Training Program #2

Exercise Instruction Manual

The University of Western Australia

PAFi
PREVENTING AUSTRALIAN FOOTBALL INJURIES THROUGH EXERCISE
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Abbreviations:
SLS = Single leg stance
DLS = Double leg stance
DL = Double leg
SL = Single leg
EO = Eyes open
EC = Eyes closed
HB = Head back
COD = Change of direction
PP = Pre-planned
UP = Un-planned

Conventions
Jump = Two legged movement
Hop = One legged ipsi-lateral i.e., left leg to left leg
Bound = One legged contra-lateral i.e., left leg to right leg

Asterisks beside exercises indicate these exercise can be run concurrently. Some programs have 1 or 2 asterisks, in this case only run exercises concurrently with the same number of asterisks.
Basic Movement Exercises

Squares (10 m)

Players run as indicated in diagram

Equipment

- Cones
- Dura discs

Key point

- Smooth transition between running tasks
**Weaving Bounds (a)**

Cones are placed 1 m apart in the direction of movement
Channel through which players bound is about 2 m wide
Length of cones is about 10 metres

Players are to bound weaving from cone to cone
Bounding speed is moderate pace

**Equipment**

- Cones

![Diagram of cones placed 1 m apart in a line with a channel 2 m wide through which players bound, with a length of about 10 metres.]

**Key point**

- Emphasise forward running speed
Weaving Bounds (b)

Cones are placed 1 m apart in the direction of movement
Length of cones is about 10 metres
Channel through which players bound is larger than previous exercise, > 2 m

Bounding speed is moderate to fast pace

Equipment

- Cones

See previous diagram. Adjust distances as needed.

Key point

- Emphasise forward running speed
Shuttle Runs

Cones are placed in a square outlining a 20 m distance
1 rep is up and back

Players run up and back for required number of reps at moderate-fast pace

Equipment

- Cones

Key point
- Quick turnaround at top
**Bunny Jumps**

Using a powerful arm swing to help propel forward players jump forward for required number of jumps

**Equipment**

- N/A

**Key point**

- Quick transition between jumps
**Standing Triples**

Players perform a hop, skip, and jump from a standing start
Players should try to jump further with each rep

**Equipment**

- N/A

**Key point**

- Quick transition between each rep
General Sprinting Exercises

Sprints (Lying Start)

Players start lying on their stomach with feet pointing in direction to run
On command players get up as quick as possible and run over required
distance
Walk back to start for recovery

Equipment

- Cones

Key point

Quick transition from lying to standing
**Resisted Sprints (5+15m)**

Player behind the sprinter grabs their waist

The sprinter is resisted for the first 5 m and is to emphasise leg drive and stride rate

Both are to move forward to the 5 m mark

At the 5 m mark the sprinter is realised and sprints maximally for 15 m

Sprinter is to run with ball in hand

**Equipment**

- Cones
- Footballs

![Diagram of resisted sprints](image)

**Key point**

- Emphasise forward body lean and short, quick strides
**Tempo Runs**

Exercise is performed over a total distance of 40 m.

The first 10 m requires players to perform one of a number of drills:
- Ankling
- Walking/Skipping A's
- Stiff leg pull throughs
- Grapevine
- Side-to-side

These drills are to be varied by trainer as required.

After the drill players accelerate and sprint the last 30 m as fast as possible.

Maintain good sprinting technique.

**Equipment**

- Cones

![Diagram]

**Key point**

- Emphasis on the drill at the start
Acceleration/Deceleration Exercises

Kneeling Beach Sprints

One on knee
Rear foot must be flat
Push off front foot going up and forward
Trailing foot/leg must be strong to support weight on 1st step
Maintain sprinting technique
Handicap players if necessary (i.e., faster ones start behind)
Look for good lean at start

Equipment

- N/A

Key point

- Quick transition from one knee to up
**Graduated Sprints (20m)**

Players run and accelerate at each check point

Emphasise a sudden change in speed at 5, 10, 15 m

At 15 m players should be running maximally

**Equipment**

- Cones

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**Key point**

- Emphasise sudden speed changes at each marker
**Stoppies (10+2m)**

Players run as fast as they can for 10 m
They must come to a complete stop within 2 m after the 10 m

**Equipment**
- Cones

**Key point**
- Must stop abruptly in 2 metre
COD/Agility Exercises

**PP COD**

With prior knowledge of which way to cut players run up the middle and cut left or right.

Players are to run with a ball in their hands.

**Equipment**

- Cones
- Footballs

**Key point**

- Complete task as fast as possible
**UP COD (180 Turn)**

*Without prior knowledge of which way to cut players run up the middle and are directed by a stimulus which way to cut.*

Stimulus is trainer that points to the direction of cut (run with ball in hand)

*After making cut players make a 180 turn back to start as quickly as possible*

**Equipment**

- Cones
- Footballs

**Key point**

- Respond as quickly as possible to trainer/player’s command
**PP COD (Double Forward)**

With prior knowledge of which way to cut players run up the middle and cut left or right, then cut right or left

i.e., if players first cut to the left they follow this with a cut to the right and vice versa

Players are to run with a ball in their hands

**Equipment**

- Cones
- Footballs

**Key point**

- Emphasise sharp sudden COD
**Backpedals (a) (15m)**

Players backpedal (run backwards) for 15m
When they reach the end they sprint forward to the start as fast as possible

**Equipment**
- Cones

![Diagram of backpedals]

**Key point**
- Emphasise sharp sudden COD and good forward sprinting technique
**Backpedals (b) (15m)**

Players backpedal (run backwards) for 15m
When they reach the end they turn 90° and sprint to the side
Vary side to run to as required

**Equipment**

- Cones

**Key point**

- Emphasise sharp sudden 90° turn
**T-test**

Players run through a standard T-test

Run forward around cone, turn 90 degrees left (or right), run forward, turn 180 degrees around cone, run past the middle cone, turn 180 degrees around the end, back to the middle turn 90 degrees and run back to the start.

**Equipment**

- Cones

![Diagram of T-test course]

**Key point**

- Complete task as quickly as possible