



**JUNIOR GOLD**

**PHYSICAL DEVELOPMENT**

**PROGRAM**

## BODY WEIGHT STRENGTH & POWER DEVELOPMENT CIRCUITS

### SESSION 1

Exercise		Repetitions/Sets
<b>A1</b>	Standing Long Jump- 2 foot take off, jump as far as you can, emphasise soft landing	5 jumps X 3 sets
<b>A2</b>	Clap push-ups- Start from knees emphasising quick ground contact time. Progress to toes	5 push-ups X 3 sets
<b>Perform 1 set of each exercise straight after one another then have 60s recovery. Repeat for the 3 sets</b>		
<b>B1</b>	Push-ups- vary hand positions (close/wide/medium)	Max X 3-5 sets
<b>B2</b>	Walking lunge	10 each leg X 3-5 sets
<b>B3</b>	Seated straight arm explosive rotation	15 rotations each side X 3-5 sets
<b>C1</b>	Chin-ups- vary between reverse grip & overhand grip	Max X 3-5 sets
<b>C2</b>	Deep body weight squats	20 X 3-5 sets
<b>C3</b>	Front Bridge- on hands	60s hold X 3-5 sets
Perform B1, B2 & B3 1 after the other with no recovery. Have 60s recovery then repeat for the 3-5 sets on each exercise. Do the same for C1, C2 & C3		






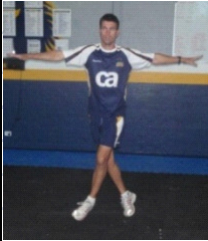
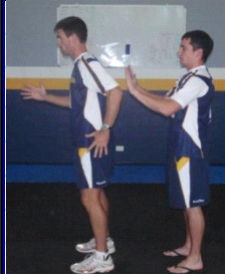
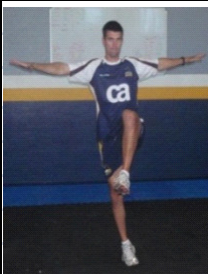
### SESSION 2

Exercise		Repetitions/Sets
<b>A1</b>	Rebound Jumps- Complete 5 jumps in a row emphasis on jumping as high as possible each jump & minimising ground contact time. "Spring off the ground"	5 jumps X 3 sets
<b>A2</b>	Lateral Line Jumps- Hop side to side across a line emphasis on minimising ground contact time. "Spring off the ground"	5 contacts each leg X 3 sets
<b>Perform 1 set of each exercise straight after one another then have 60s recovery. Repeat for the 3 sets</b>		
<b>B1</b>	Burpees- Chest to ground then max effort jump for height	6 burpees X 3-5 sets
<b>B2</b>	Full sit-ups- Hug your knees	10 X 3-5 sets
<b>B3</b>	Push-up then jump to chins	2 push-ups then jump to 2 chins 4 X 3-5 sets
<b>B4</b>	Seated arm swings- Full relaxed arm swings	20 swings each arm X 3-5 sets
<b>B5</b>	Power skips- Explosive skips with focus on "spring off the ground"	8 contacts each leg X 3-5 sets
<b>B6</b>	Side bridge- on hands	45s holds X 3-5 sets
Complete B1-B6 one after the other moving between each exercise with no recovery. Once you have completed B6, have 60s recovery then start again. Repeat this until you have completed 3-5 sets on each exercise		






### NOTES

- Perform the exercises with the same letters together 1 after the other
- Complete the warm-up exercises outlined on the previous page prior to these sessions
- Complete 3-5 sets on each exercise, depending on how you are feeling each day you train
- When you start to feel stronger doing each exercise increase the number of repetitions you do- eg: increase from 10 to 15 repetitions
- Emphasis should be on correct technique each and every rep- Don't get lazy with technique, especially when you start to fatigue
- Complete the flexibility exercises outlined on the next page after each training session

## SPEED TECHNIQUE WARM UP 1

Leg Cycles	Description - key points	A Skip	Description - key points
	<ul style="list-style-type: none"> <li><i>Pull heel straight up</i></li> <li><i>Toe up, Knee up</i></li> <li><i>Tight trunk position</i></li> <li><i>Look forward</i></li> <li><i>Cycle leg thru</i></li> <li><i>Aggressive pull thru</i></li> <li style="text-align: center;"><i>Do x 10 each leg</i></li> </ul>		<ul style="list-style-type: none"> <li><i>Lean and posture</i></li> <li><i>Arm action</i></li> <li><i>Slow to fast ground strike</i></li> <li><i>Maintain space</i></li> <li><u><i>Rythm</i></u></li> <li style="text-align: center;"><i>2 x15m - walk back</i></li> </ul>
Wall Static A	Description - key points	Russian March	Description - key points
	<ul style="list-style-type: none"> <li><i>Triple extension - ankle,knee,hip</i></li> <li><i>Toe up, Knee up</i></li> <li><i>Tight trunk position</i></li> <li><i>Look forward</i></li> <li><i>Maintain space</i></li> <li><i>Quick change of support</i></li> <li style="text-align: center;"><i>Do x 10 each leg</i></li> </ul>		<ul style="list-style-type: none"> <li><i>Straight legs</i></li> <li><i>Contact with ball of foot</i></li> <li><i>Strong arm action</i></li> <li><i>Maintain space</i></li> <li style="text-align: center;"><i>2 x15m - walk back</i></li> </ul>
Seated Arm Action	Description - key points	Low Carioca	Description - key points
	<ul style="list-style-type: none"> <li><i>Elbows at 90 deg</i></li> <li><i>Back drive as important as front</i></li> <li><i>Sit tall</i></li> <li><i>Head up</i></li> <li><i>Hand should brush floor</i></li> <li style="text-align: center;"><i>3 x 15sec increase tempo</i></li> </ul>		<ul style="list-style-type: none"> <li><i>Shoulders Square</i></li> <li><i>Quick feet in and out</i></li> <li><i>Stay on toes</i></li> <li><i>Rotate pelvis using trunk muscles</i></li> <li style="text-align: center;"><i>2 x15m - walk back</i></li> </ul>
Elbow Boxing	Description - key points	High Knee Carioca	Description - key points
	<ul style="list-style-type: none"> <li><i>Rear drive action emphasis</i></li> <li><i>Set posture tall</i></li> <li><i>Head up</i></li> <li><i>Relax shoulders</i></li> <li><i>No trunk rotation</i></li> <li style="text-align: center;"><i>3 x 15sec increase tempo</i></li> </ul>		<ul style="list-style-type: none"> <li><i>Sit tall</i></li> <li><i>Leg drive up</i></li> <li><i>Snap the knee down</i></li> <li><i>Maintain space</i></li> <li style="text-align: center;"><i>2 x15m - walk back</i></li> </ul>









## SPEED TECHNIQUE WARM UP 1 CONT'D

SPEED TECHNIQUE WARM UP 1 CONT'D			
Toe March	Description - key points	Tall Falls	Description - key points
	<p>Toe up Dorsi flex to Triple extension Arm mechanics</p> <p style="text-align: center;">2 x10m - walk back</p>		<p>Stand Tall Rise up on the balls of the feet Fall to 45 Maintain Triple extension Maintain space &amp; posture Do x 10</p>
Stiff Leg Run	Description - key points	Tall Fall to Run	Description - key points
	<p>Toe up Dorsi flex to Triple extension Activate from Glutes Stay tall <u>Balls of feet</u></p> <p style="text-align: center;">2 x10m - walk back</p>		<p>As for Falls Aggressive arm drive First step quicknes Londg first step under body</p> <p style="text-align: center;">4x10m - walk back</p>
Low Skip	Description - key points	<p><b>It is recommended that you complete this session prior to any running sessions e.g. speed, plyometrics, conditioning, skills</b></p>	
	<p>Toe up Dorsi flex to Triple extension Stay tall Aggressive ground strike <u>Rythym</u></p> <p style="text-align: center;">2 x10m - walk back</p>		

## FLEXIBILITY 1 - "GO TO" STATIC





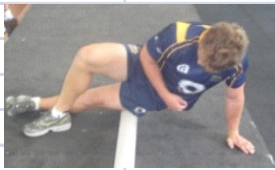
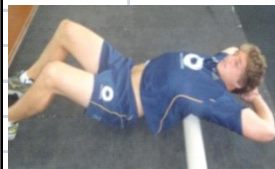

FLEXIBILITY 1 - "GO TO" STATIC			
Low Back/Glute	Description - key points	Calf - straight leg	Description - key points
	<p>Legs crossed Push head to the floor Reach forward with arms Cross legs opposite way</p>		<p>Push Up position Straight leg Heel on the ground Straight back</p>
Hamstring	Description - key points	Calf - bent leg	Description - key points
	<p>Straight leg Other leg bent into the side Push chest towards the toe Keep back flat</p>		<p>Foot in line with opposite knee Weight over knee Push knee forward Keep heel flat on ground Lift toes for extra stretch</p>
Glute/Hip flexor	Description - key points	Hip flexor/Quad	Description - key points
	<p>Pull knee to chest Head down Opposite leg straight to floor Toe pointed back</p>		<p>Front knee at 90 deg Tilt hips under Push hips forward Reach high with arm</p>
Hamstring	Description - key points	Lats	Description - key points
	<p>Neural glides Straighten and relax hamstring Shoulders &amp; head back <u>Do not</u> hold at end point</p>		<p>Reach out long with arms Back flat Push arm pits to the ground Don't sit back</p>
Low Back	Description - key points	Pecs	Description - key points
	<p>Pull straight leg across body Other leg straight Shoulders and head back Opposite arm out to side</p>		<p>Reach out to the side Look under other arm Push arm pit to the ground Don't sit back</p>
Low Back	Description - key points	Upper back	Description - key points
	<p>Neural glides Hands under shoulders Straighten arms Hips stay on the ground <u>Do not</u> hold at end point</p>		<p>Reach under other arm Look under other arm Push arm pit back &amp; down Don't sit back</p>

## FLEXIBILITY 2 - STRETCH BANDS

Hamstring	<i>Description - key points</i>	Hip flexor/Quad	<i>Description - key points</i>
	<p>Band over foot Hold band in 2 hands Pull elbows to floor Pull foot towards head</p>		<p>Front knee at 90 deg Tilt hips under Push hips forward Pull band tight over shoulder</p>
Adductor	<i>Description - key points</i>	Lats	<i>Description - key points</i>
	<p>Slide same hand along band Other leg straight Keep hips down Pull leg up towards ear</p>		<p>Reach out long with arms Band around pole Sit back to squat Keep back flat</p>
Glute/Low back	<i>Description - key points</i>	Pecs	<i>Description - key points</i>
	<p>Slide same hand along band Pull the leg across body Keep shoulders down Pull leg up towards ear</p>		<p>Band around pole Arms stretched back behind Keep body long and strong Lean forward into stretch</p>
Hamstring	<i>Description - key points</i>	Should/Lats	<i>Description - key points</i>
	<p>Neural stretch Legs straight Chin to chest <u>Do not</u> hold at end point</p>		<p>Band on high bar Pull band with straight arms Arms above head Lean forward into stretch</p>

Players should hold each stretch for 6-8 breaths  
 Players should aim to increase their range of stretch with each exhalation

## FLEXIBILITY 3 - PIPES

FLEXIBILITY 3 - PIPES			
<b>Calves</b>	<i>Description - key points</i>	<b>Thoracic Spine</b>	<i>Description - key points</i>
	<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work the length of the calf</p>		<p>Breath out as you roll Roll 4-6 times Stretch above head with arms Move from ribs through shoulder Rock using legs</p>
<b>Hamstring</b>	<i>Description - key points</i>	<b>Hip flexor/Quad</b>	<i>Description - key points</i>
	<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work from knee to glute Support weight on hands</p>		<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work right thru the hip Support weight on hands</p>
<b>Glute</b>	<i>Description - key points</i>	<b>Quad</b>	<i>Description - key points</i>
	<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Lean to one side Support weight on hands</p>		<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work hip thru to knee Support weight on hands</p>
<b>Low back</b>	<i>Description - key points</i>	<b>ITB</b>	<i>Description - key points</i>
	<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work from glute to ribs Rock using legs</p>		<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work the length of the ITB Support on arm and bent knee</p>
<b>Upper back</b>	<i>Description - key points</i>	<b>Pecs</b>	<i>Description - key points</i>
	<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work from ribs to should blades Rock using legs</p>		<p>Firm roll towards the heart Roll 4-6 times Concentrate on tight areas Work from elbow to arm pit</p>

## ACCELERATION & MAXIMUM VELOCITY SESSIONS

### WARM UP

- Before you begin any of these sessions it is important that you spend at least 10-minutes warming up and getting your body ready to work at the intensity required during these sessions
- Training to improve your acceleration and speed requires you to perform each effort during the session at a maximal intensity, therefore your body needs to be prepared to operate at this level to ensure you do not suffer any injuries
- You should complete a warm-up along the same structure that is used prior to our usual trainings. Examples include:

**Easy jog & skip 300m** - Alternate efforts of 50m skipping and jogging up and back a rugby field

**A-Skips over 20m** - Complete 3 X 20m with an easy low skip back to the start each time. Concentrate on keeping upper body up right (tall posture), relaxed full arm swing from the shoulders, punching your feet into the ground, big split between legs each skip

**Carioca over 20m** - Running sideways concentrating on accelerating rear knee through with each stride and getting separation between torso and lower body

**High knee runs over 20m** - Complete 3 X 20m with an easy skip back to the start line each time - Focus on keeping upper body up right (tall posture), relaxed arm drive with the swing coming from the shoulders, powerful foot contact with the ground, quick foot contact with the ground, toe up on foot contact with the ground

**Butt kick runs over 20m** - Complete 3 X 20m with an easy skip back to the start line each time - Focus points as outlined above but this time kicking heels back up towards butt

**Walking lunges** - Complete 5 walking lunges each leg - Focus on keeping upper body upright, feeling a stretch in the hip flexor and quadriceps in your back leg and the hamstring in your front leg each lunge, hold the bottom lunge position for 2 seconds each time

**Frankenstein marches** - Complete 5 marches each leg - Focus on keeping upper body upright while kicking 1 leg out in front of you. Don't kick too high each time, just high enough that you can feel a stretch in the hamstring of the leg you are kicking out

### **Sub maximal accelerations**

- Perform **2 X 20m** accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time
- Perform **2 X 30m** accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time
- Perform **2 X 40m** accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time

**Stretch-** Have a final stretch of each of the major muscle groups of the lower body - Glutes, hamstrings, quadriceps, hip flexors, inner thighs (groin), calves.



## **SESSION 1 - ACCELERATION**

Pace out and place a marker at **10m/15m/20m**

### **Rolling start efforts -**

- Here each effort begins with an easy 5m jog to the start line
- When you hit the start line accelerate as hard as you can through to the 10m marker
- Make sure you run past the marker each time and come to a gradual stop rather than trying to slow down as quickly as you can
- Have an easy walk back recovery between each effort
- Remember each effort must be performed at a maximal intensity so run as fast as you can each time. Focus on a fast powerful arm drive during the efforts as leg speed is dictated by your arm speed. Keep your torso strong each time and keep shoulders relaxed. Make sure arm drive is not across your body, keep it linear
- Complete 5 efforts at each distance - **225m**

3-minute recovery/drink

### **Standing start efforts -**

- This time you will begin each effort with a standing start
- Complete 5 efforts at each distance- **225m**

**Total session distance (excluding warm-up) - 450m**

At the completion of the session make sure you have a very good stretch of all the major muscle groups of the lower body. Spend at least 10-minutes going through these stretches.

## **SESSION 2 – MAXIMUM VELOCITY**

### **Warm-up**

- As outlined above

Pace out and place markers at **40m/50m/60m**

### **Rolling start efforts -**

- As above each effort begins with an easy 5m jog to the start line
- When you hit the start line accelerate as hard as you can through to the 40m marker
- Make sure you run past the marker each time and come to a gradual stop rather than trying to slow down as quickly as you can
- Have an easy walk back recovery between each effort
- With these longer efforts you will need to concentrate on maintaining your sprint form throughout the duration of each effort. When you begin to fatigue you will tend to get lazy with your technique and this will cause you to run slower
- Complete 3 efforts at each distance - **450m**

3-minute recovery/drink

### **Standing start efforts -**

- This time you will begin each effort with a standing start
- Complete 3 efforts at each distance - **450m**

**Total session distance (excluding warm-up) - 900m**

As above, take 10-minutes and have a good stretch of all the major muscle groups of the lower body.



## **SESSION 3 – ACCELERATION & CHANGE OF DIRECTION**

### Warm-up

- As outlined above

Place markers at **5m/10m/20m**

### **Forwards/Backwards change of direction –**

- Starting on the try line on your stomach, get up as quickly as you can and accelerate through to the 5m line
- Stop as quickly as you can once you pass the 5m line- When training to stop quickly focus on dropping your hips and taking short, quick strides
- Accelerate backwards to the try line as quickly as you can
- Once you reach the try line accelerate forwards as fast as you can to the 20m marker
- The idea of this drill is to cover the total distance as quickly as you can - Distance of each effort is **30m**
- Easy walk back to the start - Repeat X 5- **150m**
- Start from different body positions for each effort- stomach, back, sitting, kneeling, standing  
3-minute recovery/drink
- Repeat X 5 efforts - **150m**

### **Acceleration + Left/Right Change of Direction**

- With a 5m rolling start accelerate hard through to 10m
- At the 10m marker cut hard to either the left or right and continue to accelerate as hard as you can for 5m
- When you change direction concentrate on maintaining stride rate (don't slow down)
- Plant your outside foot hard and drive off
- Keep arm drive fast and strong
- Distance of each effort is **15m**
- Easy walk back recovery between each effort- Repeat X 5 - **75m**  
3-minute recovery/drink
- Repeat X 5 efforts - **75m**

**Total session distance (excluding warm-up) - 450m**

As above, take 10-minutes and have a good stretch of all the major muscle groups of the lower body.

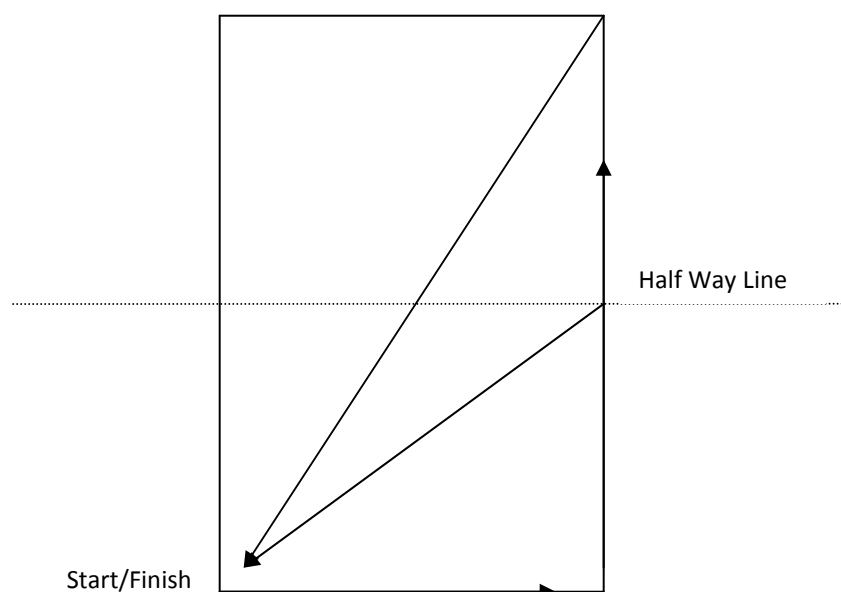
## CONDITIONING SESSIONS

### WARM UP

- Always complete at least a 10-minute warm-up prior to beginning your session
- Running of gradually increasing intensity as well as dynamic stretching such as –
  - Roll to hamstring stretch X 10
  - Lying rotations- 5 each side on your back then rolling onto your stomach for 5 each side
  - Hamstring/Hip flexor stretch- 5 each leg holding for 2s in each position
  - 10 ½ push-ups- keeping hips and legs on ground while pushing your upper body up
  - 10 leg swings each side gradually increasing force of swing
  - 5 walking lunges each side
  - 5 walking leg kicks each side

### SESSION 1

#### Big/Small Triangles



- For the first set of intervals you are completing 1 field width-1 full field length-1 diagonal back to the start. This adds up to **292m**
- Complete **5 X 292m** intervals
- Run each interval hard while concentrating on holding good form right through each effort

Begin each new interval on:

**Props/Hookers/Locks- 2min30sec**

**Backrow/Backs- 2min**

**3 minute recovery/drink**

For the next 10 intervals you are completing 1 field width-1/2 a length- 1 diagonal back to the start. This adds up to **206m**

Complete **10 X 206m** intervals

Begin each new interval on:

**Props/Hookers/Locks- 1min45sec**

**Backrow/Backs- 1min15sec**

**Session total - 3520m**

## SESSION 2

### **Set 1 - 10 X 100m**

Beginning each interval on 60s

Aim to complete each interval in -

**Props/Hookers - 20-25s**

**Locks/Backrow/backs - 16-18s**

2 minute recovery/drink

Repeat 10 X 100m

2 minute recovery/drink

### **Set 2 - 10 X 50m**

Beginning each interval on 30s

Aim to complete each interval in -

**Props/Hookers/Locks - Under 10s**

**Backrow/Backs - Under 8s**

90 second recovery/drink

Repeat 10 X 50m

**Session total - 3000m**

## SESSION 3

### **Set 1 - 10m drill**

Start on the 10m line

Sprint to the ½ way line & back to the 10m

Sprint to the far 10m - drop to the ground touching your chest to the line - sprint back to the start

The distance you are sprinting each time is **60m**

Complete each sprint in the fastest speed possible each time

Repeat 5 repetitions starting each new interval on 45s

90 second recovery/drink

Repeat 3 sets of 5 repetitions with 90s recovery between each set of 5

2 minute recovery/drink

### **Set 2 - 22m sprint repeats**

6 X 22m starting each interval on 20s

90 seconds recovery

4 X 22m starting each interval on 20s

90 seconds recovery

6 X 22m starting each interval on 20s

2 minute recovery/drink

**Repeat Set 1**

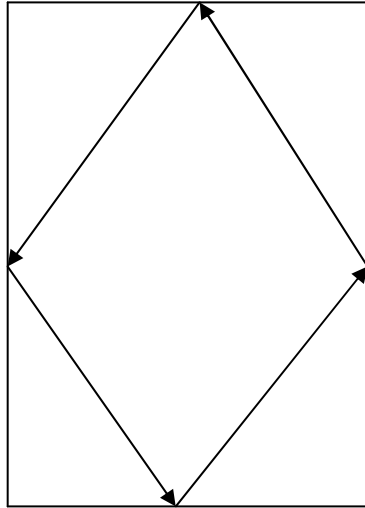
**Session total - 2152m**

## SESSION 4

### **Diamond run**

Starting under the goal posts at 1 end

The course is a diagonal run from centre field under the posts out to a cone at the intersection of the  $\frac{1}{2}$  way line and the side line, diagonal into the centre under the goals posts at the other end, diagonal out to a cone at the intersection of the  $\frac{1}{2}$  way line and the side line then back to your start position under the goal posts.



Follow the arrows in the diagram above

**Each round is 244m**

Complete 5 diamonds

Begin each new interval on:

**Props/Hookers/Locks- 2min15sec**

**Backrow/Backs- 1min45sec**

Complete each interval as fast as you can each time, aiming to minimise the decrement over the 5 repetitions

3 minute recovery/drink

**Repeat 5 diamonds**

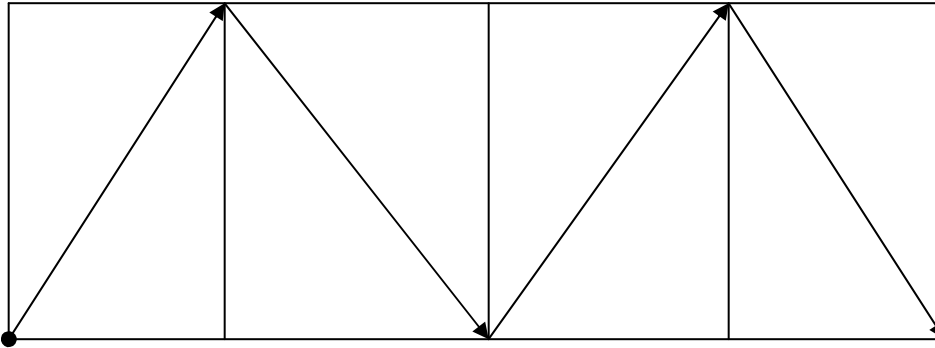
3 minute recovery/drink

**Repeat 5 diamonds**

**Session total - 3660m**

## SESSION 5

### Full field Zig-Zag



Follow the arrows in the diagram above

Place markers of some type at each change of direction as in the above diagram (try line/22m line/1/2 way line/22m line/try line)

Begin in 1 corner of the field

Follow the lined arrows as in the diagram above, covering the distance as quickly as you can

Aim to accelerate hard out of each corner

**Each full field zig-zag is 296m**

Complete **5 X 296m** with **90s recovery** between each effort

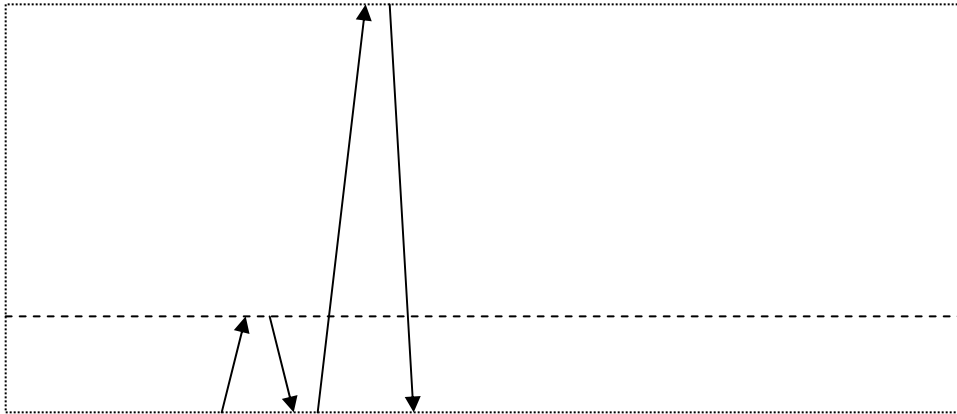
**3 minute recovery/drink**

Repeat **5 X 296m** with **90s recovery** between each effort

**Session total - 2960m**

## SESSION 6

### Width shuttle



Follow the arrows in the diagram above

Begin on the side line

Sprint to the 15m line and drop to the ground

Perform a push-up then get up as quickly as you can and sprint back to the sideline

Perform a push-up then get up as quickly as you can and sprint to the far sideline

Accelerate as fast as you can out of the turn and sprint back to the start

Each repetition is **170m**

Complete **5 X 170m** beginning each new effort on 90s

**90 second recovery**

Repeat **3 sets of 5 X 170m** efforts (so in total for the session you will complete **15 X 170m**)

Have **90 seconds recovery** between each set of 5 X 170m

**Session total - 2550m**

## SESSION 7

**400m effort** (4 lengths of the field)

Begin next effort on 4-minutes

**400m effort**

Begin next effort on 4-minutes

**300m effort** (6 X 50m)

Begin next effort on 3-minutes

**300m effort**

Begin next effort on 3-minutes

**200m effort** (2 lengths of the field)

Begin next effort on 2-minutes

**200m effort**

Begin next effort on 2-minutes

**100m effort** (50m up & back)

Begin next effort on 60s

**100m effort**

**3-minute recovery/drink**

**Repeat**

Aim is to run each effort as hard as you can - recoveries are set at a time that should allow you to maintain leg speed throughout each effort

**Session total - 4000m**

## SESSION 8

**5 X 200m efforts**

Alternate between 50m up & back repeats and 100m up & back repeats

Begin each new effort on 2-minutes

**90s recovery/drink**

**5 X 200m efforts**

Begin each new effort on 90s

**90s recovery/drink**

**5 X 200m efforts**

Begin each new effort on 2-minutes

**Session total - 3000m**

