

These programs are designed to act as the foundation of an athlete's strength and conditioning training, to be followed between training and game-day exercise. An effective athlete will adjust this program to include any exercises they feel are valuable to their specific game, goals and position. The recommended sets and reps may also be adjusted once an athlete becomes accustomed to these programs, to ensure enduring performance progression.

OFF SEASON

TRAINING GOAL - SPORT SPECIFIC STRENGTH
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Barbell Squat	Lower Strength	5	8
Multi Directional Lunge	Lower Strength	4	3
Bulgarian Split Squats	Lower Strength	3	6
Single Leg Squat Left	Lower Strength	3	8
Single Leg Squat Right	Lower Strength	3	8
Triple High Knee Stick	Sprint Mechanics	3	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Push Press	Upper Strength	6	6
Banded Chest Press Left	Upper Strength	6	6
Banded Chest Press Right	Upper Strength	4	8
Single Leg Dumbbell Passes	Balance	4	6
Clean	Upper Strength	4	8
Single Arm DB Overhead March	Balance	4	8

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Single Leg Deadlift Left	Full Body Strength	5	8
Single Leg Deadlift Right	Full Body Strength	5	8
Weighted Pull Ups	Full Body Strength	5	5
Upright Barbell Row	Upper Strength	5	8
Copenhagen Knee Drives Left	Lower Strength	3	6
Copenhagen Knee Drives Right	Lower Strength	3	6

PRE SEASON

TRAINING GOAL - SPEED & POWER
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Half Squat	Lower Strength	6	4
Bulgarian Split Squats	Lower Strength	6	4
Deadlift	Lower Strength	5	8
Romanian Deadlift And Drop	Lower Power	4	6
Kneeling Lunge Box Jump Left	Speed	3	6
Kneeling Lunge Box Jump Right	Speed	3	6

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Wall Sprinter Drives Single	Speed	4	30 secs
Wall Sprinter Drives Double	Speed	4	30 secs
Wall Sprinter Drives Triple	Speed	4	30 secs
Bear Crawl Side Ways	Core Strength	4	20
DB To Toes Stabilisation Jumps Single Leg Land Left	Deceleration	3	6
DB To Toes Stabilisation Jumps Single Leg Land Right	Deceleration	3	6

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Agility Cone Hops Side To Side	Agility	4	6
Fast Feet On Plate	Agility	4	30 secs
Glute Bridge Pullover	Upper Strength	5	8
Push Press	Upper Strength	5	8
Side Shuffle Burpee	Specific Endurance	3	6
Bear Crawl Back And Forward	Specific Endurance	3	6

DURING SEASON

TRAINING GOAL - AGILITY & CONDITIONING
DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Lower Strength	3	6
Side To Side Plate Agility	Agility	3	6
Hip Switches	Lateral Movement	3	6
Lunge KB Under Swings Left	Balance	4	6
Lunge KB Under Swings Right	Balance	4	6
Tibialis Raises	Lower Strength	3	25

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Weighted Chin Ups	Upper Strength	5	AMAP
Glute Bridge Bench Press	Upper Strength	5	12
Planking DB Row	Core Strength	5	6
Zercher Squats	Upper Strength	4	6
Romanian Deadlift And Drop	Speed	4	4
Back Shuffle Forward Shuffle	Specific Endurance	3	4

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Push Press	Upper Strength	6	3
Banded Row Step Back	Upper Strength	4	8
Attack Step	Agility	4	30 secs
Med Ball Push Ups	Core Strength	4	8
Broad Jump	Speed	4	6
Burpee Side Shuffle	Movement Patterns	4	1 min