

TRAINING SESSION 'STRUCTURED' WARM UP (10-12 Minutes)

ACTIVITY	ACTIVITY NOTES
1. Jog / light activity for 2-5 minutes	Either jog around the oval or go through movements like star jumps
Set up 5-10 markers 1-2 metres apart and mark out 15 - 20 metres	
2. Off markers complete 'A' Skips <ul style="list-style-type: none"> • Complete x2 	On way back alternating touching the ground
3. Off markers complete side to side steps <ul style="list-style-type: none"> • Complete left and right 	On way back hip rotations – middle out
Dynamic Stretches <ul style="list-style-type: none"> ➤ <i>Players partner up and go through leg swings</i> ➤ <i>Back roles into groin stretch</i> ➤ <i>Lumbar side to side roles</i> 	
4. Off markers falling position then accelerate out x 3	On way back either complete carioca left and right, walking lunges, straight leg marching etc.
5. Jump x 2 then accelerate out x 2	On way back complete dynamic glute pulls and knee to chest
Dynamic Stretches <ul style="list-style-type: none"> ➤ Calf pumps 	