

ACTIVATE

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

3

U16

programme

4

U18

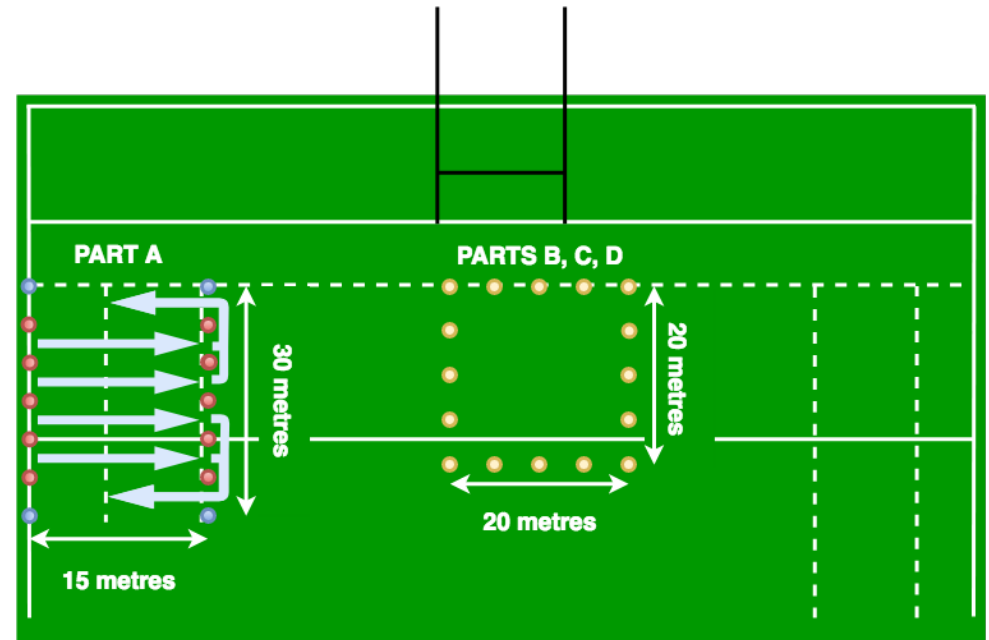
programme

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)



Suggested pitch layout for Activate

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.

The “Key Activate 8” coaching cues

Each exercise in the Activate programme typically includes two or three associated Key Activate 8 cues.

The “Key Activate 8”:

- Head neutral / lifted
(Think “Look over your sunglasses”)
- Chest up
- Pinch the shoulders together
- Shoulders level with hips
- Brace through the trunk
- Soft knees
- Hip, knee, ankle in line
- Knee over toes



Head neutral



Head lifted



Chest up



*Pinch
shoulders*



*Shoulders level
with hips*



*Brace through
trunk*



*Hip, knee, ankle
in line*



*Knee over
toes*

Soft knees

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.

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

MATCH
DAY

PART

A

7 min.

INTENSITY
50%

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.

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



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.

PART
B
7 min.



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.

MATCH
DAYPART
C
7 min.

Resistance training activities to develop strength and power

**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

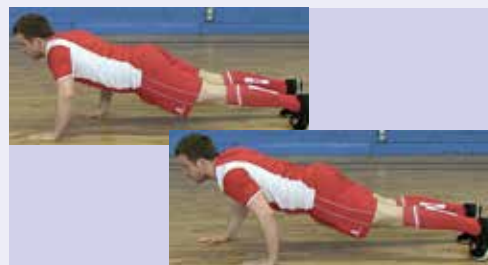
Key cues: Head Lift. Shoulders level with hips. Brace through the trunk.

**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

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

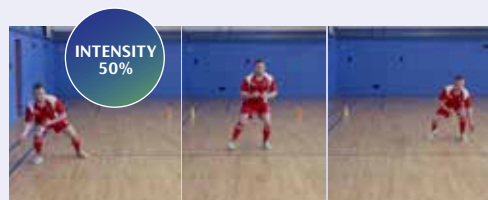
Exercises to improve neck strength and function

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.

**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

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

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

INTENSITY
50%



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.

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

PART

B

7 min.



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.



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.

1

Resistance training activities to develop strength and power

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

INTENSITY
50%

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

**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.

PART

D

4 min.

Sprint Conditioning and 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.

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 cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY
50%**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

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

2

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

INTENSITY
50%



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.

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



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.

PART

B

7 min.



Single Leg Balance Arm Circles

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

- Balance on one leg and spread arms to the side
- Make small circles with the arms - varying between small and large circles

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.



Bent Hip Nordic Hamstring Curl

S: 1 R: 5

- 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: Chest up. Brace through the trunk.

Resistance training activities to develop strength and power

**Partner Resisted Quick Steps**

S: 6 R: 1

- 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

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

**Diagonal Hop and Stick**

S: 1 R: 8 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.

**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 Jump & Turn**

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 and turn 90° while in the air
- Land squarely on both feet facing side-on from original position

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

**Partner Mirroring**

S: 2 R: 2

D: 15 m each repetition

- 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

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

PART C

7 min.

Sprint Conditioning and exercises to improve neck strength and function

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 cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

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

PHASE

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

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

INTENSITY
50%



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.

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



Forward Lunge and Reach

S: 1 R: 2 R: 15 m

- Lunge forward while reaching the arms above the head
- 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.



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 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

PART
C
7 min.**Forward Pogo Jumps**

S: 1 R: 2

D: 15 m each repetition

- Maintaining a slight bend in the knees, bound up and down on the balls of the feet while jumping forwards
- Try to minimise time that feet spend in contact with the ground

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

**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.

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.

**Shoulder Walkout**

S: 2 R: 5

- Start with legs straight and hands on the ground
- Walk out the hands as far forwards from the head as possible
- Hold at full extension for 2 seconds before walking hands back to the feet



Key cues: Pinch the shoulders together. Brace through the trunk.

Sprint Conditioning and exercises to improve neck strength and function

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

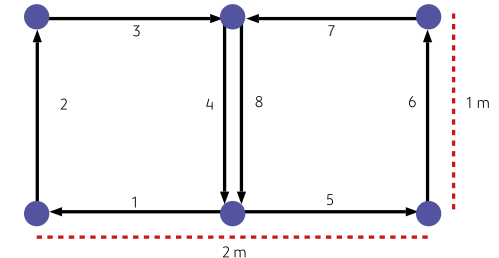
S: 5 R: 1 D: 30 s

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

INTENSITY
50%**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%

PHASE

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

4

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

INTENSITY
50%



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.

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



Forward Lunge and Side Bend

S: 1 R: 2 D: 15 m

- Lunge forward while reaching the arms above the head, leaning the 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.



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

**Maximum Height Pogo Jumps**

S: 2 D: 16

- Maintaining 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

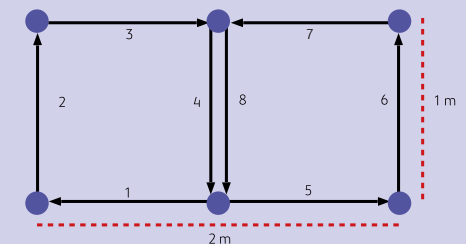
- Jump forwards as far as possible
- Use the arms to drive forwards when jumping
- Time to minimise time feet are in contact with the ground between jumps

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

INTENSITY
100%



Sprint Conditioning and exercises to improve neck strength and function

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 cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY
50%

**Shoulder Walkout**

S: 1 R: 8

- Start with legs straight and hands on the ground
- Walk out the hands as far forwards from the head as possible
- Hold at full extension for 2 seconds before walking hands back to the feet

Key cues: Pinch the shoulders together. Brace through the trunk

PHASE

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

5

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

INTENSITY
50%



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.

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



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.



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.



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.

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

PART
C
7 min.INTENSITY
70%**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

Key cues: Chest up. Brace through the trunk.

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



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

**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

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

**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

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

PART
D
4 min.

Sprint Conditioning and 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.

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 cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY
50%**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

Key cues: Chest up. 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.

INTENSITY
100%

PHASE

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

6

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

INTENSITY
50%



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.

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

PART

B

7 min.



Mountain Climber with Holds

S: 1 R: 10 each side

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

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.



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 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: 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. Brace through the trunk.

Resistance training activities to develop strength and power

INTENSITY
70%**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

Key cues: Chest up. Brace through the trunk.

**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

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

**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

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

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

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

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

PART

C

7 min.

Sprint Conditioning and 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.

Repeated Sprint Conditioning

S: 5 R: 1 D: 30 s

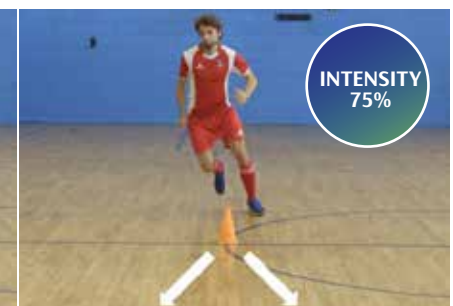
- Mark a course of 25 metres with cones every 5 metres
- Half of squad perform back and forth sprints to each cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY
50%**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: Chest up. Hip, knee, ankle in line. Knee over toes.

INTENSITY
75%

PART

D

4 min.

PHASE

S = Sets R = Repetitions D = Distance / Duration

ADULT PROGRAMME

7

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

INTENSITY
50%



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.

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

PART

B

7 min.



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.



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.

INTENSITY
70%**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

Key cues: Chest up. Brace through the trunk.**Forward Hop and Stick with Shallow Squat***S: 2 R: 7 each leg*

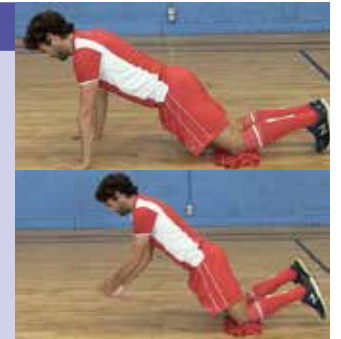
- Hop forwards by taking off and landing on the same leg
- Between each hop forward, perform one single leg squat on the standing leg

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

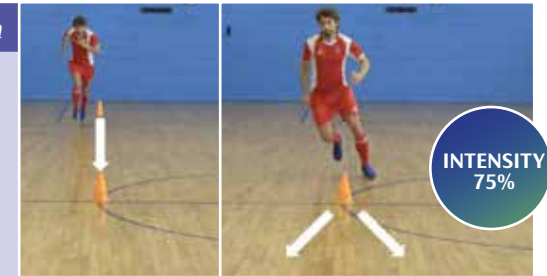
Resistance training activities to develop strength and power

Kneeling Drop Catch – Plyometric 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 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.**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

INTENSITY
75%**Key cues:** Chest up. Hip, knee, ankle in line. Knee over toes.

Sprint Conditioning and exercises to improve neck strength and function

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 cones for 30 seconds while other half performs neck strengthening exercises
- Swap groups to alternate between the two exercises

INTENSITY
50%**Weaving Tuck Jumps***S: 1 R: 2 D: 15 m each repetition*

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



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