

Development Squads Pre-Pool Land Training

Training Phase: Whole Season

Physiological focus: Flexibility & Blood Flow

KNEE CIRCULAR MOTIONS

Clockwise & Counter-Clockwise



VERTICAL ARM ROTATIONS

Forward & Backward



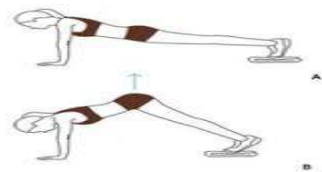
HORIZONTAL ARM SWINGS

Bend knees, bend at hips with straight back. Swing arms across body



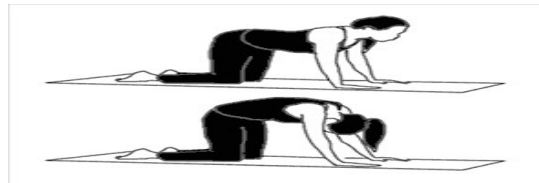
PLANK REACH BACKS

From a plank on hands, pike hips and reach one hand back to opposite leg. Return to plank and repeat.



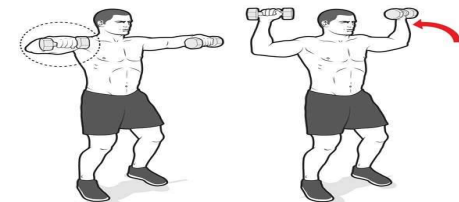
HAPPY CAT – SAD CAT

Form a table on hands and knees. Drop chest and then round shoulders – not lower back, work the scapulas



SCARECROW ROTATIONS

Elbows at height of shoulders. Rotate hands up and down. Keep elbows still.



LEG SWINGS

Forward and Backward. With partner to help stabilise.



SQUATS

Feet shoulder width. Keep back straight and heels on floor, arms parallel to floor. Sit bottom back until thighs are parallel to floor.



MOUNTAIN CLIMBERS

In Plank position on hands – keep a straight line from your shoulders to your heels; engage core and lower back. Fast alternating movement of feet to raise HR

