



## On Field Strength & Conditioning Being Practical!!!

### What are our limitations??

- Equipment
- Space
- Money

### What Do I Need to Be Effective??

- A Body (Injury Free)

### Bargains To Add To Your Session

- Brush Shafts (£1 per shaft) (PoundWorld/ DIY Stores)
- JC Band (20metres- 20 players) (£45- [physiosupplies.com](http://physiosupplies.com))

### What Must We Be Aware Of??

- Body Balance:- Upper-Lower Body, Front-Back, Single Limb
- Multi Joint Movements
- Multi Planar Movements
- Core Strength
- Flexibility!!!!

### Methods???

- Warm Up
- Movement Breaks (5in5)
- Anaerobic Conditioning (Tabata Protocol/ HIIT Circuit)
- Strength Circuit
- Finishers

## Strength Circuit (Phase 1)

- **Strict** Focus on Technique
- Allow Recovery between exercises
- 2 sets
- 12 repetitions
- 5 second reps (x12= 1 min)
- 30 secs rest

### Option 1

Push Up  
Lunge/ Squat  
Plank/ Bridge  
YTI Raise  
Hinge  
Side Plank (L&R)

### Option 2 (Equipment)

Push Up/ Band Fly  
Hinge  
Plank/ Bridge  
Row/ Pull Apart  
Squat/ Lunge  
Side Plank (L&R)

## 5 in 5 Movement Breaks (Phase 2)

- Pick 5 Exercises
- Eg. 1 Upper Body, 2 Lower Body, 2 Core
- 4 second reps (x8= 40 secs)
- 20 second rest before next exercise
- 1 Minute Per Exercise
- 5 minutes of active recovery in session
- Can do from 1-4 repetitions at different stages

## Anaerobic Conditioning (HIIT Circuits/Tabata)

**HIIT Circuits:** 1.30 secs work: 20 secs rest

**HIIT Circuits:** 2.30 secs work:15 secs rest

- Pick 4-6 Exercises
- Upper-Core-Lower
- **Tabata Circuit:**
- 20 secs work: 10 secs rest
- 8 reps per round
- 3 rounds per set
- Pick 2/4 Exercises
- Upper-Lower
- HR Raisers