



The Athletic Development and Injury Prevention Program

This program should be carried out 2-3 times a week for 6 weeks to start and then maintained with at least 1 session a week throughout the season. If possible a second period of 2-3 times a week should be carried out between the league and the championship.

The Program should be set out before training starts and players encourage to commence it straight away once coming onto the field

Warm Up (5-7 mins)

Ball can be included. Important to emphasise good technique and staying up on toes.

Area set out 20 metres long. Carry out 3-4 lengths of each drill with or without the football.

Straight line Jogging

Side to Side Shuffle

Skipping

Backward Jogging

Carioca

Strength (5-7 mins)

3 sets x 8-10 reps

Technique more important than repetitions which can be increased as technique improves

Lunges

Norwegian Curls

Calf Raise

Side Plank

Plyometrics (5-7 mins)

Important to emphasise soft landing and good technique with knees kept over toes

Double Leg Side to Side Hopping (10 x 3 sets)

Double Leg Forward/Back Hopping (10 x 3 sets)

Single Leg Hop and Land (5 x 3 sets each leg)

Double Leg Bounding (3-4 x 3 reps)

Agility (5-7 mins)

Agility drills should be carried out with emphasis on the appropriate technique as quickly as possible.

Deceleration (2 mins –each player should stop 3-4 times with each leg)

T-Test (2 mins – each player should have 2-3 runs)

Zig-Zag Runs (2 mins each player should have 4-5 runs)

Balance (1-2 mins alternating feet regularly)

Stretches (end of session - 5 mins)

Each stretch should be held for 30 seconds on each side

Calf

Quadriceps

Hamstring

Groin/Adductor

Gluteal

Hip Flexor