



FOOTBALL FEDERATION
VICTORIA PRESENTS

FIT FOOTBALL PROGRAM MANUAL





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INTRODUCTION

FIT FOOTBALL IS A GROUP FITNESS SESSION INVOLVING A FOOTBALL AND THE FITNESS PRINCIPLES OF FOOTBALL.

Fit Football is all about getting people active during a time when they would otherwise not be. It is designed to be fun, social and will improve participants' skill levels along the way. No previous football experience is necessary to participate.



HOW TO USE THIS MANUAL

THIS MANUAL IS TO BE USED AS A GUIDE ONLY. ALL PARTICIPANTS WILL BE DIFFERENT AND SOME ACTIVITIES WILL BE LESS POPULAR THAN OTHERS.

Use your judgement to know when to change the activity to ensure the participants remain engaged. Refer to the "CHANGE IT" principles outlined on the following page. Exercises will vary in length and intensity. Change exercises as appropriate to ensure maximum enjoyment and benefit to participants. Before you start each session, ensure you have identified any injuries and limitations and have a first aid kit on you. Feel free to try your own exercises!

Each session is designed to be 30 - 45 minutes in length. However, this can be modified based on number of participants, time and space.

EACH SESSION INVOLVES THE FOLLOWING:



WARM UP:	One activity followed by dynamic stretching
FIRST HALF:	Cardio exercises
SECOND HALF:	Strength and conditioning exercises
EXTRA TIME:	Fun games
COOL DOWN:	Light jog and static stretching

“CHANGE IT” PRINCIPLES

C - COMMUNICATION / PROGRAM DELIVERER STYLE	The way the deliverer behaves and communicates with the participants is critical to maintaining interest and creating a fun environment. Know your audience and adapt accordingly.
H - HOW TO SCORE	Activities do not necessarily need to be scored, it is more about participation. If you are keeping scores, adding extra goals or milestones can help provide more opportunities for players to score. Higher success equals higher enjoyment.
A - AREA	Change the size of the playing area to make the game easier or harder depending on your observations and the objective.
N - NUMBERS	If there are long lines or games where only a few participants are actively involved at a time, split the group so that you have two games with less numbers involved in each. Fewer participants means they are active longer and touch the ball more frequently.
G - GAME RULES	Modify game rules to help participants achieve the objective and to ensure everyone is involved.
E - EQUIPMENT	Changing the size of the goals or adding an extra ball are examples of using equipment modification to change the game.
I - INCLUSION	Make changes to ensure everyone in your session is included, having fun, and achieving success.
T - TIME	Use time as a tool to increase intensity and create a sense of urgency. E.g. "10 seconds to go!"

SAFETY

- 1** Program deliverers have a responsibility to provide a duty of care to participants
- 2** Ensure the playing area is free of hazards and is a safe distance from walls and fixed objects
- 3** Ensure all equipment is appropriate, safe and working correctly
- 4** Stop the session if the weather is dangerous
- 5** Encourage participants to keep the ball still during explanations
- 6** Identify any injuries or limitations prior to the session beginning (as per individual registration forms)
- 7** Ensure you have a first aid kit at all times
- 8** Stop the exercise if you observe anything dangerous or any visible discomfort from participants



USE THIS PLANNER AS A GUIDE ONLY. BE PREPARED TO THINK ON YOUR FEET IF ANY ACTIVITIES ARE NOT WORKING.

BALL WARM UP

In a marked area, get participants running around with a ball at their feet. Encourage lots of touches on the ball to aid improvement. On your call, get participants performing different warm up exercises with the ball.



SESSION I
Warm Up



EQUIPMENT
Marker cones for the area. One ball per participant.

SESSION I

Ensure participants are engaged and active for the duration of the session. Develop basic skills including passing and dribbling.

SAFETY

Please refer to the 'Safety' section of this manual (Page 7).

AREA

Indoor or outdoor space large enough for participants to work out in. Area is to be free of obstacles.

EQUIPMENT

- Balls
- Cones
- Bibs

ACTIVITIES (30 - 45 MINUTES)

WARM UP:

- Ball Warm Up
- Dynamic Stretching

FIRST HALF:

- Navy Steals
- Goal Keepings Off
- Hit and Run

SECOND HALF:

- Break the Goals
- Mountain Climbers

EXTRA TIME:

- Football Bowls

COOL DOWN:

- Light Jog
- Static Stretching
- Review Session

WHAT TO DO

SETTING UP:

- Set up an area for all participants to run around with a ball in
- Ensure each participant has a ball

THE ACTIVITY:

- On your direction, call out different movements/activities for participants to perform
- Each activity should only be performed for a few seconds before continuing moving around the area
- Ensure you demonstrate the activity first

SUGGESTIONS OF ACTIVITIES:

- Toe Taps - changing feet tapping the ball on the spot
- Mimic Headers - participants must jump and mimic a header
- High Knees - ball still, raise knees to chest
- Heel on Bums - ball still, kick leg back so heel meets backside
- Side to side - ball between legs, kick from side to side with inside of feet

SUGGESTED CHANGES

- For a bit of extra fun you can get participants to put different body parts on the ball.
- Start off simple with body parts such as their "knee" or "hand"
- If participants look confident you can make them bend down and put their head on the ball or make them squat down to sit on it

HINTS


- Ensure participants are not simply running around in the same direction
- Encourage them to experiment stopping the ball and changing directions



DYNAMIC STRETCHING

Following the initial active warm up, get participants to spread out so they can perform dynamic stretches. Instruct the participants to perform a series of stretches targeting the main muscle groups of the body. Allow time at the end of this activity for any other stretches participants may want to do.

 **SESSION I**
Warm Up

 **EQUIPMENT**
Not applicable.

WHAT TO DO

- Please ensure you target all the major muscle groups in the body to help avoid any potential injuries
- Please refer to the appendix (page 63)
- Refer to external FIFA 11+ for additional ideas




If you have your own dynamic stretches or routine please feel free to use them

NAVY STEALS

Participants divide into groups of two or three and steal balls from the others “ships”. The participants with the most amount of balls in their “ship” at the end will win.

 **SESSION I**
First Half

 **EQUIPMENT**
Marker cones for the “ships”. All the footballs.

WHAT TO DO

SETTING UP:

- Divide participants into groups of two (increase numbers if needed to no more than three)
- Using the cones, set up three “ships” (three cones) in a triangle and have each pair stand behind a ship
- Three people perform this activity at any one time
- Put an even amount of footballs in each “ship”

THE ACTIVITY:

- On your call, one participant from each “ship” performs the activity for 30 seconds
- Participants must go to a different participants “ship”, take one ball at a time and carry it back to their “ship”
- Participants should be wary of others when running with the ball

SUGGESTED CHANGES

- Progress from carrying the ball back to dribbling with the football
- As participants become more confident dribbling, make either a participant or you (the leader) the “shark” in the middle of the ships. The shark is allowed to steal the ball off people
- Those awaiting their turn can perform exercises on the outside to remain active

HINTS

- If there are more numbers, make more ships to have more participants active at any one time
- Try to match participants of equal speed and ability



GOAL KEEPINGS OFF

Ask participants to pair up. Participants must protect the ball, only using their hands to tap the ball, while their partner attempts to steal it off them.

 **SESSION I**
First Half

 **EQUIPMENT**
One football between two participants.


WHAT TO DO	<p>SETTING UP:</p> <ul style="list-style-type: none"> • Ask participants to pair up • Each pair should have one football <p>THE ACTIVITY:</p> <ul style="list-style-type: none"> • One person will start with the ball, while the other will begin to attempt to steal the ball off them • The person with the ball must, only using their hands to tap the ball, attempt to keep the ball off the other person • Participants work for 30 seconds then swap roles
SUGGESTED CHANGES	<ul style="list-style-type: none"> • As participants become more confident dribbling, allow them to use their feet instead of their hands (see Goal Keepings Off 2.0 on page 56)
HINTS	<ul style="list-style-type: none"> • Try to match participants of equal fitness



HIT AND RUN

Ask participants to pair up. Hit and Run involves one person sprinting as far as possible within the time limit. The other participant will then test their passing accuracy by attempting to pass the ball to where the runner stopped.

 **SESSION I**
First Half


 **EQUIPMENT**
Cones and one football between two participants.


WHAT TO DO	<p>SETTING UP:</p> <ul style="list-style-type: none"> • Set up start line with cones • Ask participants to pair up • There will be one “hitter” and one “runner” • Each pair should have one football <p>THE ACTIVITY:</p> <ul style="list-style-type: none"> • The hitter will start with the ball, while the runner will get ready to sprint as far as possible in three seconds • The hitter must not kick the ball until the runner has stopped running • Once the runner has stopped after three seconds, the hitter must attempt to pass the ball to “hit” them • Once the ball has either “hit” or “missed”, the runner must retrieve the ball and go back to the start • Participants then swap roles
SUGGESTED CHANGES	<ul style="list-style-type: none"> • Change the amount of time participants have to get away to keep it interesting and change the distance of the passes
HINTS	<ul style="list-style-type: none"> • Ensure passes are along the ground



BREAK THE GOALS

Participants face each other and assume the straight arm plank position. They then attempt to “break the other persons goals” by tagging their hands.

 **SESSION I**
Second Half

 **EQUIPMENT**
Not applicable.

WHAT TO DO

SETTING UP:

- Ask participants to pair up

THE ACTIVITY:

- Both participants assume the straight arm plank position facing each other
- Their bodies should create a natural goal using their arms as the posts
- Participants must try and tag the other persons hand whilst it is on the ground
- Participants must try and dodge the other participants when they attempt to “break their goals” by tagging them

HINTS


- If participants are tired, shorten the length of time they are in the plank position



MOUNTAIN CLIMBERS

One participant assumes the straight arm plank position. The other participant tries to “score a goal” by passing the ball under the participants body.

 **SESSION I**
Second Half

 **EQUIPMENT**
One football between two participants.

WHAT TO DO

SETTING UP:

- Ask participants to pair up
- Ensure there is one ball between each pair

THE ACTIVITY:

- One participant assumes the straight arm plank position and gets ready to perform “mountain climber” exercises (see page 69)
- A Mountain Climber is performed by assuming the straight arm plank position. From the straight arm plank position, one leg is flexed and moved up towards the chest before returning to the original position. The other leg remains planted on the ground. The other leg then performs the same movement. This can be performed at varying speeds.
- The other participant with the ball, attempts to pass the ball along the ground under the other participants body
- The participant performing the “mountain climbers” must try and block the shot with their leg
- If the ball does go through the participant must run to get the ball and try again
- On your call, participants swap positions

SUGGESTED CHANGES

- Participants must perform 50 Mountain Climbers before swapping positions

HINTS

- If participants are tired, ensure they swap positions regularly
- Ensure participants have their weight over their shoulders

Step 1




Step 2



FOOTBALL BOWLS

Participants try and pass the ball to stop it as close to the marker as possible.

 **SESSION 1**
Extra Time

 **EQUIPMENT**
Cones and footballs.

WHAT TO DO

SETTING UP:

- Put two markers down to mark the line where the ball must be kicked from
- Put another marker down with a ball on top as the “jack” for participants to aim at

THE ACTIVITY:

- Participants line up behind each other and take it in turns to aim to get as close to the “jack” as possible
- Participants run and retrieve their ball once everyone has had a bowl

SUGGESTED CHANGES

- Allow multiple kicks (one after the other) before changing participants

HINTS


- Make participants aware of the weight of their passes



COOL DOWN

It is important that all participants cool down and stretch before finishing the session. This will also give you time to ask for feedback regarding the session.

 **SESSION 1**
Cool Down

 **EQUIPMENT**
Not applicable.

WHAT TO DO

LIGHT JOG:

- Get participants to do a light jog around the area
- Encourage them to “shake out” their legs and arms to aid the removal of lactic acid

STATIC STRETCHING:

- Get all participants to form a semi-circle around you
- Encourage them to statically stretch out the major muscle groups; hamstrings, quadriceps, lower leg, gluts, arms and back
- If they are not comfortable doing their own stretches, ensure you give examples
- Please refer to appendix for more information (page 63)

FEEDBACK:

Ask participants the following questions:

- How hard/easy was the session?
- What exercises they would like to do again?
- What exercises do they not want to perform again?
- Was there a good mix of football and fitness?
- Were the exercises too short/too long?
- Any other feedback?
- Ensure you record all answers



CONGRATULATIONS
ON COMPLETING
YOUR FIRST
FIT FOOTBALL
SESSION!

USE THIS PLANNER AS A GUIDE ONLY. BE PREPARED TO THINK ON YOUR FEET IF ANY ACTIVITIES ARE NOT WORKING.

PASS EXCHANGE

Participants stand in a circle and pass the ball to each other and then swap positions. Different exercises are performed after each pass to ensure they are warming up.

SESSION 2



SESSION 2

Warm Up



EQUIPMENT

One ball.

Ensure participants are engaged and active for the duration of the session. Build on the basic skills learnt in week one.



SAFETY

Please refer to the 'Safety' section of this manual (Page 7).

AREA

Indoor or outdoor space large enough for participants to work out in. Area is to be free of obstacles.

EQUIPMENT

- Balls
- Cones
- Bibs

ACTIVITIES

(30 - 45 MINUTES)

WARM UP:

- Pass Exchange
- Dynamic Stretching

FIRST HALF:

- Duck and Weave
- Get a Head

SECOND HALF:

- Crab Pass
- Left, Right, OUT!

EXTRA TIME:

- 2 v 2

COOL DOWN:

- Light Jog
- Static Stretching
- Review Session

WHAT TO DO

SETTING UP:

- Get participants to form a circle and give one participant the ball to start with

THE ACTIVITY:

- Pick one participant to kick off the activity
- This participant must pass the ball to another and then run to their spot
- Different exercises are then performed instead of simply running to the spot

SUGGESTIONS OF ACTIVITIES:

- High Knees
- Heels on Bums
- Side to Side
- Jumps
- Hops

SUGGESTED CHANGES

- If participants are confident add another ball to keep it moving
- Make participants call out each other's names so everyone gets to know one another

HINTS


- Ensure everyone is receiving a pass



DYNAMIC STRETCHING

Following the initial active warm up, get participants to spread out so they can perform dynamic stretches. Instruct the participants to perform a series of stretches targeting the main muscle groups of the body. Allow time at the end of this activity for any other stretches participants may want to do.

 **SESSION 2**
Warm Up

 **EQUIPMENT**
Not applicable.


WHAT TO DO


- Please ensure you target all the major muscle groups in the body to help avoid any potential injuries
- Please refer to the appendix (page 63)
- Refer to external FIFA 11+ for additional ideas
- If you have your own dynamic stretches or routine please feel free to use them



DUCK AND WEAVE

Participants go through a circuit that involves both normal body and football exercises.

 **SESSION 2**
First Half

 **EQUIPMENT**
Balls, goal and cones.

WHAT TO DO

SETTING UP:

- Set up a circuit that involves a mixture of exercises with and without a football
- Create a start line and mark this with a cone. Participants should line up behind this cone

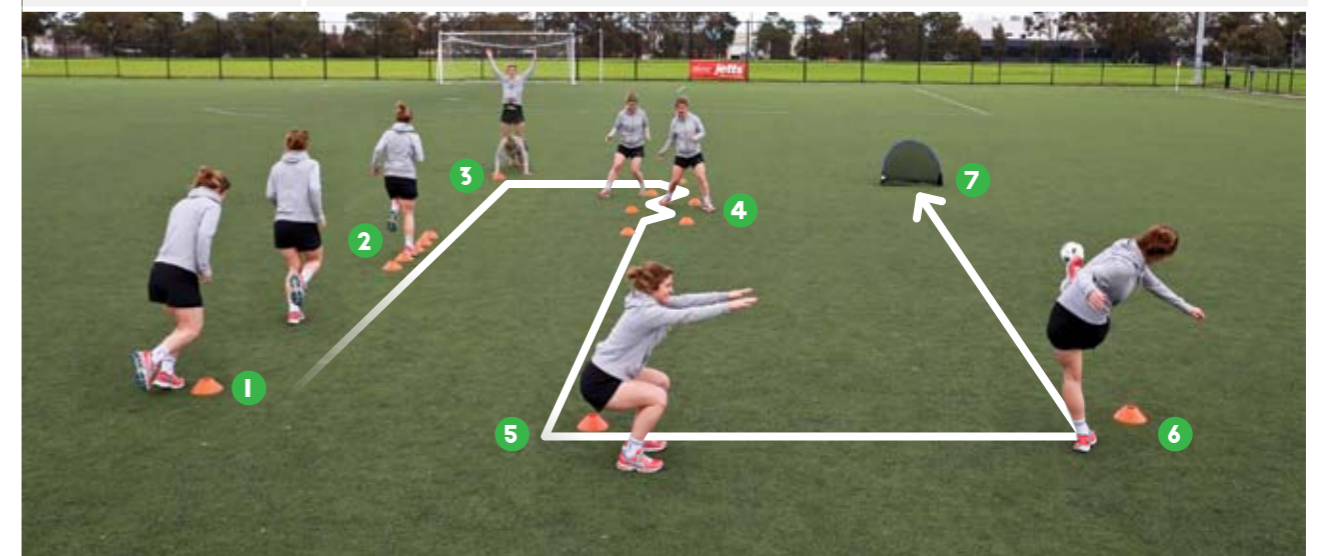
THE ACTIVITY:

- This is a continuous activity
- Participants go through the circuit one after the other
- Cones are set up and they must perform different movements throughout the exercise

- 1: Start point. Participants run from marker to first set of cones
- 2: Participants perform quick steps or high knees between each cone
- 3: Participants perform exercises such as two mock headers or two burpees
- 4: Participants move from side to side on the outside of the cones or perform sprints (first cone and back then second cone and back etc)
- 5: Participants perform another exercise such as two squats, lunges, jumps, push ups etc
- 6: Participants get one ball and shoot at goal
- 7: Participants collect their ball and place it back at point 6 then return to the starting line

HINTS

- Change the exercises after a couple of rotations
- Be creative and add your own activities and exercises



GET A HEAD

Participants divide into groups and work on their heading skills.

SESSION 2
First Half

EQUIPMENT
One ball per group and cones.

WHAT TO DO

SETTING UP:

- Explain the proper technique of heading the ball prior to commencing
- Divide participants into groups of three (two throwers on either end and one header in the middle)
- Set up cones 20 metres apart and have one thrower at either end

THE ACTIVITY:

- This is a continuous activity
- Participants each have a turn being in the middle heading the ball
- The other participants are at either end and will throw the ball up so the person in the middle must head the ball
- The participants in the middle must run to the thrower, head the ball back to them, then turn and run and repeat the process at the other end

SUGGESTED CHANGES

- If participants are not confident heading the ball allow them to either kick it back or catch it and throw it back
- As participants get more confident you can exchange the header for a volley kick
- Move cones further apart to make participants run further

HINTS

- Encourage participants to work hard for a certain amount of time
- Encourage throwers to support the participants in the middle



CRAB PASS

Participants pair up and perform core exercises.

SESSION 2
Second Half

EQUIPMENT
One ball between each pair.

WHAT TO DO

SETTING UP:

- Ask participants to pair up
- Participants face each other in a sit up position, with their legs locked

THE ACTIVITY:

Part 1

- Participants perform sit ups
- One participant will hold the ball
- Once they come up into the raised position of the sit up movement, they will pass the ball to their partner
- The movement is then repeated

Part 2:

- Participants assume the raised sit up position this time back to back
- The participants twist and pass the ball to the other
- They then twist the other way and pass/receive the ball
- The movement is then repeated

SUGGESTED CHANGES

- Part 1 - Get participants to perform a twist before handing the ball over
- Part 2 - Get participants to perform 10 repetitions then get them to run to a marker and back before performing it again

HINTS

- Ensure pairs are performing the exercise at the same time



LEFT, RIGHT, OUT!

Participants form a circle and must pass the ball either with their left foot or right foot depending on the colour/type of the ball.

 **SESSION 2**
Second Half

 **EQUIPMENT**
Two different coloured/types of balls.

WHAT TO DO

SETTING UP:

- Ask participants to form a circle
- Get two different coloured or different balls
- Explain that one ball corresponds to kicking the ball with their right foot, the other with their left

THE ACTIVITY:

- Give a ball to two participants
- One ball must be kicked around with the participants right foot and the other must be kicked with the left foot

SUGGESTED CHANGES

- Encourage participants to get faster and faster as the exercise goes on to make it harder
- If participants' skills are good, make it one touch
- If participants pass with the wrong foot make them or everyone perform an exercise

HINTS


- Look at the technique used on the non-preferred foot and give tips



2 V 2

Participants pair up and play “winner stays on” football.

 **SESSION**
Extra Time

 **EQUIPMENT**
Cones and balls.

WHAT TO DO

SETTING UP:

- Set up an area marked with goals at either end
- Divide participants up into pairs
- Have two pairs in the middle and everyone else positioned around the perimeter of the field

THE ACTIVITY:

- Get two pairs to start in the first game
- Participants play football until someone scores or for one minute
- Once a team scores, the team that didn't score go off and joins the others around the perimeter of the pitch
- The team that won stays on
- The game then begins with the new team beginning with the ball

SUGGESTED CHANGES

- Instead of winner stays on, change teams regularly ensuring everyone gets a go
- The players around the perimeter can help whoever is in possession of the ball by receiving and passing the ball

HINTS

- Try to match up teams evenly or make better teams play with their non-preferred side



COOL DOWN

It is important that all participants cool down and stretch before finishing the session. This will also give you time to ask for feedback regarding the session.



SESSION 2

Cool Down



EQUIPMENT

Not applicable.

WHAT TO DO

LIGHT JOG:

- Get participants to do a light jog around the area
- Encourage them to “shake out” their legs and arms to aid the removal of lactic acid

STATIC STRETCHING:

- Get all participants to form a semi-circle around you
- Encourage them to statically stretch out the major muscle groups; hamstrings, quadriceps, lower leg, gluts, arms and back
- If they are not comfortable doing their own stretches, ensure you give examples
- Please refer to appendix for more information (page 63)

FEEDBACK:

Ask participants the following questions:

- How hard/easy was the session?
- What exercises they would like to do again?
- What exercises do they not want to perform again?
- Was there a good mix of football and fitness?
- Were the exercises too short/too long?
- Any other feedback?
- Ensure you record all answers



TWO SESSIONS
DOWN - KEEP
UP THE GREAT
WORK!

USE THIS PLANNER
AS A GUIDE ONLY. BE
PREPARED TO THINK
ON YOUR FEET IF ANY
ACTIVITIES ARE NOT
WORKING.

SESSION 3

Ensure participants are engaged and active for the duration of the session. Start to refine the skills learnt in week one and two.



SAFETY

Please refer to the ‘Safety’ section of this manual (Page 7).

AREA

Indoor or outdoor space large enough for participants to work out in. Area is to be free of obstacles.

EQUIPMENT

- Balls
- Cones
- Bibs

ACTIVITIES (30 - 45 MINUTES)

WARM UP:

- Ball Warm Up
- Dynamic Stretching

FIRST HALF:

- Head Count
- Passing Mark

SECOND HALF:

- Lunge/Dribble Relay
- Fish out of Water

EXTRA TIME:

- Cross the River


COOL DOWN:

- Light Jog
- Static Stretching
- Review Session

BALL WARM UP

In a marked area, get participants running around with a ball at their feet. Encourage lots of touches on the ball to aid improvement. On your call, get participants performing different warm up exercises with the ball.

 **SESSION 3**
Warm Up

 **EQUIPMENT**
Marker cones for the area. One ball per participant.

WHAT TO DO

SETTING UP:

- Set up an area for all participants to run around with a ball in
- Ensure each participant has a ball

THE ACTIVITY:

- On your direction, call out different movements/activities for participants to perform
- Each activity should only be performed for a few seconds before continuing moving around the area
- Ensure you demonstrate the activity first

SUGGESTIONS OF ACTIVITIES:

- Toe Taps - changing feet tapping the ball on the spot
- Mimic Headers - participants must jump and mimic a header
- High Knees - ball still, raise knees to chest
- Heel on Bums - ball still, kick leg back so heel meets backside
- Side to side - ball between legs, kick from side to side with inside of feet

SUGGESTED CHANGES

- For a bit of extra fun you can get participants to put different body parts on the ball.
- Start off simple with body parts such as their "knee" or "hand"
- If participants look confident you can make them bend down and put their head on the ball or make them squat down to sit on it

HINTS


- Ensure participants are not simply running around in the same direction
- Encourage them to experiment stopping the ball and changing directions



DYNAMIC STRETCHING

Following the initial active warm up, get participants to spread out so they can perform dynamic stretches. Instruct the participants to perform a series of stretches targeting the main muscle groups of the body. Allow time at the end of this activity for any other stretches participants may want to do.

 **SESSION 3**
Warm Up

 **EQUIPMENT**
Not applicable.

WHAT TO DO

- Please ensure you target all the major muscle groups in the body to help avoid any potential injuries
- Please refer to the appendix (page 63)
- Refer to external FIFA 11+ for additional ideas
- If you have your own dynamic stretches or routine please feel free to use them



HEAD COUNT

Participants will build on the heading skills they learnt in week 2.

 **SESSION 3**
First Half

 **EQUIPMENT**
Four cones and one ball.

WHAT TO DO

SETTING UP:

- Set up a rectangle for participants to run around in
- Divide participants into equal teams
- Each team will have one ball for activity one and there will be one ball in the middle for activity two

ACTIVITY 1:

- Each team starts with a ball
- Teams move around the area and throw the ball to a team mate who heads the ball so another team member catches it
- Each catch from a header equals one point
- Teams aim to get as many points in one minute as possible

ACTIVITY 2:

- Only one ball is used
- Each team will play keepings off with their hands whilst also trying to score points
- A point is scored if the ball is thrown to a team member, headed and then caught by another team member
- The ball does not need to be headed each time, only when the team thinks they can score a point
- The other team must try and stop points being scored or intercept the ball completely
- Once there is a turnover, the game continues with the other team trying to get points
- If a team member heads it to another member and they head it again and it is then caught that will count as two points (one point for each header performed)

SUGGESTED CHANGES

- If participants are not confident heading the ball allow them to just throw and catch it

HINTS


- Ensure participants are heading ball correctly
- To avoid any potential injuries, ensure defenders don't go for the ball as someone is about to head it



PASSING MARK

Participants work in teams to try and score as many goals in a set period of time.

 **SESSION 3**
First Half

 **EQUIPMENT**
Six cones and two balls.

WHAT TO DO

SETTING UP:

- Set up a starting lines with two cones (one for each team)
- Set up two goals using two cones an appropriate width for the participants ability 10 metres from the start line (one goal for each team)
- Divide participants into two teams and give one ball to each team

THE ACTIVITY:

- Participants line up behind each other at the start line
- The participant with the ball aims to pass the ball between the cones (scoring a goal)
- The participant must then sprint after the ball and dribble it back to the next person in line
- The process is then repeated
- Participants try and score as many goals as possible within the time limit

SUGGESTED CHANGES

- Repeat the activity a few times changing the distance and width of the goals each time based on the success of participants

HINTS

- Look at how the participants are aiming for goals and give advice on correct technique

Step 1




Step 2



LUNGE/DRIBBLE RELAY

Participants team up to perform lunges and dribble the football to the finish line.

 **SESSION 3**
Second Half

 **EQUIPMENT**
Four cones and one ball between two participants.

WHAT TO DO

SETTING UP:

- Divide participants into pairs
- Each pair has one ball
- Set up a start and finish line with cones (ideally 50m apart)

THE ACTIVITY:

- One participant will perform lunges (moving forward) whilst the other dribbles the ball to an end marker and back
- The person with the ball will meet up with their partner performing the lunges. They will then swap roles
- Each time they will perform less of a run because the person doing the lunges will keep moving forward
- The exercise is complete once the person doing the lunges gets to the end marker

SUGGESTED CHANGES

- To make the activity longer only allow participants to lunge every second exercise
- Every other exercise will be performed on the spot meaning no ground is made toward the finish line
- Make all participants exercise until the last team has finished

HINTS

- Ensure participants are getting the most out of each lunge
- Encourage them to maintain proper form by slowing the movement down

Step 1




Step 2



FISH OUT OF WATER

Participants work in pairs or threes to perform headers and burpees.

 **SESSION 3**
Second Half

 **EQUIPMENT**
One ball for each group.

WHAT TO DO

SETTING UP:

- Divide participants into groups of two or three, depending on numbers
- Each group must have one ball

THE ACTIVITY:

- One participant must start with the ball (thrower)
- This participant will throw the ball up to their partner who jumps and heads the ball
- Once the header is completed, the same participant must then complete a burpee
- See appendix (page 63) for stages of a burpee
- If completing this in pairs, swap roles after five headers/five burpees
- If doing this in threes, the “two fish out of water” should be doing headers and burpees at alternate times so the thrower is constantly throwing the ball then catching the header. Perform five each then swap

SUGGESTED CHANGES

- If participants cannot head the ball, allow them to jump and catch the ball then throw it back
- As participants get fitter, add a push up during the bottom movement of the burpee
- Change or alternate the exercise between burpees and other exercises


HINTS

- Allow participants to head the ball with their feet planted if they struggle to jump



CROSS THE RIVER

Participants try to get from one side of the area to the other without losing their ball.

 **SESSION 3**
Extra Time

 **EQUIPMENT**
Balls, bibs and cones.

WHAT TO DO

SETTING UP:

- Set up an area to work in
- Allocate one participant as the “crocodile” in the middle of the river
- Each participant (except the crocodile) must have a ball

THE ACTIVITY:

- Participants must dribble the ball from one side to the other without the “crocodile” kicking their ball out
- If their ball is kicked out then the participant is out
- The game is played until there is only one participant left crossing the river

SUGGESTED CHANGES

- Introduce more crocodiles as the game goes on
- Change the crocodile regularly
- Once a participants ball is kicked out they then become a crocodile

HINTS


- Encourage participants to stop the ball on the line as they cross the area



COOL DOWN

It is important that all participants cool down and stretch before finishing the session. This will also give you time to ask for feedback regarding the session.

 **SESSION 3**
Cool Down

 **EQUIPMENT**
Not applicable.

WHAT TO DO

LIGHT JOG:

- Get participants to do a light jog around the area
- Encourage them to “shake out” their legs and arms to aid the removal of lactic acid

STATIC STRETCHING:

- Get all participants to form a semi-circle around you
- Encourage them to statically stretch out the major muscle groups; hamstrings, quadriceps, lower leg, gluts, arms and back
- If they are not comfortable doing their own stretches, ensure you give examples
- Please refer to appendix for more information (page 63)

FEEDBACK:

Ask participants the following questions:

- How hard/easy was the session?
- What exercises they would like to do again?
- What exercises do they not want to perform again?
- Was there a good mix of football and fitness?
- Were the exercises too short/too long?
- Any other feedback?
- Ensure you record all answers



THREE SESSIONS
COMPLETE! KEEP
THE MOMENTUM
GOING!

USE THIS PLANNER AS A GUIDE ONLY. BE PREPARED TO THINK ON YOUR FEET IF ANY ACTIVITIES ARE NOT WORKING.

NETBALL KEEPINGS OFF

Participants divide into two teams and play keepings off.

SESSION 4



SESSION 4

Warm Up



EQUIPMENT

Cones and balls.

WHAT TO DO

SETTING UP:

- Set up an area for participants to run around in
- Create an end square at either end of the area
- Divide participants into two teams

THE ACTIVITY:

- Players run around the marked area and keep the ball off the other team
- Once the ball is caught the player must stop and the opposition player cannot impede their space (similar to netball)
- A team member must receive a pass in the end area to score a point

SUGGESTED CHANGES

- Stop the game to get participants doing warm up movements/exercises

HINTS

- Give goals to each team like “try and get 10 passes together”



Ensure participants are engaged and active for the duration of the session. Start to look for improvements in fitness and football ability.



SAFETY

Please refer to the ‘Safety’ section of this manual (Page 7).

AREA

Indoor or outdoor space large enough for participants to work out in. Area is to be free of obstacles.

EQUIPMENT

- Balls
- Cones
- Bibs

ACTIVITIES

(30 - 45 MINUTES)

WARM UP:

- Netball Keepings Off
- Dynamic Stretching

FIRST HALF:

- Relays
- Game of Cones

SECOND HALF:

- 45 on 15 off

EXTRA TIME:

- War Ball


COOL DOWN:

- Light Jog
- Static Stretching
- Review Session

DYNAMIC STRETCHING

Following the initial active warm up, get participants to spread out so they can perform dynamic stretches. Instruct the participants to perform a series of stretches targeting the main muscle groups of the body. Allow time at the end of this activity for any other stretches participants may want to do.

 **SESSION 4**
Warm Up

 **EQUIPMENT**
Not applicable.


WHAT TO DO


- Please ensure you target all the major muscle groups in the body to help avoid any potential injuries
- Please refer to the appendix (page 63)
- Refer to external FIFA 11+ for additional ideas
- If you have your own dynamic stretches or routine please feel free to use them



RELAYS

Participants divide into groups and complete different types of relays.

 **SESSION 4**
First Half

 **EQUIPMENT**
One ball per group.

WHAT TO DO

SETTING UP:

- Set up the cones so there is a start point, midpoint and end point
- Divide participants into even groups

THE ACTIVITY:

- Participants perform a series of relays
- The first relay starts without a ball and then each subsequent relay gradually involves harder dribbling exercises
- Depending on the number of participants, conclude the relay after one or two rotations

Relay 1:

- Participants simply run to the last cone and back

Relay 2:

- Participants run to the first cone, then back to the start, then to the last cone and back

Relay 3:

- Introduce a ball
- Complete Relay 1 while dribbling the ball

Relay 4:

- Complete Relay 2 while dribbling a ball

Relay 5:

- The first participant dribbles to the first cone and leave the ball there then runs back
- The next then dribbles it to the end cone and leaves it there then runs back
- The next participant then brings the ball back to the first cone and leave it there
- The last participant then brings the ball back to the start

Relay 6:

- Complete Relay 5 except participants carry the ball and place it on the cone (as per photo below)

SUGGESTED CHANGES

- Change how far the cones are apart to make it easier or harder
- Change the movements to high knees etc instead of just sprints
- Introduce an exercise such as squats at each cone

HINTS

- Encourage participants to work on their dribbling control rather than trying to go really fast



GAME OF CONES

Participants compete to have cones their way up.

 **SESSION 4**
First Half

 **EQUIPMENT**
Marker cones

WHAT TO DO

SETTING UP:

- Scatter cones around a marked out area big enough for all participants
- Have an equal amount of cones facing up and facing down

THE ACTIVITY:


- Participants are divided into teams
- Each team will be allocated either cones facing up (mountains) or down (valleys)
- Participants then run around and flip the cones either up or down, depending which way their team was allocated
- The teams aim to have the most amount of cones flipped their way at the end of time



45 ON 15 OFF

Participants perform different exercises for 45 seconds and then have a 15 second break.

 **SESSION 4**
Second Half

 **EQUIPMENT**
One ball per participant.

WHAT TO DO

SETTING UP:

- Get participants to stand around you in a circle
- They should all have a ball near them

THE ACTIVITY:

- Demonstrate four different exercises
- These exercises are to be performed for 45 seconds and there will then be a 15 second break
- Once the four exercises are complete (four minutes) participants dribble the ball to a marker and back
- Participants then have a two minute rest before completing four new exercises

SUGGESTIONS OF ACTIVITIES: (SEE APPENDIX ON PAGE 63 FOR DETAILS)

- High Knees
- Tuck Jumps
- Sit Ups
- Push Ups
- Mountain Climbers
- Mimic Headers
- Plank
- Burpees
- Side Plank

SUGGESTED CHANGES

- Change the amount of time the exercise is performed if participants are tired

HINTS


- Encourage participants to do modified versions of the exercises if they are struggling



WAR BALL

Participants aim to knock the other team's balls off the cones before theirs get knocked off

 **SESSION 4**
Extra Time

 **EQUIPMENT**
Cones and balls.

WHAT TO DO

SETTING UP:

- Set up two or three cones (depending on numbers) at either end and balance a ball on top of it
- Divide participants into two teams

THE ACTIVITY:

- Players stand behind their cones and attempt to kick the ball at the others teams cones, causing the ball to be knocked off
- Teams must not block the passes from hitting the cones
- The game is over once one teams balls are all knocked off the cones

SUGGESTED CHANGES

- Set a time limit and whoever has the most balls left at the end wins

HINTS

- Encourage participants to take their time lining up their pass

Step 1




Step 2



COOL DOWN

It is important that all participants cool down and stretch before finishing the session. This will also give you time to ask for feedback regarding the session.

 **SESSION 4**
Cool Down

 **EQUIPMENT**
Not applicable.

WHAT TO DO

LIGHT JOG:

- Get participants to do a light jog around the area
- Encourage them to "shake out" their legs and arms to aid the removal of lactic acid

STATIC STRETCHING:

- Get all participants to form a semi-circle around you
- Encourage them to statically stretch out the major muscle groups; hamstrings, quadriceps, lower leg, gluts, arms and back
- If they are not comfortable doing their own stretches, ensure you give examples
- Please refer to appendix for more information (page 63)

FEEDBACK:

Ask participants the following questions:

- How hard/easy was the session?
- What exercises they would like to do again?
- What exercises do they not want to perform again?
- Was there a good mix of football and fitness?
- Were the exercises too short/too long?
- Any other feedback?
- Ensure you record all answers



FOUR SESSIONS
DOWN! YOU'RE
OVER HALF WAY
THROUGH!

USE THIS PLANNER AS A GUIDE ONLY. BE PREPARED TO THINK ON YOUR FEET IF ANY ACTIVITIES ARE NOT WORKING.

SESSION 5

Ensure participants are engaged and active for the duration of the session. Start to make the football exercises a little harder.



SAFETY

Please refer to the 'Safety' section of this manual (Page 7).

AREA

Indoor or outdoor space large enough for participants to work out in. Area is to be free of obstacles.

EQUIPMENT

- Balls
- Cones
- Bibs

ACTIVITIES (30 - 45 MINUTES)

WARM UP:

- Goal Tag
- Dynamic Stretching

FIRST HALF:

- Quick Feet
- Football Netball

SECOND HALF:

- Circuit

EXTRA TIME:

- Double Trouble

COOL DOWN:

- Light Jog
- Static Stretching
- Review Session

GOAL TAG

Participants play a game of tag and must work together to ensure everyone does not become "tagged".



SESSION 5

Warm Up



EQUIPMENT

One ball.

WHAT TO DO

SETTING UP:

- Set up an area big enough for all participants to run around in
- Nominate one person to start as the "tagger"

THE ACTIVITY:

- Participants spread out around the area with the "tagger" in the middle
- There is one football in the middle that participants must pass around while evading the tagger
- On your call, the tagger attempts to tag the other participants
- If a participant gets tagged they must stand still with their legs apart
- The other participants must pass the ball through this tagged participants legs to allow them to run around again
- If the tagger tags everyone then they win

SUGGESTED CHANGES

- Introduce two taggers to make it harder
- Swap taggers regularly
- If a person gets tagged whilst in possession of the football, they are completely out and cannot be saved

HINTS


- Make sure participants are not running out of the area
- If the ball goes out then you can retrieve it after - simply throw another ball in instead



DYNAMIC STRETCHING

Following the initial active warm up, get participants to spread out so they can perform dynamic stretches. Instruct the participants to perform a series of stretches targeting the main muscle groups of the body. Allow time at the end of this activity for any other stretches participants may want to do.

 **SESSION 5**
Warm Up

 **EQUIPMENT**
Not applicable.

WHAT TO DO


- Please ensure you target all the major muscle groups in the body to help avoid any potential injuries
- Please refer to the appendix (page 63)
- Refer to external FIFA 11+ for additional ideas
- If you have your own dynamic stretches or routine please feel free to use them



QUICK FEET

Participants run through the cones to gain speed in their footwork.

 **SESSION 5**
First Half

 **EQUIPMENT**
Cones and goal.

WHAT TO DO

SETTING UP:

- Set up cones a small distance apart so participants must perform small steps to avoid hitting the cones
- Make participants line up at the start line (cone)

THE ACTIVITY:

- Participants must line up one after the other
- They must perform a movement (outlined below) through the cones then sprint to the end cone
- They then go to the back of the line

SUGGESTIONS OF ACTIVITIES:

- 1 - One foot between each cone
- 2 - Two steps between each cone
- 3 - Two leg jumps between each cone
- 4 - Two steps forward one back
- 5 - One leg hop between each cone
- 6 - Side to side

SUGGESTED CHANGES

- Divide participants into two teams and have a race
- Change the amount of cones so they perform the exercises longer
- Move the end cone back to change the distance they must sprint at the end
- Add a goal at the end


HINTS


- Explain that being active is more important than getting the activity 100% right
- As long as they are moving, that is the main thing



FOOTBALL NETBALL

Participants play football with netball rules.

 **SESSION 5**
First Half

 **EQUIPMENT**
Cones, bibs and one football.

WHAT TO DO

SETTING UP:

- Set up a rectangle area using the cones
- Divide participants into two teams
- Both teams to wear bibs

THE ACTIVITY:

- Participants spread out within the marked area
- Participants then play keepings off football
- Once the ball is passed, the player who receives the ball cannot run with the ball
- Like netball, they must stand with the ball and look for their next pass
- Participants cannot be tackled when they have the ball
- If the ball goes out, it is kicked in by the team that didn't touch it last before it went out

SUGGESTED CHANGES

- Make goals at either end to allow scoring
- If you have odd numbers, make one person in the middle "neutral" so they are always on the team of those who have the ball

HINTS


- Look for how participants make space



CIRCUIT

Participants complete different exercises around a circuit.

 **SESSION 5**
Second Half

 **EQUIPMENT**
Cones and footballs.

WHAT TO DO

SETTING UP:

- Set up different "stations" around the area
- Mark each station with a cone and put the necessary equipment needed for the exercise at that station
- Get participants to each stand behind a different cone (station)
- Explain the exercises to be performed at each station before commencing

THE ACTIVITY:

- Participants perform a different exercise at each station
- Between each exercise they run around the outside of the circuit with a football before moving onto the next station

SUGGESTIONS OF ACTIVITIES:

- Header Jumps
- Toyota Jumps
- Push Ups
- Sit Ups
- Plank
- Mountain Climbers
- Squats
- Lunges

SUGGESTED CHANGES

- Change the number of repetitions at each station depending on the fitness levels of participants and time

HINTS

- Explain the proper technique to be used for each exercise
- Encourage proper form rather than completing more repetitions of each exercises
- Encourage participants to go at their own pace

Step 1



Step 2



DOUBLE TROUBLE

Participants play football on a field with two goals each.

 **SESSION 5**
Extra Time

 **EQUIPMENT**
Cones, goals and footballs.

WHAT TO DO

SETTING UP:

- Set up an area for participants to play in
- Mark out two sets of small goals at either end of the area (as outlined below)

THE ACTIVITY:

- Participants play football and attempt to score in either of their goals

SUGGESTED CHANGES

- Change the amount of passes needed before scoring

HINTS


- Divide participants into evenly skilled teams



COOL DOWN

It is important that all participants cool down and stretch before finishing the session. This will also give you time to ask for feedback regarding the session.

 **SESSION 5**
Cool Down

 **EQUIPMENT**
Not applicable.

WHAT TO DO

LIGHT JOG:

- Get participants to do a light jog around the area
- Encourage them to “shake out” their legs and arms to aid the removal of lactic acid

STATIC STRETCHING:

- Get all participants to form a semi-circle around you
- Encourage them to statically stretch out the major muscle groups; hamstrings, quadriceps, lower leg, gluts, arms and back
- If they are not comfortable doing their own stretches, ensure you give examples
- Please refer to appendix for more information (page 63)

FEEDBACK:

Ask participants the following questions:

- How hard/easy was the session?
- What exercises they would like to do again?
- What exercises do they not want to perform again?
- Was there a good mix of football and fitness?
- Were the exercises too short/too long?
- Any other feedback?
- Ensure you record all answers



FIVE SESSIONS
DOWN! ONLY
ONE TO GO!

USE THIS PLANNER AS A GUIDE ONLY. BE PREPARED TO THINK ON YOUR FEET IF ANY ACTIVITIES ARE NOT WORKING.

SESSION 6

Ensure participants are engaged and active for the duration of the session. Finish the sessions on a high with a game of football!



SAFETY

Please refer to the 'Safety' section of this manual (Page 7).

AREA

Indoor or outdoor space large enough for participants to work out in. Area is to be free of obstacles.

EQUIPMENT

- Balls
- Cones
- Bibs

ACTIVITIES (30 - 45 MINUTES)

WARM UP:

- Shark in the Water
- Dynamic Stretching

FIRST HALF:

- Shooting Stars
- Goal Keepings Off 2.0

SECOND HALF:

- Football

EXTRA TIME:

- Double Trouble

COOL DOWN:

- Light Jog
- Static Stretching
- Review Session

SHARK IN THE WATER

Participants warm up while trying to keep possession of the ball. One participant acts as the "shark" trying to kick the balls out of the area.



SESSION 6

Warm Up



EQUIPMENT

Cones, balls and bibs.

WHAT TO DO

SETTING UP:

- Set up an area for participants to run around in
- Allocate one participant to be the "shark" and give them a bib
- Every other participant should have a ball

THE ACTIVITY:

- Participants dribble around the area trying to keep the ball away from the shark
- The shark must try and kick the ball out of the area
- If they kick the ball out of the area the participant must run and retrieve the ball
- Once they retrieve the ball they can then join back in

SUGGESTED CHANGES

- Stop intermittently and get participants performing warm up exercises
- Once participants are out have them doing different activities or begin stretching

HINTS


- Increase the number of sharks depending on participation numbers



DYNAMIC STRETCHING

Following the initial active warm up, get participants to spread out so they can perform dynamic stretches. Instruct the participants to perform a series of stretches targeting the main muscle groups of the body. Allow time at the end of this activity for any other stretches participants may want to do.

 **SESSION 6**
Warm Up

 **EQUIPMENT**
Not applicable.

WHAT TO DO


- Please ensure you target all the major muscle groups in the body to help avoid any potential injuries
- Please refer to the appendix (page 63)
- Refer to external FIFA 11+ for additional ideas
- If you have your own dynamic stretches or routine please feel free to use them



SHOOTING STARS

Participants take turns trying to score a series of goals.

 **SESSION 6**
First Half

 **EQUIPMENT**
Cones, goals and footballs.

WHAT TO DO

SETTING UP:

- Set up five sets of goals (can be cones) as outlined below
- Allocate one participant into the middle and have the rest passing the balls

THE ACTIVITY:

- Participants on the outside pass the ball to the closest cone
- The participant in the middle receives the ball and shoots at the goal next to that participant
- The participant must run around the cone and back to the start cone before progressing to the next goal
- The participant in the middle moves in either a clockwise or anti-clockwise direction
- The process is then repeated until all shots have been taken
- The participant in the middle is then swapped

Step 1




Step 2



GOAL KEEPINGS OFF 2.0

Ask participants to pair up. Goal Keepings Off is keepings off between two participants.

 **SESSION 6**
First Half

 **EQUIPMENT**
One football between two participants.

WHAT TO DO

SETTING UP:

- Ask participants to pair up
- Each pair should have one football

THE ACTIVITY:

- One person will start with the ball, while the other will begin to attempt to steal the ball off them
- The person with the ball must attempt to keep the ball off the other person
- Participants work for 30 seconds then swap roles

HINTS


- Try to match participants of equal fitness and ability



FOOTBALL

Participants play a game of football as it is their last week.

 **SESSION 6**
Second Half / Extra Time

 **EQUIPMENT**
Cones, bibs and footballs.

WHAT TO DO

SETTING UP:

- Set up a small football field with cones for goals
- Give bibs out to both teams
- Divide participants into two teams and let them have fun!



COOL DOWN

It is important that all participants cool down and stretch before finishing the session. This will also give you time to ask for feedback regarding the session.

SESSION 6

Cool Down

EQUIPMENT

Not applicable.

WHAT TO DO

LIGHT JOG:

- Get participants to do a light jog around the area
- Encourage them to “shake out” their legs and arms to aid the removal of lactic acid

STATIC STRETCHING:

- Get all participants to form a semi-circle around you
- Encourage them to statically stretch out the major muscle groups; hamstrings, quadriceps, lower leg, gluts, arms and back
- If they are not comfortable doing their own stretches, ensure you give examples
- Please refer to appendix for more information (page 63)

FEEDBACK:

Ask participants the following questions:

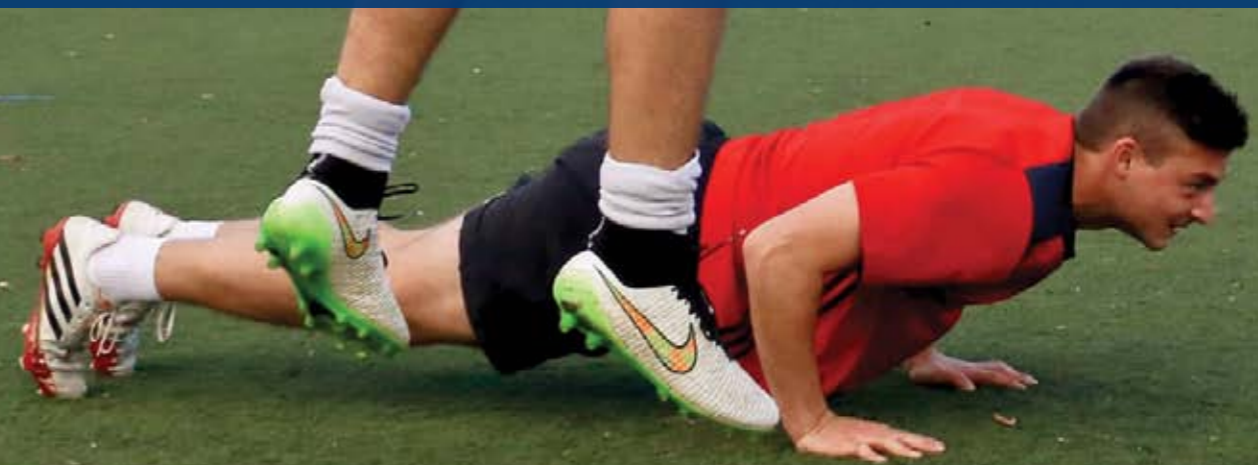
- How hard/easy was the session?
- What exercises they would like to do again?
- What exercises do they not want to perform again?
- Was there a good mix of football and fitness?
- Were the exercises too short/too long?
- Any other feedback?
- Ensure you record all answers



CONGRATULATIONS
OF COMPLETING
THE FIT
FOOTBALL
PROGRAM!



EXTRA ACTIVITIES



CORNERS

Participants divide into groups of 4 and try to keep the ball off the person in the middle.

 **SESSION**
First Half

 **EQUIPMENT**
One ball and four cones for each group.

WHAT TO DO

SETTING UP:

- Set up a square using four cones
- Divide participants into groups of four

THE ACTIVITY:

- One group member will be nominated as the defender and go into the middle of the square
- The other three group members must stand on one cone
- The participants on the outside are only allowed to move along the perimeter of the square and can only receive passes at the corner (cone)
- The person with the ball must be able to see the other two participants at the corner cones to the left and right of them (not opposite - as outlined below)
- Once the ball is passed, participants must move to ensure they maintain this shape
- The participants in the middle must attempt to steal the ball
- Once the ball is stolen, goes out of the square or they have been in there long enough, swap the participant in the middle (defender)
- Ensure everyone has a turn being the defender
- Diagonal passes are not allowed

SUGGESTED CHANGES

- You can start by allowing the participants to throw the ball and then progress to passing it

HINTS

- Change over defenders regularly so the person in the middle is not disgruntled by failing to steal the ball



MEMORY

Participants train both body and mind in this workout. Communication to team mates is also necessary.

 **SESSION**
First Half

 **EQUIPMENT**
Marker cones and memory cards.

WHAT TO DO

SETTING UP:

- Set up a start point and end zone with the memory cards in them
- You must have Fit Football memory cards or playing cards to do this activity

THE ACTIVITY:

- Participants are divided into teams
- The first member of the team runs down and flips over two cards
- If they get a pair they collect them and bring them back to the group
- If they don't get a pair they must flip them over again then run back to the next group member
- The team to collect all their pairs first wins

SUGGESTED CHANGES

- Change the length the participants have to run to get to the cards
- Make participants perform activities while they are not running

HINTS

- Arrange the cards in a pattern so participants can say "top left" etc when communicating



ACCU-RACE-Y

Participants divide into pairs and aim to pass the ball between a goal. Every time the pair successfully passes the ball between the goals they move further away, making the task more difficult. If a participant misses the goal then they must return to the first cone and start again.

SESSION

First Half

EQUIPMENT

Marker cones for the goal and passing distance.

WHAT TO DO

SETTING UP:

- Divide participants into pairs
- Set up a goal (yellow cones) and passing markers (orange cones)

THE ACTIVITY:

- On your call participants start at the closest markers to the goals
- Once both participants have successfully completed a pass from this distance, they move back to the second marker
- Participants continue until they have successfully completed the final marker
- If a participant misses at any stage then they must return to the first marker and start again

SUGGESTED CHANGES

- Add more markers to make the course longer
- Add a physical challenge (push ups, sit ups etc) at each cone before they can pass
- Increase the difficulty by making the goals smaller or forcing participants to use their weaker foot



APPENDIX



STRETCHES

DYNAMIC STRETCHES, LOWER BODY



WINDMILLS (GROIN AND HAMSTRINGS)

Stand with your legs slightly wider than shoulder width apart. Twist and lower your torso so your opposite hand touches your toes (hamstring stretch). Progress the stretch by bending one leg and bringing your opposite hand to ankle (groin stretch).



HIP FLEXOR

Start with your front leg bent and back leg straight (similar to a lunge position). Thrust your hips forwards and backwards to feel the stretch. Progress by lowering your back leg so your knee touches the ground then thrust back and forth. Complete on both legs.



SCOOPS

Straighten one leg in front of your body with your toes raised. With the other leg bent, lower your body down and brush the ground (or as close to it as possible) in a scooping motion with your fingers. Perform three quick steps in between and then change legs.



OPEN THE GATE/CLOSE THE GATE

With both legs straight, bring one knee up towards your chest and then move it out to the side of your body as far as possible. To close the gate start with your leg out wide and bring it into the body.



FOOTBALL KICKS

Perform a side footed kicking action in midair.

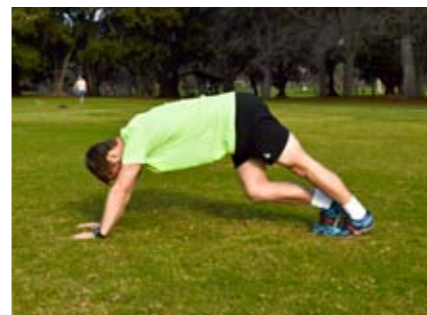


LEG SWINGS - SIDE & FRONT

Keeping the balance of your body on one leg, swing the other leg in a side to side action. Progress by swinging the leg in a forwards motion.

STRETCHES

DYNAMIC STRETCHES, LOWER AND UPPER BODY



CALF WALKS

Starting in a straight arm plank position alternate lowering each heel to the ground, one at a time, so you feel a calf stretch.



QUADS

Bend one leg backwards and pull it back with your hand until you feel a stretch in your quadriceps. Hold for one second then perform three quick steps in between and repeat on the other leg.



SHOULDER CIRCUMDUCTIONS

Start with both arms by the side of the body and slowly rotate them in a full circular motion over your head and back into the original position. Progress by performing the activity forwards, backwards and with each arm working in an opposite direction.



TRUNK ROTATIONS/ TRUNK ROTATIONS WITH LEG TWIST

Keeping your legs still, rotate your upper body from side to side. Progress by twisting your leg and foot then rotating your trunk further (as per photo above).



HORIZONTAL SHOULDER AB/ADDUCTIONS

Start with arms open, raised at shoulder height, so you feel a chest stretch. Maintaining shoulder height, bring both arms towards the midline of the body so they cross. Return them to the original position. Alternate arms so they cross over then under.



TRICEP/PEC THRUSTS

Start with both arms extended at the side of the body. Move arms at the same time in opposite directions (see photo). One arm will move backwards and push back whilst the other is moved straight up in front of the body until it is raised above the head. Push both arms back slightly a couple of times in this position (until you feel the stretch) then swing the arms back past the side of the body so they then complete the opposite movement.

STRETCHES

STATIC STRETCHES, UPPER BODY



HEAD PUSH DOWNS

Move your head from side to side and back and forwards, holding it in each position for a few seconds. Do not move your head in a circular motion.



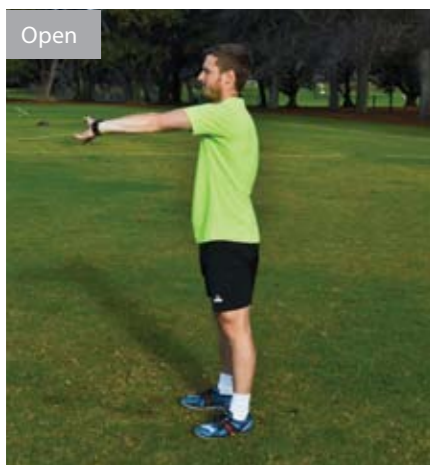
LYING RAISE

Lying on your stomach, slowly lift your upper body until you cannot go any further.



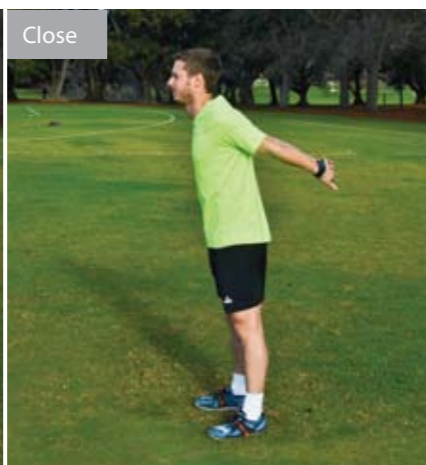
PULL BACK

Lying on your stomach, slowly bend your knees, moving your body backwards until you cannot stretch any further.



SCAPULA OPEN/CLOSE

Link your fingers together and push your arms as far forward as possible with the palms of facing outwards. Perform the same movement backwards.



Close



ARM/CHEST

Take one arm and move it across the chest, using your other arm to support it.

STRETCHES

STATIC STRETCHES, LOWER BODY



HAMSTRING/ HAMSTRING (ALTERNATE LEG)

Starting with your feet apart, lower your hands to try and touch the ground directly in front of you. Progress by lowering your hands to rest on your ankle.



HAMSTRING (FEET TOGETHER)

Starting with your feet together, lower your hands to try and touch the ground directly in front of you.



GLUTEAL

Starting in a seated position, take one foot and rest it on your opposite knee. Lift your body off the ground so you are supported by your hands on one leg.



QUADS

Bend one leg backwards and pull it back with your hand until you feel a stretch in your quadriceps. Hold for 20-30 seconds and then repeat on the other leg.



CALF

Starting in a straight arm plank position, keep your arms still and lower one heel at a time towards the ground until you feel a calf stretch. Bend the other leg and place the other foot across the calf for support. Hold for 20-30 seconds and then repeat on the other side.

EXERCISES



BURPEE (WITH PUSH UP)

Starting in the push up position, move both your knees into your chest, quickly moving into a standing position. From here perform a tuck jump and return into the push up position.



SQUAT

Starting with feet shoulder width apart. Keeping a neutral spine, bend your knees and lower your backside to the ground ensuring feet remain planted. Ensure your knees are tracking over your toes.



WALKING LUNGE

Starting in a standing position, lunge forward until your back knee touches the floor. Continue to walk forward in this motion, alternating legs.



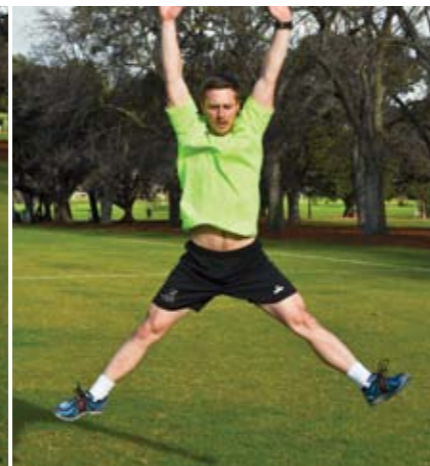
BACKWARD LUNGE

Starting in a standing position, lunge backwards until your back knee touches the floor.



STAR JUMPS

Starting in a standing position perform a jump with your arms and legs in a lateral movement.

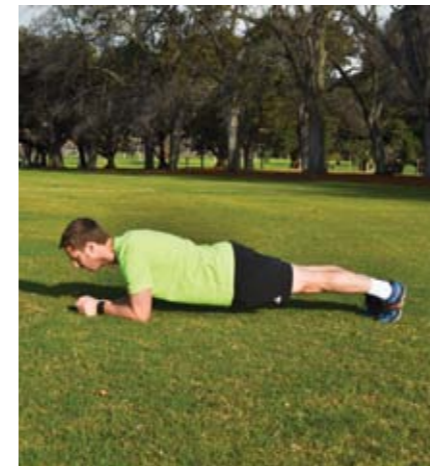


TOYOTA JUMPS

Starting with your legs together and arms by the side of your body. Jump off the ground and abduct both your arms and legs, essentially doing a star jump in mid air. Land back on the ground in the original position.

EXERCISES

CONTINUED



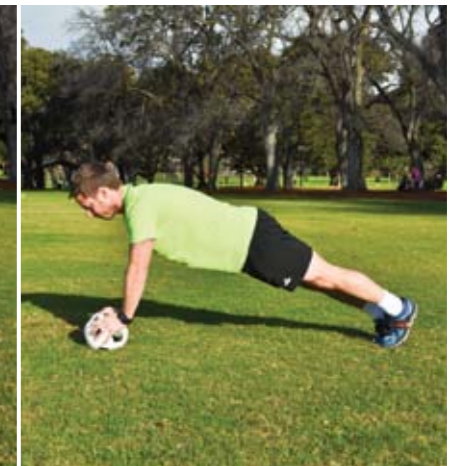
PLANK

Start with your forearms and feet supporting your body, ensuring you keep your back straight, bum down and head out.



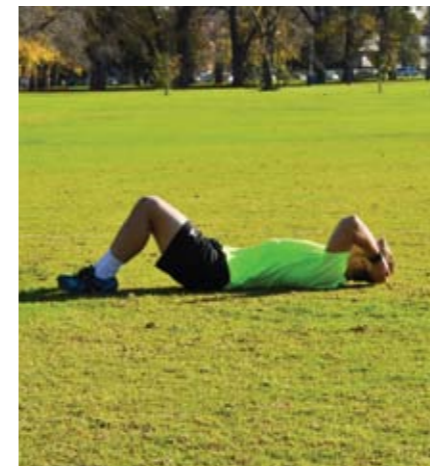
SIDE PLANK

Start in the normal plank position and rotate to one side so your body is supported by your forearm and one leg. Progress the activity by raising one leg.



PUSH UPS/PUSH UP WITH BALL

Start with your arms supporting your body and keep your back straight. Move your body towards the ground but do not touch the ground. Progress by having both arms on a ball when performing the action.



SIT UPS

Lie on your back with your knees bent and heels on the floor. Slowly lift your upper body off the floor keeping your legs still.



MOUNTAIN CLIMBERS

Starting in a straight arm plank position, bring one leg at a time up towards your chest. Return this leg to the starting position and then repeat on the other leg.



CALF RAISES

Standing in an upright position, lift your heels off the ground so you are balanced on your toes then lower back to the ground. Progress the activity by standing on one leg (see photo).

