



Christmas Break Program 2019/20

YOUR FUTURE STARTS HERE.

CHALLENGE ACCEPTED

General Info

The Christmas break program starts on Monday 16th of December 2019 and will run through until Sunday 12th of January 2020. The 4-week program consists of skills, speed and conditioning elements, including an additional Christmas cross-training challenge.

The program which is described in detail in the next 2 pages can be flexible and allow you to work on individual skills and fitness as well as provide you with a solid base for further development in 2020. It is important you do not overtrain during this period so enjoy your time off with friends and family but be sure to find the balance between training and your social and family life.

As taking this time off is necessary to recover and refresh for the remaining preseason and 2020 footy season, it is also essential to continue training during this period. Failure to do so will not only reduce your physical performance but significantly increase your chances of injury once back into preseason training.

Warm up and cool downs are the same for both conditioning running sessions. These are important components of the program and should not be missed. The aim is not only to prepare you for the season ahead but aid in restoring muscles and begin the recovery process post session.

If you have any questions regarding the program please contact me.

Josh Whitty
Academy Athletic Performance Coach
0404 757 069
Josh.whitty@goldcoastfc.com.au



YOUR FUTURE STARTS HERE. CHALLENGE
ACCEPTED



GCFC Christmas Break Running Program

Warm up; jog around oval with side to side running, backwards running and ground balls, walking hamstring, quad superman, walking knee hug included

Dynamic exercises (10 each side); leg swings, bent knee crucifix, hammy kicks, thread the needle, hammy flicks(x20es), calf pumps (x20es)

1) 2x50m stride @ 50% (S-Run on return), 2) 2x50m @ 60% stride (jog/skip on return)

3) 2x50m stride @ 70% (carioca on return), 4) 2x50m Z-Shuffle (walk return)

Week 1

16/12/2019	17/12/2019	18/12/2019	19/12/2019	20/12/2019	21/12/2019	22/12/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning + Kicking Club 2 x 1km Going every 8 mins 2 mins rest 2 x 400m Going every 3 mins Volume = 2.8km + kick	OFF	Speed & Agility Session Handball Club Volume = 780m	OFF	Conditioning + Kicking Club 2 x 5 x 200m Going every 1:30 2 mins rest 10 x 100m Going every 1min Volume = 3km + kick	WEIGHTS Uppers 2	OFF
WEIGHTS - Lowers 1		WEIGHTS - Uppers 1		WEIGHTS - Lowers 2		

Week 2

23/12/2019	24/12/2019	25/12/2019	26/12/2019	27/12/2019	28/12/2019	29/12/2019
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning + Kicking Club 2 x 1km Going every 7 mins 2 mins rest 3 x 400m Going every 3 mins Volume = 3.2km + kick	OFF	Christmas Day	Boxing Day	Conditioning + Kicking Club Handball Club Volume = 780m	WEIGHTS Uppers 2	OFF
WEIGHTS - Lowers 1				WEIGHTS - Lowers 2		

Cool down; hammy walk, walking quad, groin slides, walking knee hig, calf pumps. Statics; calf, side lying quad, hamstring, groin, glute, lower back





GCFC Christmas Break Running Program

Warm up; jog around oval with side to side running, backwards running and ground balls, walking hamstring, quad superman, walking knee hug included

Dynamic exercises (10 each side); leg swings, bent knee crucifix, hammy kicks, thread the needle, hammy flicks(x20es), calf pumps (x20es)

1) 2x50m stride @ 50% (S-Run on return), 2) 2x50m @ 60% stride (jog/skip on return)

3) 2x50m stride @ 70% (carioca on return), 4) 2x50m Z-Shuffle (walk return)

Week 3

30/12/2019	31/12/2019	1/01/2020	2/01/2020	3/01/2020	4/01/2020	5/01/2020
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning + Kicking Club 2 x 1km Going every 7 mins 2 mins rest 3 x 400m Going every 3 mins Volume = 3.2km + kick	OFF	Speed & Agility Session Handball Club Volume = 780m	OFF	Conditioning + Kicking Club 2 x 5 x 200m Going every 1:30 2 mins rest 2 x 5min Steady States Aim for approx. 1km/effort 3mins rest between sets Volume = 4km + kick	WEIGHTS Uppers 2	OFF
WEIGHTS - Lowers 1		WEIGHTS - Uppers 1		WEIGHTS - Lowers 2		

Week 4

6/01/2020	7/01/2020	8/01/2020	9/01/2020	10/01/2020	11/01/2020	12/01/2020
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Conditioning + Kicking Club 2 x 1km Going every 7 mins 2 mins rest 3 x 400m Going every 3 mins Volume = 3.2km + kick	OFF	Speed & Agility Session Handball Club Volume = 780m	OFF	Conditioning + Kicking Club 2 x 5 x 200m Going every 1:30 2 mins rest 15 x 100m Going every 1min Volume = 3.5km + kick	WEIGHTS Uppers 2	OFF
WEIGHTS - Lowers 1		WEIGHTS - Uppers 1		WEIGHTS - Lowers 2		

Cool down; hammy walk, walking quad, groin slides, walking knee hig, calf pumps. Statics; calf, side lying quad, hamstring, groin, glute, lower back



Footy Info

Handball Club

This program is aimed to develop the handball skills of Academy members. Handballing is a critical element to our game. Time needs to be spent on this skill to enhance the player's ability to become extremely competent in this area to implement this into game.

This 'Club' will develop the different types of handballs in our game and to try and replicate situations where certain handballs are necessary in a game.

Only select 3-4 drills

Kicking Club

This program is aimed to develop the kicking skills of Academy members. Kicking is a critical element to our game; time needs to be spending on this skill to enhance the player's ability to become extremely competent in this area to implement this into game.

This 'Club' will develop the different types of kicks in our game and to try and replicate situations where certain kicks are necessary in a game.

Only select 3-4 drills



YOUR FUTURE STARTS HERE. CHALLENGE
ACCEPTED

Kicking Club

Guidelines: You will need 1 x Football between you and your partner, **select x3-4** from the following exercises

1. Walking Ball and Drop

Practice Guiding ball down to the Ground and bounce back up to you. Can walk out doing preferred side and walk back opposite. Up 20 m and back 20m

2. Balance Kicking

15m apart
2 x 10 Balance legs kicks both side

3. Turn Kick

20m apart
Face away from partner throw ball up and “turn” hit target
20 each leg

4. Speed Kicking

20m apart
3 x 10 preferred foot kick as soon as you receive the ball

5. A Kick

25m apart
Throw Ball up and “Turn” hit a A kick (short 45 and lead)
20 each leg

6. Square Kick (B Kick)

30m apart then both face opposite ways. Kicker then has to hit lead out the front of leader – kicking across their body
20 kicks – both angles on preferred foot

7. C Kick

30-40m
Push back off mark kick ball to partner where they are holding up hand to advantage side.
20 x preferred leg

8. Snaps and Dribbles

30m apart
10x each leg snaps to each other
10 x dribble kicks each leg – mix up different dribbles

YOUR FUTURE STARTS HERE. CHALLENGE

ACCEPTED



Handball Club

Guidelines: You will need 1 x Football between you and your partner, **select x3-4** from the following exercises

1. 10 m apart

50HB each alternate side
20 Left 20 Right as fast as possible

2. 15m apart

50 HB each alternate side
20 Left 20 Right as fast as possible

3. 10m apart

Backs to one another hands over shoulders
20 each side

4. 10-15m apart

Side-by-Side arms up hands
30 each side

5. Front on hands

out in front (protect from tackler)
30 each side

6. Groundballs

Hands up from deck.
1 stay up and feed into player on ground then swap.
20 each side (per player)

Speed & Agility Session

Drill	Sets	Reps	Distance	Rest	Speed	Notes
General Warm Up						
Drilling exercises		2 each	10m			Ankling (over ankle) Heel slide (High knees) A-walk A-Bounce A-Skip Straight leg shuffle
Acceleration + Decel	1	3	10m + 2-3m	Walk		Select; 3-point, falling, ground, feet together starting position. Decel; drop your body weight, bend hips & knees, spread your feet
Fly-In 20s	1	6	60m	Walk	As per notes	Reps 1-2 @ 75-85% Reps 3-4 @ 85-95% Reps 5-6 @ 95-100%
Z-Run	1	2	50m	1min	@75%	
Bow-Tie	2	2	20m	1min	85% +	Cut off the side margin of your foot, get low through your hips, drive out of each turn
Sprint	1	2	40m	Walk back	100%	Drive knee forward, toe up, drive off the ball of your foot



YOUR FUTURE STARTS HERE. CHALLENGE
ACCEPTED

Speed & Agility Info



YOUR FUTURE STARTS HERE. CHALLENGE
ACCEPTED



Cross Training Challenges 2020

Select **ONE** cross training challenge based on your fitness goals to complete over the Christmas break.

Challenge	Equipment	Description
Tour de France	Stationary Bike	Cycle the 127km distance of the final stage of the 2019 Tour de France
English Channel	Rower	Row the 33.3km distance from Dover to Calais
Everest	Ski Ergo	Ski the 8850m to the top of Everest
Greek Island Hopper	Stationary Bike + Rower	Stage 1, cycle the 80km from Mykonos to Ios. Stage 2, row the 39km distance from Ios to Santorini
Cinque Terre	Pool Swim	Swim the 12km distance between all 5 towns Stage 1: 1.5km (Riomaggiore to Manarola) Stage 2: 3km (Manarola to Corniglia) Stage 3: 4km (Corniglia to Vernazza) Stage 4: 3.5km (Vernazza to Monterossa)
Stonehenge	Weights	Lift the average weight of a stone at Stonehenge (22.6T) 30kg Bench Row/Pull for 220reps 30kg Incline BB Bench Press for 200 reps 30kg Lat. Pulldown for 170 reps 15kg BB Bicep Curl for 165 reps 15kg Rope Tricep Pulldown for 165 reps



YOUR FUTURE STARTS HERE. CHALLENGE
ACCEPTED

Cross Training Challenges 2020

Recording table

Challenge selected:	
Week 1	
Week 2	
Week 3	
Week 4	



YOUR FUTURE STARTS HERE. CHALLENGE
ACCEPTED

