World Rugby™ Injury Prevention Exercise Programme

Activate training programmes
Four different exercise programmes for specific age groups:

Adult programmes
1. A programme
2. U15 programme

Youth programmes
3. U16 programme
4. U18 programme
**What is Activate?**

Activate is a structured, progressive exercise programme that is designed to be used as part of training sessions and pre-match warm-up routines.

There are four versions of Activate:
- Under-15 (Age 13-15 years)
- Under-16 (Age 15-16 years)
- Under-18 (Age 16-18 years)
- Adult (Age 18+ years)

**What are the benefits of using Activate?**

Using Activate with players will help to develop and improve their:
- General movement control and skill – Many of the exercises in Activate can help to develop the stability and mobility that underpin the safe and effective performance of various movements when playing rugby.
- Conditioning and athletic performance – The progressive nature of Activate can help to improve parts of players’ athletic performance, such as: strength, power, running speed, and ability change of direction efficiently.
- Physical robustness – Using Activate can help to develop the ability of muscles, tendons, and ligaments to handle the forces they experience when playing rugby, leading to a lower risk of these structures being damaged when playing rugby and other sports.

Suggested pitch layout for Activate

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PART A

PARTS B, C, D

30 metres

20 metres

15 metres
While each individual exercise has some unique points that coaches should use to instruct their players, there are also some generic cues that coaches can also use that are common across many exercises and will help to coach players in performing the exercises with good posture and control.
Running activities to warm-up the body

**Snake Run**
- **S:** 1  
- **R:** 3  
- **D:** 15 m

- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

**Key cues:** Chest up.

**Squat Stand with Twist**
- **S:** 1  
- **R:** 12

- Feet should be shoulder-width apart with fingers held under the toes
- Squat down as deep as possible with the elbows inside the knees
- Rotate chest, while alternately reaching arms above the head
- Straighten legs while keeping fingers underneath the toes

**Key cues:** Head Lift. Chest up.

**Heel to Toe walk with Knee Raise**
- **S:** 1  
- **R:** 2  
- **D:** 15 m

- Pull the leading knee to the chest
- Step into a calf raise on the planted leg
- Repeat with each step forwards

**Key cues:** Head neutral. Chest up. Hip, knee, ankle in line.

**Single Leg Balance with push to unbalance**
- **S:** 1  
- **R:** 1 each leg  
- **D:** 30 s each leg

- Player one stands on one leg with standing knee slightly bent. Player two stands beside player one
- Using both hands, player two tries to push player one off balance while player one maintains their balance

**Key cues:** Brace through the trunk. Hip, knee, ankle in line. Knee over toes.

**Resisted Arm Side Raise**
- **S:** 1  
- **R:** 2 each player  
- **D:** 15 s each repetition

- Hold arms to the side and slightly away from the body
- Try to raise arms away from the body to the side, while partner offers resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Resisted Arm Rotation**
- **S:** 1  
- **R:** 2 each player  
- **D:** 15 s each repetition

- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Single Leg Arabesque**
- **S:** 1  
- **R:** 10 each leg

- Stand on one leg, with the standing knee slightly bent
- Slowly lean forward from the hip until the trunk is parallel to the ground and arms are spread to the sides
- Return to upright while maintaining balance

**Key cues:** Head neutral. Brace through the trunk. Hip, knee, ankle in line.
Mountain Climber
S: 6  R: 5
• Start in a press-up position
• Alternate driving knees towards the elbows, while fully extending the weight-bearing leg
• One set equals 5 alternating steps

Key cues: Head Lift. Shoulders level with hips. Brace through the trunk.

Forward Hop and Stick
S: 1  R: 8 each leg
• Hop forwards by taking off and landing on the same leg
• Hopping distance should be far enough to challenge control and balance

Key cues: Brace through the trunk. Soft knees. Hip, knee, and ankle in line.

Pop Press Up – alternate
S: 1  R: 15
• Start in press-up position with one hand in front of the head and the other under the chest
• While minimising elbow bend, push explosively through the shoulders and alternate hand position forwards and backwards to the different starting positions

Key cues: Pinch shoulders together. Shoulders level with hips. Brace through the trunk.

Jogging High Ball Jumps
S: 2  R: 5
• Begin jogging forwards, then alternate jumping off from one leg and driving the lead knee upwards
• Reach hands above head as if catching a ball
• Land squarely on both feet in a split stance


Exercises to improve neck strength and function

Static Neck Contractions
S: 1  R: 1 each direction  D: 15 s each direction
• Use hands to apply force to the head in a number of directions while keeping the head still
• Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

Key cues: Head neutral. Chest up. Brace through trunk.

Diagonal Shuffle to Lunge
S: 2  R: 5
• Perform two diagonal side shuffles to the left or right
• Finish each double skip in a lunge position, keeping the trunk facing forwards
• Alternate between performing two diagonal side shuffles to the left and right

Key cues: Chest up. Hip, knee, and ankle in line. Knees over toes.

Shoulder ‘Workout’
S: 2  R: 1
• Player one raises arms out in front at shoulder-height, while player two grasps player one’s wrists
• Player two attempts to rapidly move player one’s arms up and down, while player one attempts to resist

Key cues: Head neutral. Pinch the shoulders together. Brace through trunk.
PHASE 1

PART A

7 min.

Small-sided games and running activities to warm-up the body

Small-sided Games

D: 5 min

- Use small-sided games to get players moving, keep warm, and act as a pulse-raising exercise initially
- Groups should be no larger than 6 players

Snake Run

S: 1  R: 3  D: 15 m

- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

Key cues: Chest up.

Squat Stand

S: 1  R: 12

- Feet should be shoulder-width apart, with fingers held under the toes
- Squat down as deep as possible with the elbows inside the knees
- Straighten legs while keeping fingers underneath the toes

Key cues: Head Lift. Chest up.

Heel to Toe walk with Knee Raise

S: 1  R: 2  D: 15 m

- Pull the leading knee to the chest
- Step into a calf raise on the planted leg
- Repeat with each step forwards

Key cues: Head neutral. Chest up. Hip, knee, ankle in line.

S = Sets  R = Repetitions  D = Distance / Duration

Single Leg Balance Back Slaps

S: 1  R: 1 each leg  D: 30 s each leg

- Balance on one leg and spread arms to the side
- Perform back slaps, alternating between upper and lower arms

Key cues: Brace through the trunk. Hip, knee, ankle in line. Knee over toes.

Resisted Arm Side Raise

S: 1  R: 2 each player  D: 15 s each repetition

- Hold arms to the side and slightly away from the body
- Try to raise arms away from the body to the side, while partner offers resistance

Key cues: Head neutral. Chest up. Pinch the shoulders together.

Resisted Arm Rotation

S: 1  R: 2 each player  D: 15 s each repetition

- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

Key cues: Head neutral. Chest up. Pinch the shoulders together.

Single Leg Arabesque

S: 1  R: 10 each leg

- Stand on one leg, with the standing knee slightly bent
- Slowly lean forward from the hip until the trunk is parallel to the ground and arms are spread to the sides
- Return to upright while maintaining balance

Key cues: Head neutral. Brace through the trunk. Hip, knee, ankle in line.
Resistance training activities to develop strength and power

**PHASE 1**

**PART C**
7 min.

- **Mountain Climber**
  - S: 6 R: 5
  - Start in a press-up position
  - Alternate driving knees towards the elbows, while fully extending the weight-bearing leg
  - One set equals 5 alternating steps

  **Key cues:** Head Lift. Shoulders level with hips. Brace through the trunk.

- **Forward Hop and Stick**
  - S: 1 R: 8 each leg
  - Hop forwards by taking off and landing on the same leg
  - Hopping distance should be far enough to challenge control and balance

  **Key cues:** Brace through the trunk. Soft knees. Hip, knee, and ankle in line.

- **Pop Press Up - wide to narrow**
  - S: 1 R: 15
  - Start in a press-up position with the hands close together
  - While minimising elbow bend, push explosively through the shoulders and alternate hand position from narrow to wide

  **Key cues:** Head Lift. Shoulder level with hips. Brace through the trunk.

- **Jogging High Ball Jumps**
  - S: 2 R: 5
  - Begin jogging forwards, then alternate jumping off from one leg and driving the lead knee upwards
  - Reach hands above head as if catching a ball
  - Land squarely on both feet in a split stance

  **Key cues:** Soft Knees. Hip, knee, and ankle in line. Knees over toes.

**PART D**
4 min.

- **Static Neck Contractions**
  - S: 1 R: 1 each direction D: 15 s each direction
  - Use hands to apply force to the head in a number of directions while keeping the head still
  - Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

  **Key cues:** Head neutral. Chest up. Brace through trunk.

- **Repeated Sprint Conditioning**
  - S: 5 R: 1 D: 30 s
  - Mark a course of 25 metres with cones every 5 metres
  - Half of squad perform back and forth sprints to each cone for 30 seconds while other half performs neck strengthening exercises
  - Swap groups to alternate between the two exercises

  **Key cues:** Head Lift. Shoulder level with hips. Brace through the trunk.

- **Shoulder ‘Workout’**
  - S: 2 R: 1 D: 15 s each repetition
  - Player one raises arms out in from at shoulder height, while player two grasps player one’s wrists
  - Player two attempts to rapidly move player one’s arms up and down, while player one attempts to resist

  **Key cues:** Head neutral. Pinch the shoulders together. Brace through trunk.

- **Diagonal Shuffle to Lunge**
  - S: 2 R: 5
  - Perform two diagonal side shuffles to the left or right
  - Finish each double skip in a lunge position, keeping the trunk facing forwards
  - Alternate between performing two diagonal side shuffles to the left and right

  **Key cues:** Chest up. Hip, knee, and ankle in line. Knees over toes.
### PHASE 2

**PART A**

**7 min.**

Small-sided games and running activities to warm-up the body

<table>
<thead>
<tr>
<th>Activity</th>
<th>S</th>
<th>R</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Snake Run</strong></td>
<td>S: 1</td>
<td>R: 3</td>
<td>D: 15 m</td>
</tr>
<tr>
<td><strong>Squat Stand with Twist</strong></td>
<td>S: 1</td>
<td>R: 12</td>
<td></td>
</tr>
<tr>
<td><strong>Heel to Toe walk with Knee Raise</strong></td>
<td>S: 1</td>
<td>R: 2</td>
<td>D: 15 m</td>
</tr>
</tbody>
</table>

**Snake Run**
- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

**Squat Stand with Twist**
- Feet should be shoulder-width apart with fingers held under the toes
- Squat down as deep as possible with the elbows inside the knees
- Rotate chest, while alternately reaching arms above the head
- Straighten legs while keeping fingers underneath the toes

**Heel to Toe walk with Knee Raise**
- Pull the leading knee to the chest
- Step into a calf raise on the planted leg
- Repeat with each step forwards

### ADULT PROGRAMME

**PART B**

**7 min.**

Activities to improve mobility and stability across the upper and lower body

<table>
<thead>
<tr>
<th>Activity</th>
<th>S</th>
<th>R</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Single Leg Balance Arm Circles</strong></td>
<td>S: 1</td>
<td>R: 1 each leg</td>
<td>D: 30 s each leg</td>
</tr>
<tr>
<td><strong>Resisted Arm Side Raise</strong></td>
<td>S: 1</td>
<td>R: 2 each player</td>
<td>D: 15 s each repetition</td>
</tr>
<tr>
<td><strong>Resisted Arm Rotation</strong></td>
<td>S: 1</td>
<td>R: 2 each player</td>
<td>D: 15 s each repetition</td>
</tr>
<tr>
<td><strong>Bent Hip Nordic Hamstring Curl</strong></td>
<td>S: 1</td>
<td>R: 5</td>
<td></td>
</tr>
</tbody>
</table>

**Single Leg Balance Arm Circles**
- Balance on one leg and spread arms to the side
- Make small circles with the arms - varying between small and large circles

**Resisted Arm Side Raise**
- Hold arms to the side and slightly away from the body
- Try to raise arms away from the body to the side, while partner offers resistance

**Resisted Arm Rotation**
- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

**Bent Hip Nordic Hamstring Curl**
- Both players kneel on the ground, with player two holding player one’s ankles
- Player one bends torso forwards and maintains this angle throughout the movement
- Player one slowly lowers their trunk to the ground, maintaining the set hip angle
- Player one uses their arms to land and push back to the starting position

**Key cues:**
- Brace through the trunk. Hip, knee, ankle in line. Knee over toes.
- Head neutral. Chest up. Pinch the shoulders together.
- Head neutral. Chest up. Pinch the shoulders together.
- Chest up. Brace through the trunk.
Resistance training activities to develop strength and power

**Partner Resisted Quick Steps**

<table>
<thead>
<tr>
<th>S: 6</th>
<th>R: 1</th>
</tr>
</thead>
</table>
- Player one rests hands on player two’s shoulders and leans forward.
- Player one alternates driving knees towards their chest while fully-extending rear leg to make contact with the ground at the same place with each repetition.
- One set = 5 alternate repetitions.

**Diagonal Hop and Stick**

<table>
<thead>
<tr>
<th>S: 1</th>
<th>R: 8 each leg</th>
</tr>
</thead>
</table>
- Alternate hopping once diagonally forwards to the left or right by taking off and landing on the same leg.
- Hopping distance should be far enough to challenge control and balance.

**Pop Press Up – alternate**

<table>
<thead>
<tr>
<th>S: 1</th>
<th>R: 15</th>
</tr>
</thead>
</table>
- Start in press-up position with one hand in front of the head and the other under the chest.
- While minimising elbow bend, push explosively through the shoulders and alternate hand position forwards and backwards to the different starting positions.

**Partner Mirroring**

<table>
<thead>
<tr>
<th>S: 2</th>
<th>R: 2</th>
</tr>
</thead>
</table>
- Players start by facing each other 1-metre apart.
- Player one runs forwards while cutting from side-to-side.
- Player two retreats away while trying to mirror the direction that player one runs toward.

**Repeated Sprint Conditioning**

<table>
<thead>
<tr>
<th>S: 5</th>
<th>R: 1</th>
<th>D: 30 s</th>
</tr>
</thead>
</table>
- Mark a course of 25 metres with cones every 5 metres.
- Half of squad perform back and forth sprints to each cone for 30 seconds while other half performs neck strengthening exercises.
- Swap groups to alternate between the two exercises.

**Static Neck Contractions**

<table>
<thead>
<tr>
<th>S: 1</th>
<th>R: 1 each direction</th>
<th>D: 15 s each direction</th>
</tr>
</thead>
</table>
- Use hands to apply force to the head in a number of directions while keeping the head still.
- Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

**Jogging High Ball Jump & Turn**

<table>
<thead>
<tr>
<th>S: 2</th>
<th>R: 5</th>
</tr>
</thead>
</table>
- Begin jogging forwards, then alternate jumping off from one leg and driving the lead knee upwards.
- Reach hands above head as if catching a ball and turn 90° while in the air.
- Land squarely on both feet facing side-on from original position.

**Pop Press Up – alternate**

<table>
<thead>
<tr>
<th>S: 1</th>
<th>R: 15</th>
</tr>
</thead>
</table>
- Player one raises arms out in from at shoulder-height, while player two grasps player one’s wrists.
- Player two attempts to rapidly move player one’s arms up and down, while player one attempts to resist.

**Shoulder ‘Workout’**

<table>
<thead>
<tr>
<th>S: 2</th>
<th>R: 1</th>
<th>D: 15 s each repetition</th>
</tr>
</thead>
</table>
- Key cues: Head neutral. Pinch the shoulders together. Brace through trunk.
### PHASE 3

**PART A**

**7 min.**

Small-sided games and running activities to warm-up the body

**Small-sided Games**

**D: 5 min**

- Use small-sided games to get players moving, keep warm, and act as a pulse-raising exercise initially
- Groups should be no larger than 6 players

**Snake Run**

**S: 1 R: 3 D: 15 m**

- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

**Key cues:** Chest up.

**Resisted Arm Side Raise**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms to the side and slightly away from the body
- Try to raise arms away from the body to the side, while partner offers resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Resisted Arm Rotation**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Heel to Toe walk with Knee Raise**

**S: 1 R: 2 D: 15 m**

- Pull the leading knee to the chest
- Step into a calf raise on the planted leg
- Repeat with each step forwards

**Key cues:** Head neutral. Chest up. Hip, knee, ankle in line.

**Single Leg Balance with eyes closed**

**S: 1 R: 1 each leg R: 30 s each leg**

- Stand on one leg with a slight bend in the knee
- Close both eyes and try to maintain balance for 30 seconds
- Repeat with other leg

**Key cues:** Brace through the trunk. Hip, knee, ankle in line. Knee over toes.

**Resisted Arm Rotation**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

### ADULT PROGRAMME

**PART B**

**7 min.**

Activities to improve mobility and stability across the upper and lower body

**Heel to Toe walk with Knee Raise**

**S: 1 R: 2 D: 15 m**

- Pull the leading knee to the chest
- Step into a calf raise on the planted leg
- Repeat with each step forwards

**Key cues:** Head neutral. Chest up. Hip, knee, ankle in line.

**Snake Run**

**S: 1 R: 3 D: 15 m**

- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

**Key cues:** Chest up. Brace through the trunk. Knee over toes.

**Resisted Arm Side Raise**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms to the side and slightly away from the body
- Try to raise arms away from the body to the side, while partner offers resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Resisted Arm Rotation**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Static Nordic Hamstring Hold**

**S: 1 R: 5**

- Both players kneel on the ground, with player two holding player one’s ankles
- Player one lowers their torso forwards to the lowest point where the hold can be maintained for 15 seconds
- After 15 seconds, lower to the ground and return to the starting position

**Key cues:** Chest up. Brace through the trunk.
Resistance training activities to develop strength and power

Forward Lunge Jumps
S: 1 R: 10
- Starting in a lunge position, jump up while explosively driving the arms up
- Land with opposite leg now leading

Key cues: Chest up. Brace through the trunk. Knee over toes.

Figure of 8
S: 1 R: 1 D: 30 s
- Players imagine they are stood in a 2x1 metre rectangle
- By running forwards, sideways, and backwards, players run in a figure of 8 movement while always facing forwards

INTENSITY 100%

Pop Press Up – near to far
S: 1 R: 15
- Start in press-up position with the hands in front of the head
- While minimising elbow bend, push explosively through the shoulders and alternate hand position from in front of the head to under the chest

Key cues: Pinch shoulders together. Shoulders level with hips. Brace through the trunk.

Forward Double Hop and Stick
S: 1 R: 4 each leg
- Hop forwards twice by taking off and landing on the same leg
- Hopping distance should be far enough to challenge control and balance

Key cues: Brace through the trunk. Hips, knees, ankles in line. Soft knees.

Static Neck Contractions
S: 1 R: 1 each direction D: 15 s each direction
- Use hands to apply force to the head in a number of directions while keeping the head still
- Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

Key cues: Head neutral. Chest up. Brace through trunk.

Repetitive Sprint Conditioning
S: 5 R: 1 D: 30 s
- Mark a course of 25 metres with cones every 5 metres
- Half of squad perform back and forth sprints to each cone for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY 50%
**PHASE 4**

**ADULT PROGRAMME**

**PART A**

**7 min.**

Small-sided games and running activities to warm-up the body

**Small-sided Games**

**D: 5 min**

- Use small-sided games to get players moving, keep warm, and act as a pulse-raising exercise initially.
- Groups should be no larger than 6 players.

**Snake Run**

**S: 1 R: 3 D: 15 m**

- Using the full width of the channel, alternate swerving from left to right while running.
- Drive the outside leg across the body to swerve.

**Key cues:** Chest up.

**Forward Lunge and Side Bend**

**S: 1 R: 2 D: 15 m**

- Lunge forward while reaching arms above the head, leaning torso to the same side as the lead leg while still facing forwards.
- Rear leg should not touch the ground.
- Alternate leading leg with each step.

**Key cues:** Chest up. Brace through the trunk. Knee over toes.

**Heel to Toe walk with Knee Raise**

**S: 1 R: 2 D: 15 m**

- Pull the leading knee to the chest.
- Step into a calf raise on the planted leg.
- Repeat with each step forwards.

**Key cues:** Head neutral. Chest up. Hip, knee, ankle in line.

**PART B**

**7 min.**

Activities to improve mobility and stability across the upper and lower body

**Single Leg Balance with Push to Unbalance**

**S: 1 R: 2 (1 each leg) D: 30 seconds each leg**

- Player one stands on one leg with standing knee slightly bent. Player two stands beside player one.
- Using both hands, player two tries to push player one off balance while player one maintains their balance.

**Key cues:** Chest up. Brace through the trunk. Hip, knee, ankle in line.

**Resisted Arm Side Raise**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms to the side and slightly away from the body.
- Try to raise arms away from the body to the side, while partner offers resistance.

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Resisted Arm Rotation**

**S: 1 R: 2 each player D: 15 s each repetition**

- Hold arms close to the body and bend elbows to 90°.
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance.

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

**Static Nordic Hamstring Hold**

**S: 1 R: 5**

- Both players kneel on the ground, with player two holding player one's ankles.
- Player one lowers their torso forwards to the lowest point where the hold can be maintained for 15 seconds.
- After 15 seconds, lower to the ground and return to the starting position.

**Key cues:** Chest up. Brace through the trunk.
Resistance training activities to develop strength and power

**PHASE 4**

**PART C**

**Maximum Height Pogo Jumps**

- **S:** 2  **D:** 16
- Maintenance a slight bend in the knees, bound up and down on the balls of the feet.
- Try to minimise time that feet spend in contact with the ground.
- Aim for jumps to get higher with each repetition.

**Key cues:** Head neutral. Chest up. Hips, knees, ankles in line.

**Diagonal Hop and Stick**

- **S:** 1  **R:** 4 each leg
- Alternate hopping once diagonally forwards to the left or right by taking off and landing on the same leg.
- Hopping distance should be far enough to challenge control and balance.

**Key cues:** Brace through the trunk. Hips, knees, ankles in line. Soft knees.

**Plyo Press Up**

- **S:** 1  **R:** 20
- Start in press-up position.
- Slightly bend and then explosively extend the elbows to push the body away from the ground.
- Clap hands in the air before catching with the elbows slightly bent.

**Key cues:** Pinch shoulders together. Shoulders level with hips. Brace through the trunk.

**Forward Bounding**

- **S:** 1  **R:** 8
- Jump forwards as far as possible.
- Use the arms to drive forwards when jumping.
- Time to minimise time feet are in contact with the ground between jumps.

**Key cues:** Chest up. Brace through the trunk. Knee over toes.

**Figure of 8**

- **S:** 1  **R:** 1  **D:** 30 s
- Players imagine they are stood in a 2x1 metre rectangle.
- By running forwards, sideways, and backwards, players run in a figure of 8 movement while always facing forwards.

**Key cues:** Chest up. Brace through the trunk. Knee over toes.

**PART D**

**Sprint Conditioning and exercises to improve neck strength and function**

**Repeated Sprint Conditioning**

- **S:** 5  **R:** 1  **D:** 30 s
- Mark a course of 25 metres with cones every 5 metres.
- Half of squad perform back and forth sprints to each cone for 30 seconds while other half performs neck strengthening exercises.
- Swap groups to alternate between the two exercises.

**Key cues:** Head neutral. Chest up. Brace through the trunk.

**ADULT PROGRAMME**
Heel to Toe walk with Knee Raise

- S: 1
- R: 2
- D: 15 m

• Pull the leading knee to the chest
• Step into a calf raise on the planted leg
• Repeat with each step forwards

Key cues: Chest up. Hip, knee, ankle in line.

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Snake Run

- S: 1
- R: 3
- D: 15 m

• Using the full width of the channel, alternate swerving from left to right while running
• Drive the outside leg across the body to swerve

Key cues: Chest up.

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Forward Lunge and Twist

- S: 1
- R: 2
- D: 15 m

• Lunge forward while reaching the arms above the head, twisting the torso to face the same side as the lead leg
• Rear leg should not touch the ground
• Alternate leading leg with each step

Key cues: Chest up. Brace through the trunk. Knee over toes.

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Single Leg Balance with Push to Unbalance

- S: 1
- R: 2 (1 each leg)
- D: 30 seconds each leg

• Player one stands on one leg with standing knee slightly bent. Player two stands beside player one
• Using both hands, player two tries to push player one off balance while player one maintains their balance

Key cues: Chest up. Brace through the trunk. Hip, knee, ankle in line.

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Resisted Arm Side Raise

- S: 1
- R: 2 each player
- D: 15 s each repetition

• Hold arms to the side and slightly away from the body
• Try to raise arms away from the body to the side, while partner offers resistance

Key cues: Head neutral. Chest up. Pinch the shoulders together.

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Resisted Arm Rotation

- S: 1
- R: 2 each player
- D: 15 s each repetition

• Hold arms close to the body and bend elbows to 90°
• Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

Key cues: Head neutral. Chest up. Pinch the shoulders together.

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Static Nordic Hamstring Hold

- S: 1
- R: 5

• Both players kneel on the ground, with player two holding player one’s ankles
• Player one lowers their torso forwards to the lowest point where the hold can be maintained for 15 seconds
• After 15 seconds, lower to the ground and return to the starting position

Key cues: Chest up. Brace through the trunk.
Activities to improve mobility and stability across the upper and lower body

**Dead Leg Sprint**

* S: 1  R: 2  D: 15 m each leg
  - When running forward one leg will run normally, while the other leg should be passive with minimal bend at the knee and hip
  - For the active leg, try to co-ordinate the knee and elbow drive and curl toes up when knee is raised

**Forward Triple Hop and Stick**

* S: 1  R: 2 each leg
  - Hop forwards three times by taking off and landing on the same leg
  - Hopping distance should be far enough to challenge control and balance

**Kneeling Drop Catch**

* S: 1  R: 15
  - From kneeling position, slowly fall forward with arms reaching forwards
  - Use arms to catch the body with elbows slightly bent and return to start

**Alternating Single Leg Bounds**

* S: 1  R: 10
  - Bound forward, landing on alternate legs
  - Forcefully drive the knee upwards on the swinging leg when taking off
  - Co-ordinate knee and elbow drive

**Backtrack, Pivot and Sprint**

* S: 1  R: 4  D: 15 m each repetition
  - Run backwards for 5 metres
  - Pivot 180° and accelerate forwards
  - Alternate pivoting direction between left and right with each repetition

**Shoulder ‘Workout’**

* S: 2  R: 1  D: 15 s each repetition
  - Player one raises arms out in front at shoulder-height, while player two grasps player one’s wrists
  - Player two attempts to rapidly move player one’s arms up and down, while player one attempts to resist

**Static Neck Contraction**

* S: 1  R: 1 each direction  D: 15 s each direction
  - Use hands to apply force to the head in a number of directions while keeping the head still
  - Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

**Repetitive Sprint Conditioning**

* S: 5  R: 1  D: 30 s
  - Mark a course of 25 metres with cones every 5 metres
  - Half of squad perform back and forth sprints to each cone for 30 seconds while other half performs neck strengthening exercises
  - Swap groups to alternate between the two exercises

**Static Neck Contraction**

* S: 1  R: 1 each direction  D: 15 s each direction
  - Use hands to apply force to the head in a number of directions while keeping the head still
  - Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

**Sprint Conditioning and exercises to improve neck strength and function**

* S: 1  R: 1 each direction  D: 15 s each direction
  - Use hands to apply force to the head in a number of directions while keeping the head still
  - Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

**Shoulder ‘Workout’**

* S: 2  R: 1  D: 15 s each repetition
  - Player one raises arms out in front at shoulder-height, while player two grasps player one’s wrists
  - Player two attempts to rapidly move player one’s arms up and down, while player one attempts to resist

**Key Cues**

- Chest up. Brace through the trunk.
- Pinch shoulders together. Shoulders level with hips. Brace through the trunk.
- Head neutral. Chest up. Brace through trunk.
- Head neutral. Pinch the shoulders together. Brace through trunk.
# ADULT PROGRAMME

## PHASE 6

| Activities to improve mobility and stability across the upper and lower body |
|---|---|
| **PART A** | **PART B** |
| 7 min. | 7 min. |

### Small-sided Games
- **S**: 1  
- **R**: 1  
- **D**: 15 m

- Use small-sided games to get players moving, keep warm, and act as a pulse-raising exercise initially.
- Groups should be no larger than 6 players.

### Snake Run
- **S**: 1  
- **R**: 3  
- **D**: 15 m

- Using the full width of the channel, alternate swerving from left to right while running.
- Drive the outside leg across the body to swerve.

### Mountain Climber with Holds
- **S**: 1  
- **R**: 10 each side  
- **D**: 15 s each repetition

- Start in press-up position.
- Alternate bringing each knee as close as possible towards the elbow.

### Heel to Toe walk with Knee Raise
- **S**: 1  
- **R**: 2  
- **D**: 15 m

- Pull the leading knee to the chest.
- Step into a calf raise on the planted leg.
- Repeat with each step forwards.

### Single Leg Balance with eyes closed
- **S**: 1  
- **R**: 1 each leg  
- **D**: 30 s each leg

- Stand on one leg with a slight bend in the knee.
- Close both eyes and try to maintain balance for 30 seconds.
- Repeat with other leg.

### Resisted Arm Side Raise
- **S**: 1  
- **R**: 2 each player  
- **D**: 15 s each repetition

- Hold arms to the side and slightly away from the body.
- Try to raise arms away from the body to the side, while partner offers resistance.

### Resisted Arm Rotation
- **S**: 1  
- **R**: 2 each player  
- **D**: 15 s each repetition

- Hold arms close to the body and bend elbows to 90°.
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance.

### Nordic Hamstring Curl
- **S**: 1  
- **R**: 5

- Both players kneel on the ground, with player two holding player one's ankles.
- Player one slowly lowers their torso forwards while resisting falling.
- Player one uses their arms to land when the controlled lower cannot be held.

---

**Key cues**: Chest up.

**Key cues**: Pinch the shoulders together. Shoulders level with hips. Brace through the trunk.

**Key cues**: Head neutral. Chest up. Hip, knee, ankle in line.

**Key cues**: Brace through the trunk. Hip, knee, ankle in line. Knee over toes.

**Key cues**: Head neutral. Chest up. Pinch the shoulders together.

**Key cues**: Head neutral. Chest up. Pinch the shoulders together.

**Key cues**: Chest up. Brace through the trunk.
Resistance training activities to develop strength and power

### PHASE 6

#### PART C 7 min.

**Single Leg Pogo Jumps**
- **S: 2 R: 8 each leg**
  - Maintaining a slight bend in the knee, bound up and down on the ball of one foot
  - Try to minimise time that the foot spends in contact with the ground between each jump

**Diagonal Triple Hop and Stick**
- **S: 1 R: 2 each leg**
  - Alternate hopping three times diagonally forwards to the left or right by taking off and landing on the same leg
  - Hopping distance should be far enough to challenge control and balance

**Kneeling Drop Catch – Press Up**
- **S: 1 R: 15**
  - From kneeling position, slowly fall forward with arms reaching forwards
  - Use arms to catch the body with elbows slightly bent and perform a press-up before returning to starting position

**Forward Tuck Jumps**
- **S: 1 R: 2**
- **D: 15 m each repetition**
  - Jumping forward as high as possible while keeping feet together
  - Tuck the knees into the chest
  - Try to minimise the time feet spend in contact with the ground between each jump

**Shoulder ‘Workout’**
- **S: 2 R: 1**
- **D: 15 s each repetition**
  - Player one raises arms out in from at shoulder-height, while player two grasps player one’s wrists
  - Player two attempts to rapidly move player one’s arms up and down, while player one attempts to resist

#### PART D 4 min.

**Sprint Conditioning and exercises to improve neck strength and function**

**Repeated Sprint Conditioning**
- **S: 5 R: 1 D: 30 s**
  - Mark a course of 25 metres with cones every 5 metres
  - Half of squad perform back and forth sprints to each cone for 30 seconds while other half performs neck strengthening exercises
  - Swap groups to alternate between the two exercises

**Static Neck Contractions**
- **S: 1 R: 1 each direction D: 15 s each direction**
  - Use hands to apply force to the head in a number of directions while keeping the head still
  - Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

**Run, Set, Cut**
- **S: 1 R: 2 each direction**
  - From standing start, accelerate up to 75% pace
  - On coach’s cue, decelerate by chopping stride length and flexing at the hips and knees
  - Once at 25% pace, perform a plant and cut to the left or right and accelerate forwards again

**Key cues:**
- Head neutral. Chest up. Brace through trunk.
### Small-sided Games

**D: 5 min**

- Use small-sided games to get players moving, keep warm, and act as a pulse-raising exercise initially
- Groups should be no larger than 6 players

#### Snake Run

**S: 1  R: 3  D: 15 m**

- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

**Key cues:** Chest up.

#### Mountain Climber and Twist

**S: 1  R: 10 each side**

- Start in press-up position
- Alternate bringing each knee as close as possible towards the elbow
- Rotate the torso to raise the arm from the same side as the lead leg above the head

**Key cues:** Pinch the shoulders together. Shoulders level with hips. Brace through the trunk.

#### Heel to Toe walk with Knee Raise

**S: 1  R: 2  D: 15 m**

- Pull the leading knee to the chest
- Step into a calf raise on the planted leg
- Repeat with each step forwards

**Key cues:** Head neutral. Chest up. Hip, knee, ankle in line.

### Activities to improve mobility and stability across the upper and lower body

#### Single Leg Balance with Eyes Closed and Push to Unbalance

**S: 1  R: 1 each leg  D: 20 s each leg**

- Stand on one leg with a slight bend in the knee
- Close both eyes and try to maintain balance for 10 seconds
- Repeat with the other leg

**Key cues:** Brace through the trunk. Hip, knee, ankle in line. Knee over toes.

#### Resisted Arm Side Raise

**S: 1  R: 2 each player  D: 15 s each repetition**

- Hold arms to the side and slightly away from the body
- Try to raise arms away from the body to the side, while partner offers resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

#### Resisted Arm Rotation

**S: 1  R: 2 each player  D: 15 s each repetition**

- Hold arms close to the body and bend elbows to 90°
- Try to move hands to the side of the body while keeping elbows touching the body, with partner offering resistance

**Key cues:** Head neutral. Chest up. Pinch the shoulders together.

#### Nordic Hamstring Curl

**S: 1  R: 3**

- Both players kneel on the ground, with player two holding player one’s ankles
- Player one slowly lowers their torso forwards while resisting falling
- Player one uses their arms to land when the controlled lower cannot be held

**Key cues:** Chest up. Brace through the trunk.
Run, Set, Cut

- From standing start, accelerate up to 75% pace
- On coach’s cue, decelerate by chopping stride length and flexing at the hips and knees
- Once at 25% pace, perform a plant and cut to the left or right and accelerate forwards again

Key cues:

Kneeling Drop Catch – Plyometric Press Up

- From kneeling position, slowly fall forward with arms reaching forwards
- Use arms to catch the body with elbows slightly bent before explosively pushing body away from the ground to perform as clap press-up

Key cues:
Pinch shoulders together. Shoulders level with hips. Brace through the trunk.

Forward Hop and Stick with Shallow Squat

- Hop forwards by taking off and landing on the same leg
- Between each hop forward, perform one single leg squat on the standing leg


Resistance training activities to develop strength and power

Adapted Sprint Conditioning and exercises to improve neck strength and function

Repeat Sprint Conditioning

- Mark a course of 25 metres with cones every 5 metres
- Half of squad perform back and forth sprints to each cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY 70%

Key cues: Chest up. Hip, knee, ankle in line. Knee over toes.

Static Neck Contractions

- Use hands to apply force to the head in a number of directions while keeping the head still
- Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

INTENSITY 50%

Key cues: Head neutral. Chest up. Brace through trunk.

Forward Hop and Stick with Shallow Squat

- Hop forwards by taking off and landing on the same leg
- Between each hop forward, perform one single leg squat on the standing leg


Repeating Sprint Conditioning

- Mark a course of 25 metres with cones every 5 metres
- Half of squad perform back and forth sprints to each cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY 50%

Key cues: Head neutral. Chest up. Brace through trunk.

Weaving Tuck Jumps

- Jump forward as high as possible while keeping feet together, alternating between jumping diagonally to the left and right
- Tuck the knees into the chest
- Try to minimise the time feet spend in contact with the ground between each jump

Key cues: Chest up. Brace through the trunk. Knee over toes.

Adapted Single Leg Pogo Jumps

- Maintaining a slight bend in the knee, bound up and down on the ball of one foot
- Try to minimise time that foot spends in contact with the ground between each jump

Key cues: Chest up. Brace through the trunk.

Run, Set, Cut

- From standing start, accelerate up to 75% pace
- On coach’s cue, decelerate by chopping stride length and flexing at the hips and knees
- Once at 25% pace, perform a plant and cut to the left or right and accelerate forwards again

Key cues: Chest up. Hip, knee, ankle in line. Knee over toes.

Resistance training activities to develop strength and power

Kneeling Drop Catch – Plyometric Press Up

- From kneeling position, slowly fall forward with arms reaching forwards
- Use arms to catch the body with elbows slightly bent before explosively pushing body away from the ground to perform as clap press-up

Key cues: Pinch shoulders together. Shoulders level with hips. Brace through the trunk.

Forward Hop and Stick with Shallow Squat

- Hop forwards by taking off and landing on the same leg
- Between each hop forward, perform one single leg squat on the standing leg


Repeating Sprint Conditioning

- Mark a course of 25 metres with cones every 5 metres
- Half of squad perform back and forth sprints to each cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY 50%

Key cues: Head neutral. Chest up. Brace through trunk.

Weaving Tuck Jumps

- Jump forward as high as possible while keeping feet together, alternating between jumping diagonally to the left and right
- Tuck the knees into the chest
- Try to minimise the time feet spend in contact with the ground between each jump

Key cues: Chest up. Brace through the trunk. Knee over toes.

Adapted Single Leg Pogo Jumps

- Maintaining a slight bend in the knee, bound up and down on the ball of one foot
- Try to minimise time that foot spends in contact with the ground between each jump

Key cues: Chest up. Brace through the trunk.

Run, Set, Cut

- From standing start, accelerate up to 75% pace
- On coach’s cue, decelerate by chopping stride length and flexing at the hips and knees
- Once at 25% pace, perform a plant and cut to the left or right and accelerate forwards again

Key cues: Chest up. Hip, knee, ankle in line. Knee over toes.

Resistance training activities to develop strength and power

Kneeling Drop Catch – Plyometric Press Up

- From kneeling position, slowly fall forward with arms reaching forwards
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Forward Hop and Stick with Shallow Squat

- Hop forwards by taking off and landing on the same leg
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Repeating Sprint Conditioning

- Mark a course of 25 metres with cones every 5 metres
- Half of squad perform back and forth sprints to each cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY 50%

Key cues: Head neutral. Chest up. Brace through trunk.

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Adapted Single Leg Pogo Jumps

- Maintaining a slight bend in the knee, bound up and down on the ball of one foot
- Try to minimise time that foot spends in contact with the ground between each jump

Key cues: Chest up. Brace through the trunk.