

RISE

**PREPARE TO PLAY
PROGRAM**



The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury. The program is specifically aimed at players aged 13 and over. The exercises within the program, when done consistently can be effective in developing strength, balance, coordination and proprioception.

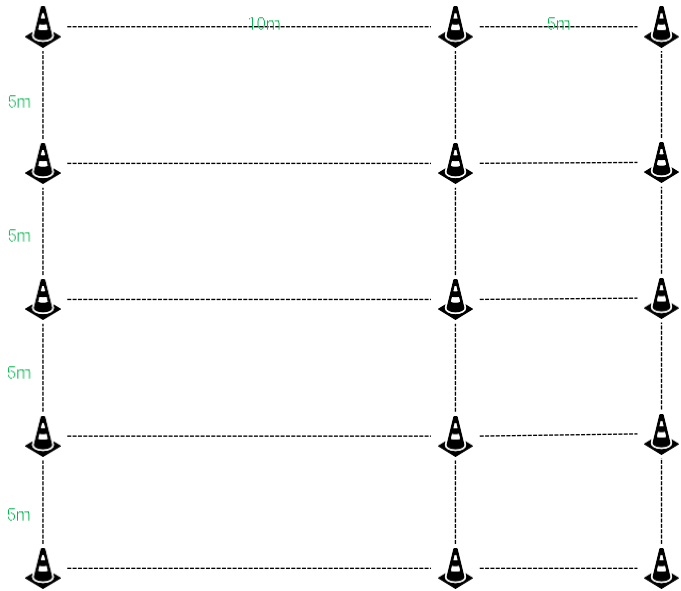
The program consists of three parts. Each part consists of 4-6 exercises that should be completed in order. It's recommended that players complete the full program at least once per week. When short of time, coaches should focus on the six exercises highlighted in green below.

GENERAL WARM UP	HOPPING & LANDING	STRENGTH
1. SHUTTLE RUNS	6. ALTERNATE HOP & LAND	10. SINGLE LEG SQUAT
2. ATTACKER ZIG ZAG	7. LATERAL SKI JUMPS	11. NORDIC LOWERS
3. DEFENDER TRACKING	8. BALANCE & PASS	12. DIAGONAL PUSH UPS
4. INTERCEPTOR GAME	9. BUMP & JUMP	13. NECK STRENGTH
5. HIT THE BREAKS		14. WEIGHT SHIFTS
		15. FACE TAPS

* The highlighted activities should be done before each session




Field Set Up

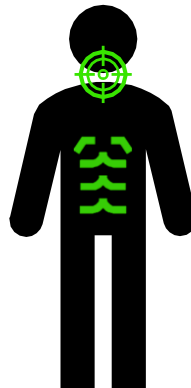
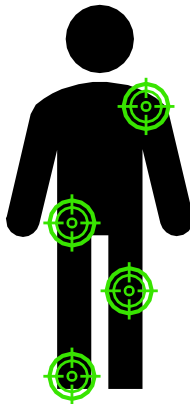
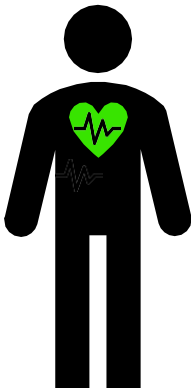


Equipment

 x 4


 x 15

Activity Objective Indicator

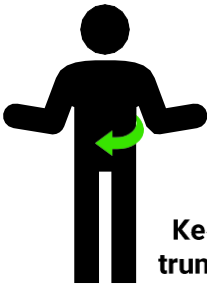


 Increase Strength & Stability

 Raise Heart Rate & Blood Flow

 Enhance Core Stability & Balance

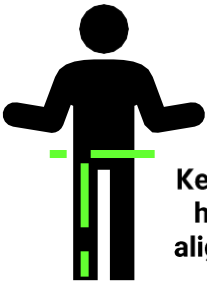
For each exercise, remember these general principles to ensure you to perform the exercise safely and efficiently



Keep your trunk strong



Keep shoulders and hips square



Keep your knee, hip and ankle aligned, & pelvis horizontal



Keep your back straight, and head neutral.

GENERAL WARM UP



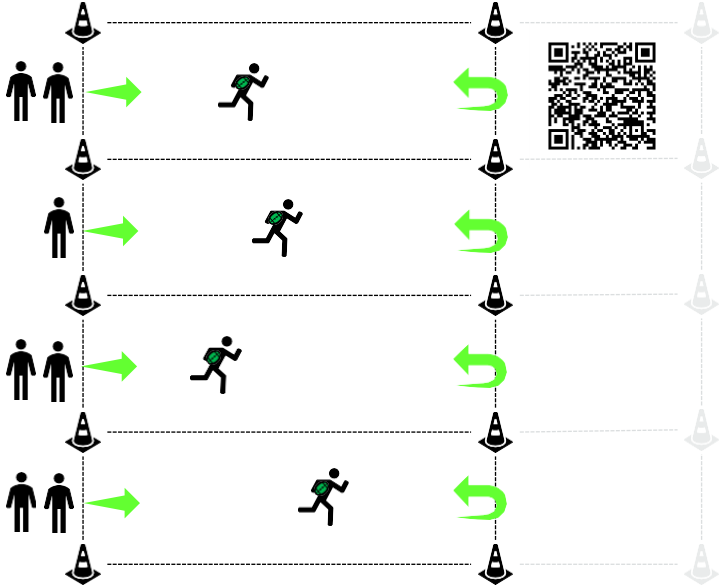


SHUTTLE RUNS

With the ball in hand jog forwards 10m to the end of the channel, turn around and jog back to the start, offloading the ball to your partner. On your next turn shuffle side to side and return facing the same direction. On your third turn, run backwards.

REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do **not** let your knees buckle inwards.



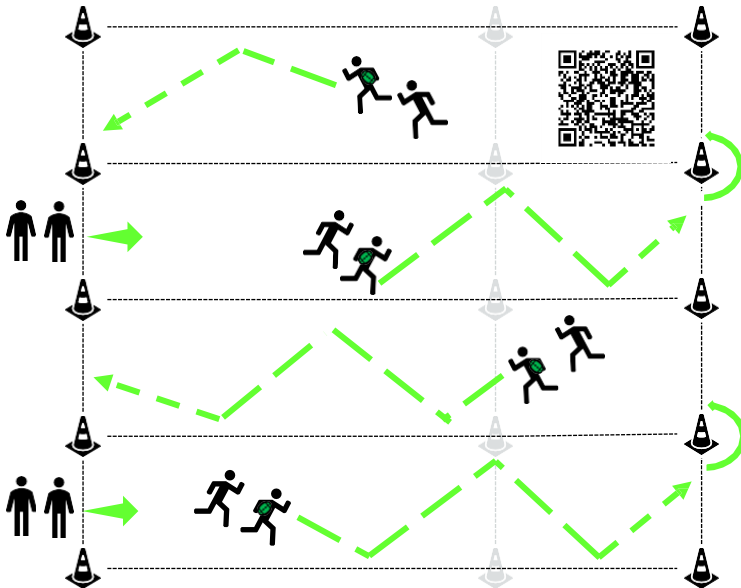
ATTACKER ZIG-ZAG

The purpose of this drill is to replicate movements that occur in games where players are required to change direction, transfer weight and accelerate.

Progress up a 5m wide channel swerving from one side of the channel to the other with your partner following closely. When you reach the end of the channel swap roles and return to the start line increasing the speed slightly.

REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.





DEFENDER TRACKING

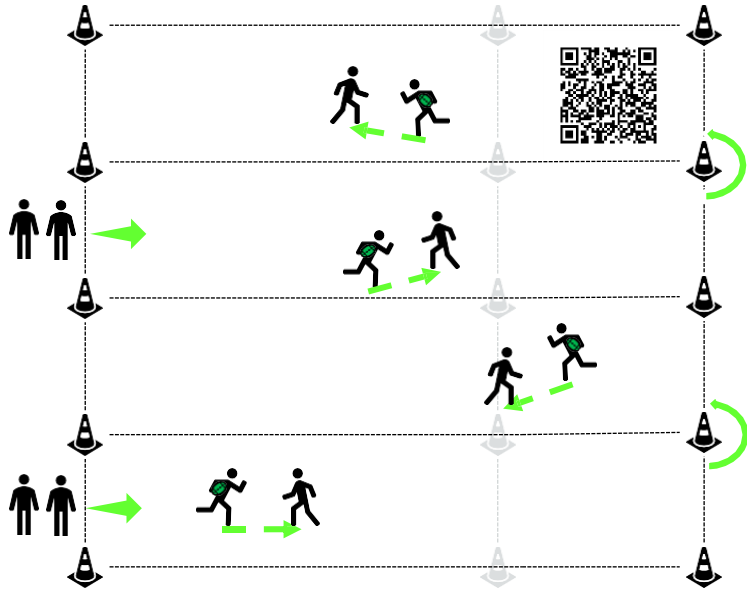
Hold the ball and face up the channel, with your partner standing opposite you, approximately 1m apart. Swerve up the channel, with the defender mirroring your movements whilst attempting to maintain the 1m gap. Once at the end of the channel swap roles and repeat.

Key teaching points for the defender are:

- Eyes Up,
- Hands Up,
- Hips square,
- Small Steps

REMEMBER

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.



INTERCEPTOR GAME

In a small group, stand in a circle with a defender in the middle who attempts to intercept the pass. Tap the ball on the ground before passing in any direction. Rotate defender every thirty seconds.

When tapping the ball on the ground try to squat by bending at the knees and hips with back straight.





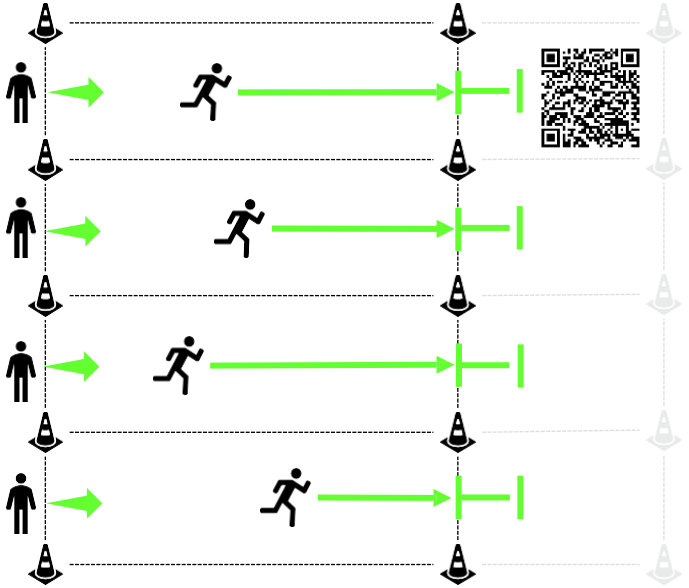
HIT THE BREAKS

The purpose of this drill is to replicate movements that occur in games where players are required to stop quickly which puts pressure on knees and ankles.

Accelerate over 10m, before stopping quickly (3 steps) when you reach the end of the channel, Turn around and repeat.

REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front your hips, knees and feet should be aligned.
- Bend knees slightly when stopping with weight on the ball of your feet.
- Don't let your knees buckle inwards.



HOPPING & LANDING





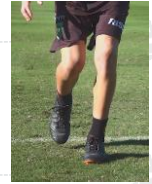
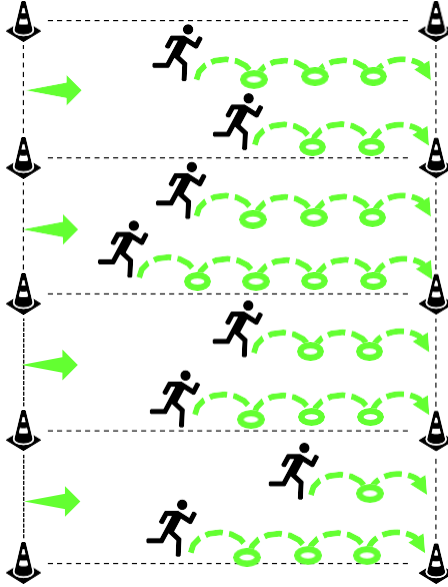
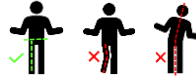
ALTERNATE HOP & LAND

This activity helps promote balance and stability through the hip, knee and ankle joints.

Standing on one leg, bend your hips, knee and ankle slightly and lean your upper body forwards. Jump forward, landing on alternate legs over 10 meters. Be sure to pause and balance after each jump.

REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body.
- Do **not** twist or tilt your pelvis to the side.



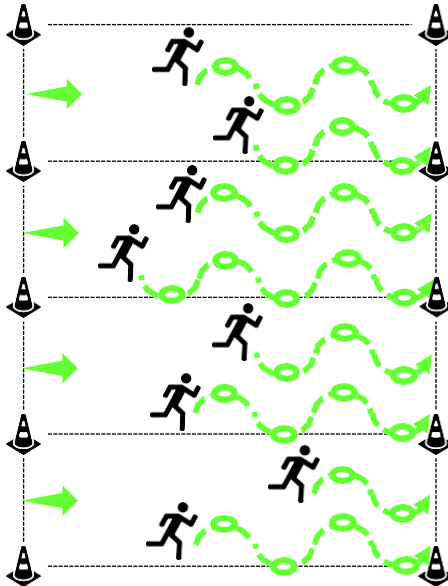
LATERAL SKI JUMPS

This activity helps promote balance and stability through the hip, knee and ankle joints.

Standing on one leg, bend your hips, knee and ankle slightly and lean your upper body forward. Jump forward and laterally, landing on alternate legs over 10 meters. Be sure to pause and balance after each jump.

REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body
- Do **not** twist or tilt your pelvis to the side



Jump forward and laterally.



Pause and balance after each jump.



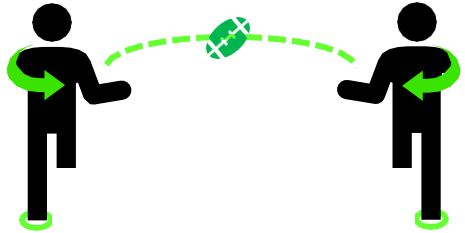
BALANCE & PASS



Stand with a partner, facing the same direction, both balanced on outside leg. Pass a ball back and forth swapping sides after 20 seconds.

REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Knee should be slightly flexed
- Hips square and horizontal. Rotating torso to pass across body.
- Do **not** let your knee buckle inwards
- Do **not** twist or tilt your pelvis to the side



JUMP & BUMP

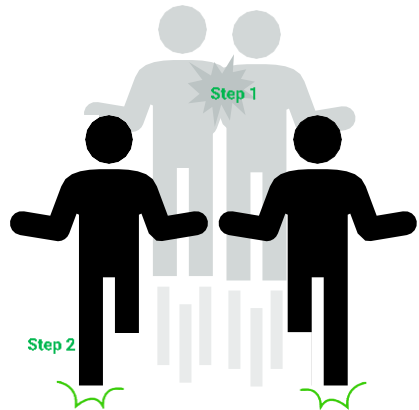
This exercise promotes balance and stability in the hips, knees and ankles.



Standing next to your partner, take off with both feet and bump your partner in the air (Step 1). Land on your outside leg and hold (Step 2). Repeat four times, then change direction to land on opposite leg.

REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line
- Land gently on the balls of your foot
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body.
- Do **not** twist or tilt your pelvis to the side



STRENGTH





SINGLE LEG SQUAT

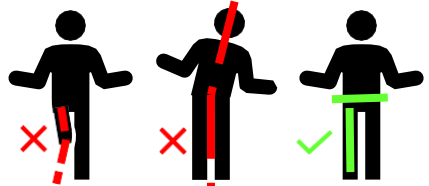


Strengthens your front thigh muscles and improves

Balance. To perform, slowly bend your knee, if possible until it is straighten up again. Do 6 squats and

REMEMBER:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line
- Lean your upper body slightly forwards and keep it stable
- Keep your pelvis horizontal
- Bend your knee slowly then straighten it slightly more quickly
- Do **not** let your knee buckle inwards
- Do **not** twist or tilt your pelvis to the side
- Your bent knee should **not** extend beyond your toes



NORDIC LOWERS

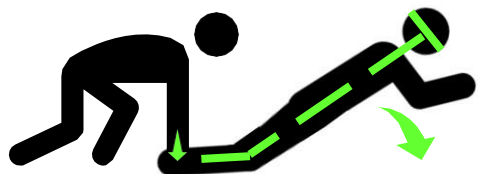


Knelling with knees hip-width apart, your partner kneels behind you and with both hands gripping your lower legs just above the ankles while pushing them with his body weight to the ground.

During this exercise, your body should be completely straight from your head to your knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Repeat 6 times and swap with your partner.

REMEMBER:

- Your partner keeps your lower legs firmly on the ground
- Your head, upper body, hips and thighs should be in a straight line
- The movement is only in the knee joints
- Perform this exercise slowly at first, but once you feel more comfortable, speed it up
- Do **not** tilt your head backwards
- Do **not** bend at your hips





DIAGONAL PUSH UP

This exercise promotes strength and stability in the chest, shoulder and elbows.

Assume a push up position, with hands shoulder width apart with one slightly in front of the other. Push hard off the ground, landing softly through elbows, alternating hand position diagonally each rep. Repeat 10 times.



REMEMBER:

- Maintain core stability, keeping your body horizontal.
- Keep hips and knees straight
- Keep head in neutral position.
- Do **not** arch your back



NECK STRENGTH

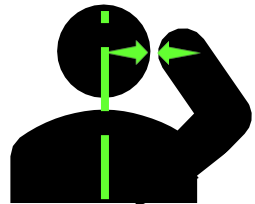
This exercise helps to develop neck strength and stability.

Place flat hand on head, pushing head into the hand with medium pressure in four different directions. (Forwards, backwards, left & right)



REMEMBER:

- Start neck in neutral position
- Only apply medium pressure into your hand
- Do not push too hard. It's important that your neck maintain neutral position





WEIGHT SHIFTS

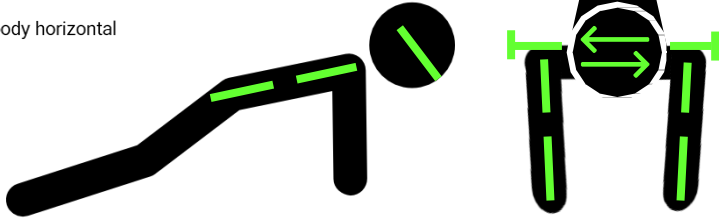


This exercise improves strength, stability and ability to bare weight through the shoulders.

Assume push up position. Keeping both hands on the ground, shoulder width apart with arms straight. shift weight over one shoulder and hold for 3-4 seconds. Transfer weight to opposite shoulder repeating 3 times each side.

REMEMBER:

- Maintain core stability, keeping your body horizontal
- Keep hips and knees straight
- Keep head in neutral position
- Do not arch your back



FACE TAPS



This exercise promotes stability and strength in the shoulders through partners resistance.

Face your partner. Grab one wrist each with arms at 90 degrees. During the activity attempt to tap your partner on the face whilst preventing them from doing the same. Swap arms after 10 seconds and repeat.



