create a 'pumping action' which may lead to improved recovery. Some tips and benefits of contrast therapy:

- Ratio of 3:1 between hot and cold baths i.e. 3 minutes in hot, 1 minute cold.
- Hot temperature = 37-44 degrees. Cold temperature = 10-14 degrees
- Can easily be done in the shower. Start with hot and end with cold!
- Helps aid recovery by decreasing stiffness, pain and swelling.
- REMEMBER – no hot water if you have a corky, strain or muscle damage.

Compression Garments:

Compression garments such as skins, bandages and compression bandages can be used during the recovery period to reduce swelling and shorten the recovery process.

- Don't wear to bed if it will disturb sleep.

Different recovery techniques will work differently for everyone. Try all and see which one works best for you

NUTRITION PROGRAM

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.

What is a 'serve?'

The tables below describe the portion size of the 'serves' of food groups listed above.

Fruit

What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (no added sugar)

Or only occasionally:

- 125ml (½ cup) fruit juice (no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



Vegetables

What is a serve of vegetables*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



Dairy

How much is a serve of milk*, yoghurt*, cheese* and/or alternatives?

A standard serve is (500–600kJ):

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml



Meat / Alternatives

How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?

A standard serve is (500–600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste



Grains

What is a serve of grain* (cereal) food?

A standard serve is (500kJ) or:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ⅔ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



PRE-GAME NUTRITION

Pre-game nutrition is all about '*filling up your tank*' to ensure that your body has enough *strength (protein)* to play out the game, without running out of *fuel (carbohydrates)*. Pre-game nutrition starts **the day before a match**.

Your last evening meal before a match (eg. Friday dinner before a Saturday game) must provide your body with *carbohydrates AND protein* to ensure you have the *energy and strength* for the game the next day.

This does NOT mean eating bowls and bowls of pasta only! You need to have a well-balanced meal inclusive of meat/alternatives and **vegetables**.

Examples of meals for the night before game day:

- Spaghetti Bolognese **with salad**
- Lean meat/chicken with vegetables and rice/potato (slightly larger serve of carbohydrates than normal)
- Casserole/Stir fry with vegetables and pasta/rice/cous cous

FLUIDS

Start the match well hydrated to reduce risk of becoming dehydrated. Dehydration will impair your physical performance and skill level.

- Drink water throughout the day **and the day before** in the lead up to the match.
- Use the colour of your urine as a guide; aim for a pale yellow colour. Darker urine is a sign of under-hydration. There is no benefit in aiming for clear coloured urine, as too much water could make you feel bloated and increase urination during the match.

Make sure you weigh yourself before the start of the match – this is important for post match rehydration.

GAME DAY

Ensure you practise your game-day nutrition plan and that you are familiar with all the foods it includes. Game day is NOT the day to try a new food or drink, as this could cause stomach upset or discomfort (leave this for training).

Pre-game meals and snacks should be:

- Rich in carbohydrates for muscle fuel
- Easy to digest
- Low in fat
- Provide fluid

Eat a **larger meal about 4 hours pre-game** (A good breakfast.) This should include *protein and carbohydrates*.

- eggs on toast
- Muesli with fruit and yoghurt
- Baked beans on toast
- Toasted muffins or crumpets with honey
- A fruit and oat smoothie

Have a **lighter meal/snack 1-2 hours pre-game**, this will further top-up your muscle energy stores, *carbohydrates* only.

- Sandwich with honey/jam
- Muesli bars
- Yoghurt and fruit
- Toast/crumpets/English muffins with honey/jam/banana
- Fruit smoothie
- Pikelets with jam

During a Game, you need to **keep topping-up your stores of energy, fluid and electrolytes**. Don't wait until you are completely depleted it's too late!

- Sports drinks (such as hydrolyte) are ideal as they provide a combination of energy, fluid and electrolytes.
- Take small amounts of fluid often – this will prevent bloating
- Take sips during breaks in play
- Have a drink bottle with you at quarter-time, half-time and three quarter time breaks – take small sips throughout the break.
- **Aim to drink between 500ml and 1000ml of sports drink per hour**

POST-GAME NUTRITION (REHAB)

After a game weigh yourself immediately post-match. This is important to work out how much fluid you have lost through sweat and how much you need to replace. Use the following equation:

- **Weight BEFORE game – weight AFTER game = fluid loss**
- **Fluid loss x 1.5 = amount of fluid needed**
- Drink the 'amount of fluid needed' over the following 2-6 hours.
- Fluids such as milk and water (with food) can be used and on occasion
- sports drinks and juice can also be included to help you reach the amount of fluid you require, especially when the loss is over 1Kg

In addition to these fluids, you will also need to refuel with food to top up your *carbohydrate and protein stores*, it's important to something to eat within **30-60 minutes post-game**.

Good post-game snacks with both *carbohydrate and protein* are:

- 1 tubs of yoghurt with 1 cup of fruit salad
- A salad roll with ham/chicken/meat and a banana
- A fruit smoothie (eg. Low fat milk, yoghurt, banana, honey)
- A Sustagen Sport with milk
- 1-2 cups of breakfast cereal and milk
- Baked beans and cheese on 2 pieces of toast

You should also have a well-balanced main meal (*carbohydrates and protein*) at dinner time ensuring your **main meal is consumed within 2-3 hours post game.**

If you have any questions or would like individual advice, contact Danielle, club nutritionist at Dw.nutrition@outlook.com/ 0449591128

Danielle will also be at the club Wednesday nights and game day

HEALTHY EATING CHOICES CHECKLIST

- ✓ Aim for a **regular meals and snacks** throughout the day of balanced food groups. (protein and vegetables, not just lots of carbohydrates)
- ✓ Never skip breakfast as makes you more likely to snack on junk food, try include carbohydrates (grainy bread, cereal, oats) **and a source of protein** (egg, milk, yoghurt)
- ✓ Avoid fried foods, choose instead grilled or pan fried options where possible
- ✓ Choose low fat options (Avoid high fat foods such as pies, sausage rolls, deep fried foods (chips))
- ✓ Keep some health snacks with you (muesli bars, nuts, fruits)
- ✓ **Drink 2-3 litres of water** daily throughout the day
- ✓ **DON'T FORGET TO SLEEP!**

POOR PREPARATION = POOR PERFORMANCE