Training Program #1

Exercise Instruction Manual

THE UNIVERSITY OF WESTERN AUSTRALIA

PAFIR
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
After completing the running component they complete a balance task that can be modified to match skill as necessary
i.e., DLS (HB) 20 sec

**Equipment**

- Cones
- Dura discs

**Key points**

- Smooth transition between running tasks
- Maintain balance on balance task
**Weaving Bounds (a)**

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

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

**Equipment**
- Cones

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**Key points**
- Smooth transition between bounds
- Maintain stable upper body i.e., no leaning
**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

Players are to bound weaving aggressively from cone to cone
Bounding speed is moderate to fast pace
Players are provided with instruction as to how best to weave
i.e., body upright, no twisting, keeping foot close to mid-line

**Equipment**

- Cones
  
  See previous diagram. Adjust distances as needed.

**Key points**

- Sharp/hard bounds from cone to cone
- Smooth transition between bounds
- Maintain stable upper body i.e., no leaning
Weaving Hops

Cones are placed < 1 m apart in the direction of movement
Length of cones is 10 metres
Channel through which players run is narrower than previous exercise, ~ 1 m

Players are to hop on same leg from cone to cone
Players are provided with instruction as to how best to weave
  i.e., body upright, no twisting, keeping foot close to mid-line

Equipment

- Cones
  See previous diagram. Adjust distances as needed.

Key points

- Smooth transition between hops
- Maintain stable upper body i.e., no leaning
- Maintain lower leg stability i.e., no wavering of knee
Balance Exercises

_Dura-Disc Balance_

Players are to maintain balance on dura disc for specified amount of time.

Variations to this exercise include

DLS/SLS
EO/EC
HB

Equipment

- Dura disc

Key points

- Must concentrate to complete required time
- Maintain balance with as little movement of arms/legs as possible
**Wobble Board Balance**

Players to maintain balance on a wobble board for specified amount of time.

Variations to this exercise include:

- Double leg stance (DLS)
- Single leg stance (SLS)
- Eyes Open (EO)
- Eyes Closed (EC)
- Head back (HB)

**Equipment**

- Wobble board

**Progressions**

Tasks can be made more difficult by including movements of arms, legs, etc. as players improve. For hand passing drills target outside of body, and touch further away. Increase speed of movements.

**Key points**

- Must concentrate to complete required time
- Maintain balance with as little movement of arms/legs as possible
**Balance Hand Passing**

Conducted in pairs, players hand pass to each other over a distance of 10 meters for a specified amount of time.

Variations of this drill include:
- Touching the ball to the ground in between passes
- Standing on a wobble board/dura disc

**SLS/DLS**

**Equipment**

- Footballs
- Wobble board

**Key points**

- Focus on maintaining balance and not pass
- Must maintain balance with as little extraneous movement of arms/legs as possible
**Balance Kicking**

Conducted in pairs, players kick to each other over a distance of 10 meters for a specified amount of time

Usually conducted as SLS but can vary with DLS as skill dictates

**Equipment**

- Footballs
- Dura disc

**Key points**

- Focus on maintaining balance and not kick
- Must maintain balance with as little extraneous movement of arms/legs as possible
Hopping Exercises

Dura-Disc Hop

Hop onto dura disc hold SLS balance for period of time
Can vary balance after hop as per usual Dura Disc Balance
Time to hold balance on dura disc may be specified

Equipment

- Dura disc

Key points

- Must maintain balance after hop
- Keep extraneous arm and leg movement to a minimum
**Hurdle Jumps**

Continuous jumping over hurdles

**Equipment**

- Hurdles

**Key points**

- Smooth transition between jumps
- Flex knees to absorb landing
- Maintain lower leg stability i.e., no wavering of knee
**Lateral Hurdle Jumps**

Players jump forward/backward over hurdles then side/side (left) and side/side (right)

Instruction is provided regarding technique as usual

**Equipment**

- Hurdles

**Key points**

- Flex knees to absorb landing
- Keep extraneous arm and upper body movement to a minimum
- Maintain lower leg stability i.e., no wavering of knee
Hurdle Jump (PP Step)

Players jump forward over hurdle then immediately perform a step to left or right.

Knowledge about step direction is given prior to task.

Instruction is provided regarding technique as usual.

Player can run with ball in hand.

Equipment

- Hurdles
- Football

Key points

- Flex knees to absorb landing
- Keep foot close to hips
**Hurdle Jump (UP Step)**

Players jump forward over hurdle then immediately perform a step to left or right

Knowledge about step direction is *not given* prior to task

Stimulus is handball to side or,

Stimulus is trainer/player pointing

Instruction is provided regarding technique as usual

**Equipment**

- Hurdles
- Football

**Key points**

- Smooth transition from hop to step
- Avoid excessive upper body movement
- Keep foot close to hips
**Hurdle Hop**

On a single leg players hop continuously forward over hurdles

Number of hurdles is pre-determined (about 5)

Players alternate legs with each set

**Equipment**

- Hurdles

**Key points**

- Avoid excessive upper body movement
- Maintain lower leg stability i.e., no wavering of knee
- Flex knees to absorb landing
Change of Direction Exercises

**PP COD**

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

Players are provided with instruction with respect to their COD technique

Players are to run with a ball in their hands

**Equipment**

- Cones
- Footballs

![Diagram of Change of Direction Exercise]

**Key points**

- Avoid excessive upper body movement i.e., no leaning
- Keep arms close to body
- Keep foot close to hips
**UP COD**

*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 handball to side or,

Stimulus is trainer/player pointing (run with ball in hand)

Players are provided with instruction with respect to their COD technique

The task can be made more difficult by placing hurdles at start of task

**Equipment**

- Cones
- Footballs
- Hurdles

**Key points**

- Avoid excessive upper body movement i.e., no leaning
- Keep arms close to body
- Keep foot close to hips
**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 defensive player that must be avoided (run with ball in hand)

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

Players are provided with instruction with respect to their COD technique.

**Equipment**

- Cones
- Footballs

**Key points**

- Avoid excessive upper body movement i.e., no leaning
- Keep arms close to body
- Bend knees for turning
Swiss Ball Exercises

**SB Kneeling**

Using a base for the Swiss ball players are to balance on ball for specified period of time

Variations include

No base, but partner to assist when needed

**Equipment**

- Swiss ball
- Support base

**Key points**

- Concentrate to complete task
- Avoid excessive arm movement
- Avoid excessive trunk movement
**SB Squat**

Players are to balance in a semi-squat on ball for specified period of time.

A partner can assist when needed.

**Equipment**

- Swiss ball

**Key points**

- Concentrate to complete task
- Avoid excessive arm movement
- Avoid excessive trunk movement
Mini-tramp Exercises

Mini-Tramp Land

Players are to jump or hop onto the min-tramp and land with good technique.
Instruction is provided regarding technique as usual.
Can be performed as a DL or SL drill.

Equipment

- Mini-tramp
- Footballs

Progressions

Tasks can be made more difficult by including movements of arms, legs, etc. as players improve. For hand passing drills target outside of body, and touch further away. Increase speed of movements. DL movements may progress to SL. Mini-tramp can increase lateral distance of jump.

Key points

- Bend knees to absorb landing
- Avoid excessive trunk movement
- Keep arms close to body
**Mini-Tramp Land (Lateral Hop)**

Players are to jump or hop onto the min-tramp and land
Immediately after landing they are to laterally hop to left or right as per prior instruction

Drill is conducted with ball in hand
Instruction is provided regarding technique as usual

**Equipment**

- Mini-tramp
- Footballs
- Hurdles

**Key points**

- Bend knees to absorb landing
- Don’t lean upper body
- Stop excessive forward motion
**Mini-Tramp Land (Hop, Step)**

Players are to jump onto the min-tramp and land
Immediately after landing they are to hop forward and then step left or right as per stimulus
Stimulus is handball to side or,
Stimulus is trainer/player pointing (run with ball in hand)
Instruction is provided regarding technique as usual

**Equipment**

- Mini-tramp
- Footballs
- Hurdles

**Key points**

- Bend knees to absorb landing
- Keep arms close to body
- Keep foot close to hips
**Mini-Tramp Land (Catch, Step)**

Players are to jump/hop onto the min-tramp and land
As they are landing a ball will be hand passed indicating direction to cut
Instruction is provided regarding technique as usual

**Equipment**
- Mini-tramp
- Footballs

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**Key points**
- Bend knees to absorb landing
- Keep arms close to body
- Keep foot close to hips