



March 2013

UNDER 13-17'S

Training Warm-Up



Light jog around the oval

2 laps

Sitting/Standing Stretches

Stretches: quads hamstring
glutes calf



Back rolls back arch

Two sets of 10

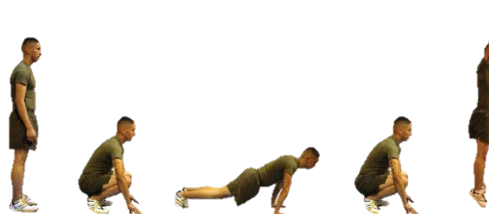
Tuck jumps

Two sets of 15



Burpie

Two sets of 15



Push ups

Two sets of 15



Squats

Two sets of 15



WAVERLEY PARK PHYSIOTHERAPY CENTRE



439 Police Road

Mulgrave

VIC, 3170

Phone: (03) 9795 0668

E-mail: reception@waverleyparkphysiocentre.com.au



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Lunges - left /right

Two sets of 15



Lunges - Forward

Two sets of 15



Run throughs

**Five sets of 75% x 50 metres
Five sets of 100% x 75 metres
±Acceleration, deceleration**

**Legs swings and flicks
(Pair Up)**

Two sets of 10 each side



**Man on man wrestling
(Pair Up)**

Five sets

**Tackles
(Pair Up)**

Five sets



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