

Activity Phase Week 1 & 2

Athletic Development Session 2

Session Aim: Develop good quality movements in all units.

Refer to exercise demonstration videos for key coaching points and guidance on each exercise, using regressions and progressions where necessary.

Time: 45 mins – 1 hour (physical ability dependent)

The ability of the individual will determine the rest time between exercises/sets/units, as well as the number of sets completed in the strength unit.

Requirements: The Stability & Mobility and Strength & Power units require a flat 3m x 2m indoor/outdoor space and an exercise mat (optional – for comfort). The Speed unit requires a 20-30cm solid step/platform with a clear flat landing space, as well as a clear wall space to lean against.

Format: Warm-up → Speed unit → Strength & Power Unit → Cool down

*Reps (repetitions) refer to the number of times you repeat a movement or exercise without rest. e.g. Push-up x 10 reps.
Sets are a series of repetitions of an exercise with breaks in between. e.g. 1 set = Push-up x 10 reps.

Warm-up - Stability & Mobility
(~ 8 minutes)

*No rest needed between exercises/sets.

<u>Exercise</u>	<u>Reps/Time</u>	<u>Sets</u>
1. Breathing Control	5 reps	1
2. Core Bracing	10 seconds	2
3. Bridge - Spinal Peel	3-5 reps	1
4. Same Side Crawl	4-6 reps (forward and back)	2
5. Opposite Side Crawl	4-6 reps (forward and back)	2

Speed
(~12 minutes)

*Short rest between exercises/sets.

<u>Exercise</u>	<u>Reps</u>	<u>Sets</u>
1. Drop & Stick (landing mechanics)	10 reps	1
2. Wall Drive (drop & drive)	10 reps	2
3. Wall Drive (triple punch)	4 reps	2

Strength & Power
(~20-30 minutes)

*Perform exercises 1 to 4 with no/little rest between exercises.
Once you have completed all 4, take a 1-2 minute rest. Complete 2-3 sets.

<u>Exercise</u>	<u>Reps/Time</u>	<u>Sets</u>
1. Hip Bridge	10 reps	2-3
2. IYTW	10 reps	2-3
3. Forward Lunge	10 reps (each side)	2-3
4. Dead Bug	10 reps	2-3

Cool Down – Static Stretch Routine
(~5-10 minutes)

*Hold each stretch for at least 30 seconds while practicing slow diaphragmatic breathing.

<u>Stretch</u>	<u>Time</u>
1. Forward lean and chest stretch	30-45 seconds
2. Calf stretch (right and left separate)	30-45 seconds
3. Hip flexor stretch (right and left separate)	30-45 seconds
4. Hamstring stretch (right and left separate)	30-45 seconds
5. Adductor stretch (right and left separate)	30-45 seconds
6. Quad stretch (right and left separate)	30-45 seconds