

Injury Prevention

Prehab Routine

Introduction

Aim :

The aim of these exercises is to prepare you to train at your optimal level while decreasing the risk of injury.

Equipment Needed:

Foam Roller, Exercise (Thera) – Band.

Target Intensity:

You should be able to complete all exercises in a controlled manner. Ensure that you do not perform so many repetitions that you lose your form.

Exercise Routine:

Foam Rolling 30 seconds on every lower limb muscle group (each side) plus lower back. Spend more time on areas if necessary.



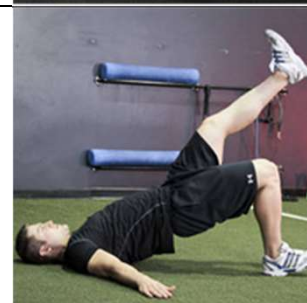
Glute Activation with band

10 steps to right, 10 steps to left, repeat twice.



Single Leg Glute Bridge

10 each side.



Planks

30 seconds front, 30 seconds left,
30 seconds right.



Walking Lunge

6 each side, repeat twice.



Single Leg Squat

6 each side, repeat twice. Only go as
low as you are comfortable with. Ens
ure your back is straight and your kn
ees do not buckle inwards.



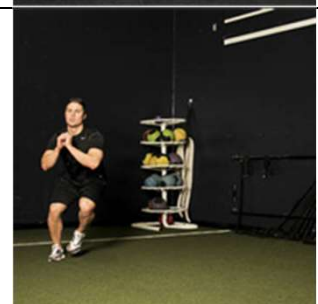
Single Leg Romanian Dead Lift

6 each side, repeat twice



Forward and Lateral Jumps

6 each side, repeat twice. Control (“stick”)
the landing.



Total Session Time: ca. 15 minutes



Conditioning Protocol

30 Minute Fartlek Run

Introduction

Aim :

The aim of the 30 Minute Fartlek Run is to increase your aerobic capacity, which will help you cover more ground in a game and recover quicker in between bouts of high intensity actions, like sprinting or slide tackling.

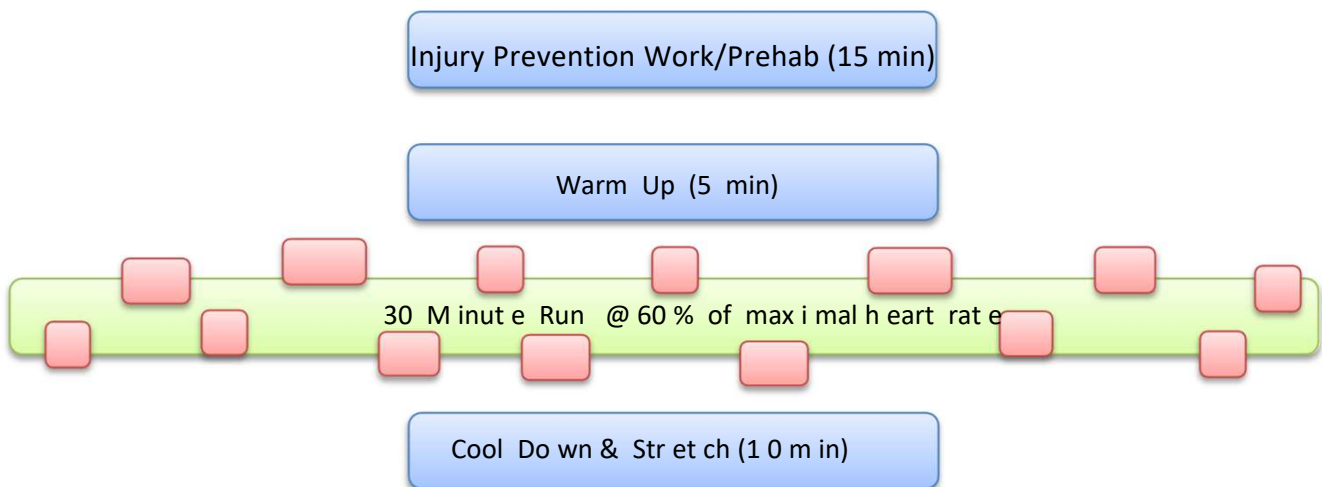
Equipment Needed:

1 stopwatch; ideally 1 heart rate monitor and watch.

Target Intensity:

The base intensity of the Fartlek run is approximately 60% of your maximal heart rate. If you do not know your maximal heart rate, it is roughly $208 - 0.7 \times \text{your age}$ (around 194 – 196 beats per minute for Under 20s, 192 – 194 beats per minute for Under 23s). However, the Fartlek run intersperses this moderate intensity work with short duration high intensity efforts, lasting between 20 to 30 seconds. You should aim for 12 to 15 high intensity bursts over the 30 minutes at an intensity of roughly 90% of your maximal speed (20 to 25% of the 30 minutes should be spent at high intensity).

Session Outline:



2 x 20 Minutes Ball Mastery Workout | Ball Mastery Training At Home

<https://www.youtube.com/watch?v=G3jDh37hELo>



Core Strength

Core Routine

Introduction

Aim :

The aim of these exercises is a basic and low intensity core strengthening program.

Equipment Needed:

Ab roller, stopwatch.

Target Intensity:

You should be able to complete all exercises in a controlled manner. Ensure that you do not perform so many repetitions that you lose your form.

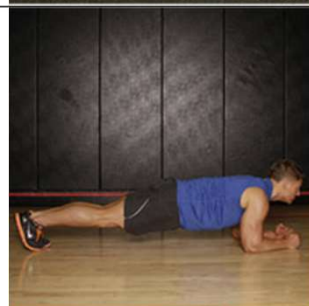
Exercise Routine:

Roll Outs 3 x 8



Planks

3 x 1 minute



Side Planks

3 x 30 seconds each side



Side Leg Raise

2 x 10 each leg



Total Session Time: ca. 15 minutes