SPORTAUS

RISE

PHYSICAL DEVELOPMENT COACH HANDBOOK

NRL

Griffith UNIVERSITY

Gallagher

FI-TA

DAILY ACTIONS

ROUTINE

Develop a consistent approach to doing things that will enable you to achieve your goals.

IDENTITY

Be proud of who you are and be loyal to your family, friends and teammates. Always be grateful for what the game gives you.

SOCIALISE

Enjoy being part of a team environment and the benefits working with others gives you, such as mate-ship and working together to achieve common goals.

EVOLVE

Take time to reflect on your achievements and the work that you have done. Re-set your goals and go again! Change is a process that will require you to persevere and be resilient.

FOREWORD

Rugby League is described as the Greatest Game of All and in my view, It's with good reason.

Our game is fast, tough, skilful and gratifying. It can be played by anyone of any culture, upbringing, size, shape and gender. It tests your character, it helps build your resilience and it produces a proud and loyal community built on a common purpose, the love of rugby league. It cultivates all these qualities to develop people, good rugby league people defined by humility, passion and committed to always doing our best.

We are not all superstars as we are growing up. There are many stories that testify to this fact. I know of many successful players past and present who weren't recognised when they were young. I even know there are heaps of players who didn't make the grade until they were in their twenties. I also know of more players who never fulfilled their potential. Most had poor attitudes, weren't reliable, didn't care about the team or respected the game.

I like the NRL RISE Rugby League Development program. When I began as Head Coach of the Australian Kangaroos, I asked the players about their journey, to tell their stories about how they became a member of the most successful National Sporting Team in Australia. The common thread was their love of the game, the great support as they were growing up, they consistently worked hard and never gave up on their dream. We all then made a positive statement that the Australian Kangaroos were going to be great role models and ambassadors for the game. We won't forget where we come from and wanted to inspire all our young people to have the same opportunities and support they had as they were growing up. As a group, we spoke about the importance of good people and when we don the Green and Gold Jersey we would never let it down, we'd compete and stand tall every time.

To all of you coaches, volunteers and support staff, who will contribute to the growth and development of the players within the program; Thank You! We urge you all to take what you learn throughout the program and pass it on to the rest of the Rugby League Community.

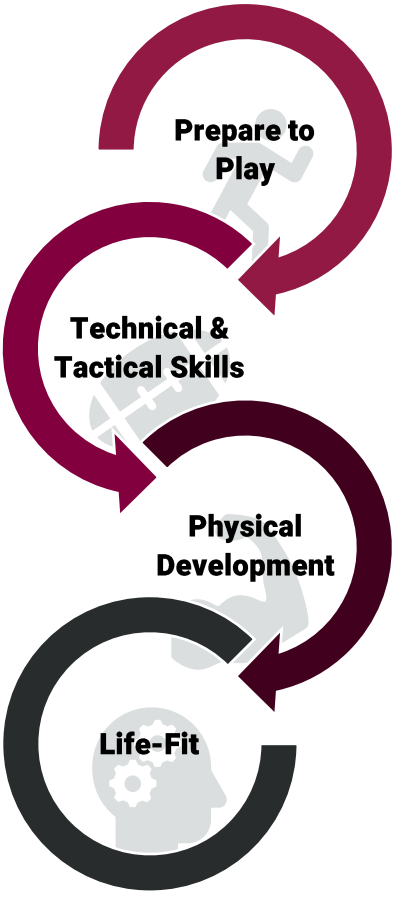
Mal Meninga
Head Coach – Australian Kangaroos

PROGRAM OVERVIEW

Supported by the Australian Government and managed by Sport Australia, the RISE Program provides aspirational Junior Rugby League players and coaches with an avenue to obtain specialised training and education through a holistic Rugby League development experience.

The program has been designed to provide players with an environment that will foster their confidence, competence, connection and character with the aim of increasing their performance, personal development and the likelihood of them being life-long contributors to the game.

The RISE Program consists of four development areas:



The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury.

The **Technical & Tactical Skill Workshops** have been designed to improve the players **Attacking** and **Defensive** skills using age and stage appropriate activities that are tailored to suit each playing group.

The **RISE Physical Development program** has been designed to introduce the foundations of strength and conditioning and to help players develop their fundamental movement patterns.

The **Life-Fit Program** is delivered in partnership with Griffith University. Players will participate in a series of online modules and training activities that will help them develop the socio-emotional skills to tackle life's challenges.

PLAYER AWARDS

Players who complete all components of the program, will be rewarded for their efforts and commitment to their improvement by obtaining their Bronze, Silver or Gold Award.

How to achieve your award:	U13's	U14's	U15's
Award	Bronze	Silver	Gold *(2023)*
Life-Fit	Players complete both pre-program and post program Life-Fit assessments & 4 x eLearning modules .		
Attendance	Players will attend the majority of scheduled training session.		
Accreditation	Players obtain their Foundation 1 Referee Accreditation	Players obtain their LeagueSafe Accreditation	Players will obtain their Community Coach Accreditation

RISE
RUGBY LEAGUE DEVELOPMENT PROGRAM
VRL

ROLES & RESPONSIBILITIES

PHYSICAL DEVELOPMENT COACH

Overview

An important component of RISE is the physical development competent of the program which comprises of a series of lessons and workshops that teach players some important fundamental movement skills aimed at reducing the risk of injury and increasing athletic performance.

The RISE Physical Development coach will oversee the delivery of the RISE strength & conditioning program and play a part in increasing the knowledge of team development coaches.

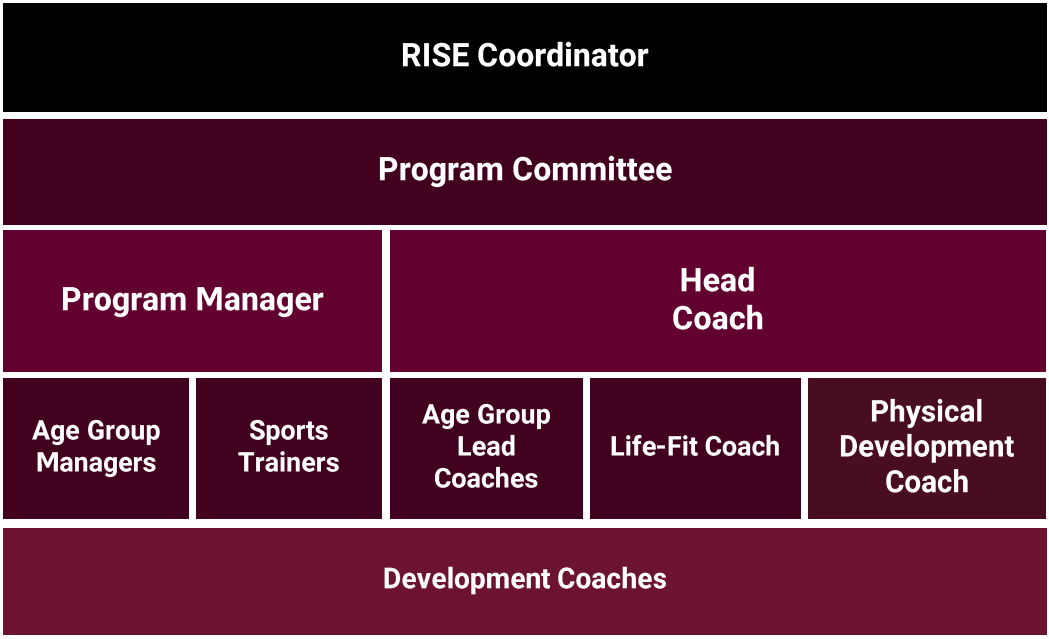
Responsibilities:

- *Attend all RISE training sessions as required*
- *Oversee the delivery of the Prepare 2 Play warm up wit the team development coaches.*
- *Lead the delivery of S&C workshops that aim to educate young, aspirational Rugby League players about some key aspects of physical development and athletic performance.*
- *Support the Program Head Coach and Program Manager in the delivery of a world class, holistic development opportunity.*

Selection Criteria:

- *Minimum of a Level 1 ASCA Accreditation.*
- *Understanding of age appropriate physical development principles.*
- *Genuine interest and commitment to the physical development of young people.*
- *Fun, engaging and outgoing personality with the ability to inspire young people to make good choices.*
- *High level of integrity with an understanding of confidentiality.*
- *Working with Children Check*

ORGANISATIONAL CHART



The **Head Coach** oversees the technical and tactical component of the program to ensure the program is being delivered at the highest possible standard and to help educate and mentor the RISE Program Development Coaches.

Age Group Lead Coaches support the Head Coach and lead the development coaches and on-field content within each age group .

The **Physical Development Coaches** lead physical development workshops.

Development Coaches are working towards achieving the RISE Coach Accreditation whilst overseeing the development of up to 20 Players.

Age Group Managers assist the Program manager with the coordination of the program, such as setting up flags, banners, etc and checking of player attendance and communicating with parents

The Life-Fit Coach is responsible for Life-Fit Activities with the coaches and players.

Sports Trainers oversee injury management and first aid and manage the drinks station.

RISE

PROGRAM SCHEDULE

SESSION 1

00:00	PARENT & PLAYER INDUCTION			
00:30	**PREPARE TO PLAY PROGRAM INTRODUCTION**			
01:00	**PHYSICAL TESTING**			
02:00	**GROUP 1 & 2** ATTACK		**GROUP 3 & 4** DEFENCE	
02:30	**GROUP 1 & 2** DEFENCE		**Group 3 & 4** ATTACK	
03:00	END			

SESSION 2 – 4

00:00	PREPARE TO PLAY			
00:15	**GROUP 1 PHYSICAL DEVELOPMENT**	**GROUP 2** ATTACK	**GROUP 3** DEFENCE	**GROUP 4** LIFE-FIT
00:45	TRANSITION			
00:50	**GROUP 1** LIFE-FIT	**GROUP 2 PHYSICAL DEVELOPMENT**	**GROUP 3** ATTACK	**GROUP 4** DEFENCE
01:20	TRANSITION			
01:25	**GROUP 1** DEFENCE	**GROUP 2** LIFE-FIT	**GROUP 3 PHYSICAL DEVELOPMENT**	**GROUP 4** ATTACK
01:55	TRANSITION			
02:00	**GROUP 1** ATTACK	**GROUP 2** DEFENCE	**GROUP 3** LIFE-FIT	**GROUP 4 PHYSICAL DEVELOPMENT**
02:30	END			

SESSION 5

00:00	PREPARE TO PLAY PROGRAM		
00:10	LIFE-FIT ACTIVITY		
00:30	**PHYSICAL TESTING**		
01:00	**GROUP 1 & 2** ATTACK		**GROUP 3 & 4** DEFENCE
01:45	**GROUP 1 & 2** ATTACK		**GROUP 3 & 4** DEFENCE
02:30	END		

RISE

PREPARE TO PLAY PROGRAM

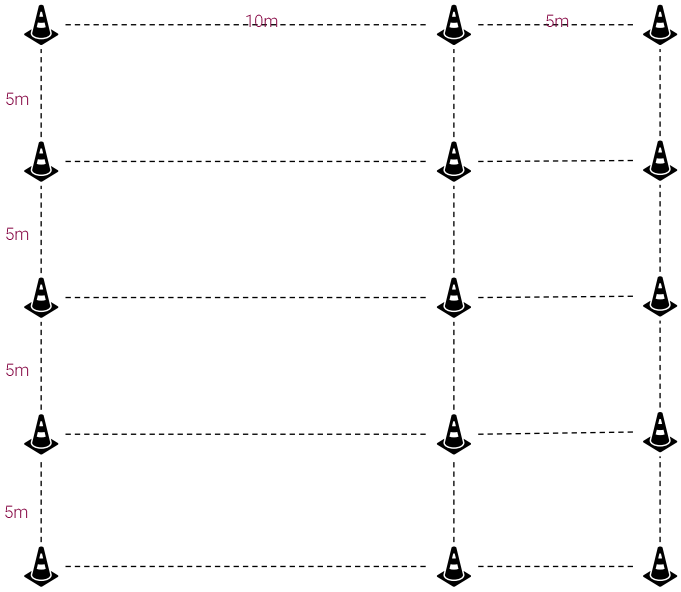
The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury. The program is specifically aimed at players aged 13 and over. The exercises within the program, when done consistently can be effective in developing strength, balance, coordination and proprioception.

The program consists of three parts. Each part consists of 4-6 exercises that should be completed in order. It's recommended that players complete the full program at least once per week. When short of time, coaches should focus on the six exercises highlighted in green below.

GENERAL WARM UP	HOPPING & LANDING	STRENGTH
1. SHUTTLE RUNS	6. ALTERNATE HOP & LAND	**10. SINGLE LEG SQUAT**
2. ATTACKER ZIG ZAG	**7. LATERAL SKI JUMPS**	**11. NORDIC LOWERS**
3. DEFENDER TRACKING	**8.** BALANCE & PASS	**12.** DIAGONAL PUSH UPS
4. INTERCEPTOR GAME	**9.** BUMP & JUMP	**13. NECK STRENGTH**
5. HIT THE BREAKS		**14. WEIGHT SHIFTS**
		15. FACE TAPS

* The highlighted activities should be done before each session

Field Set Up

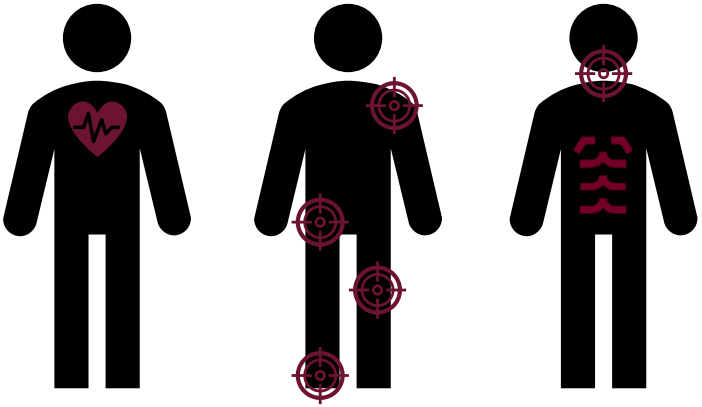


Equipment

x 4

x 15

Activity Objective Indicator

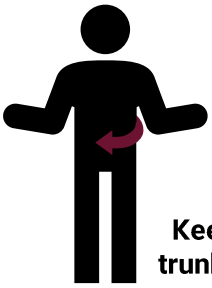


Increase Strength & Stability

Raise Heart Rate & Blood Flow

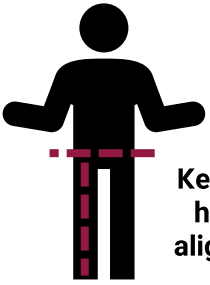
Enhance Core Stability & Balance

For each exercise, remember these general principles to ensure you to perform the exercise safely and efficiently



Keep your trunk strong

Keep shoulders and hips square



Keep your knee, hip and ankle aligned, & pelvis horizonal

Keep your back straight, and head neutral.

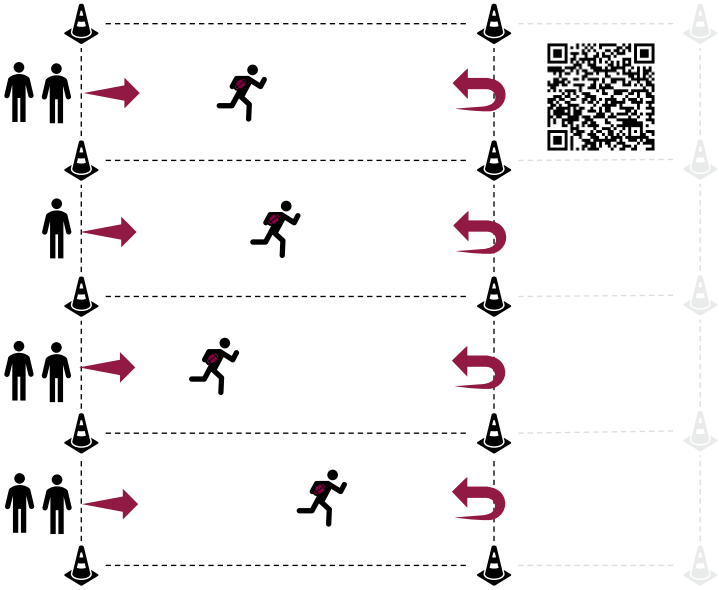
GENERAL WARM UP

SHUTTLE RUNS

With the ball in hand jog forwards 10m to the end of the channel, turn around and jog back to the start, offloading the ball to your partner. On your next turn shuffle side to side and return facing the same direction. On your third turn, run backwards.

REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do **not** let your knees buckle inwards.



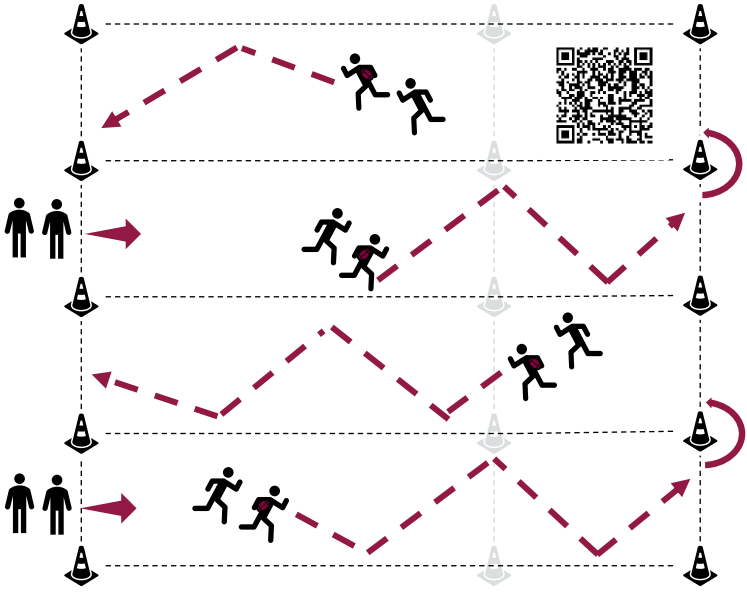
ATTACKER ZIG-ZAG

The purpose of this drill is to replicate movements that occur in games where players are required to change direction, transfer weight and accelerate.

Progress up a 5m wide channel swerving from one side of the channel to the other with your partner following closely. When you reach the end of the channel swap roles and return to the start line increasing the speed slightly.

REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.

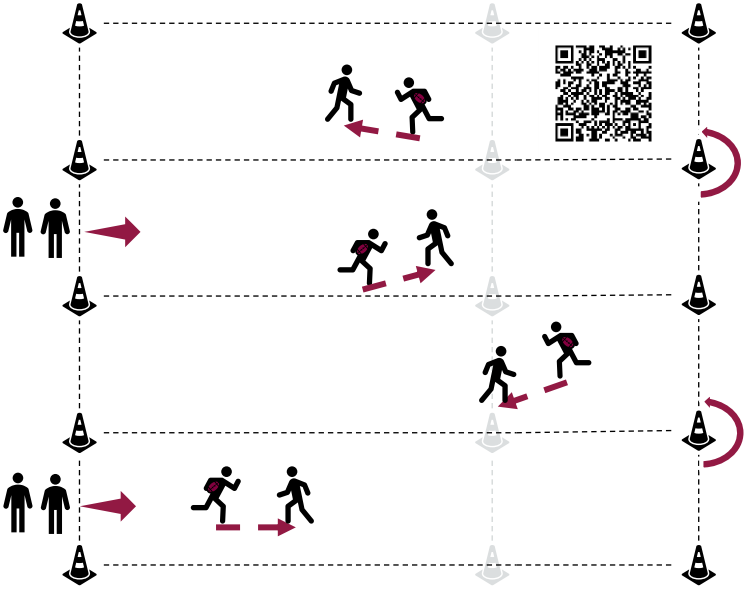


DEFENDER TRACKING

Hold the ball and face up the channel, with your partner standing opposite you, approximately 1m apart. Swerve up the channel, with the defender mirroring your movements whilst attempting to maintain the 1m gap. Once at the end of the channel swap roles and repeat.

Key teaching points for the defender are:
- Eyes Up,
- Hands Up,
- Hips square,
- Small Steps

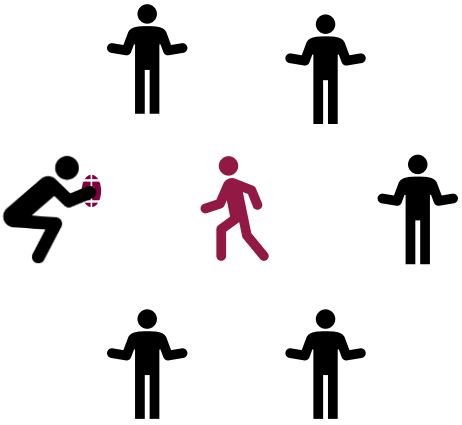
REMEMBER
- Make sure you keep your upper body straight.
- When viewed from the front, hips, knees and feet should be aligned.
- Do not let your knees buckle inwards.



INTERCEPTOR GAME

In a small group, stand in a circle with a defender in the middle who attempts to intercept the pass. Tap the ball on the ground before passing in any direction. Rotate defender every thirty seconds.

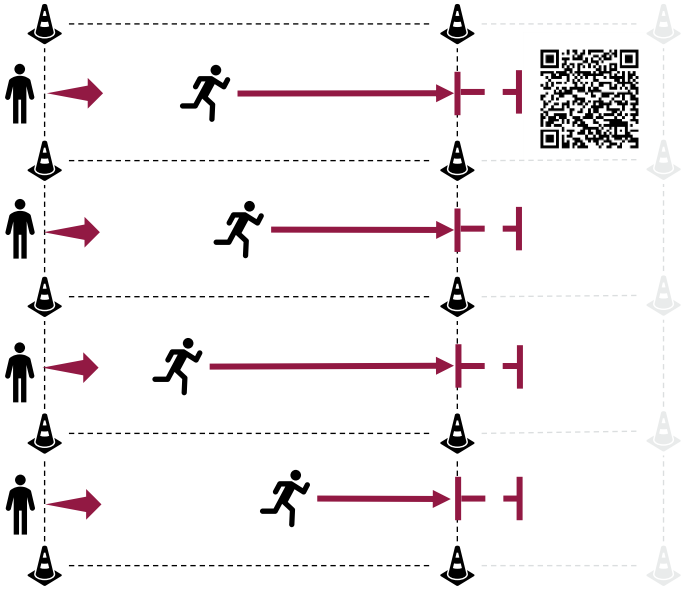
When tapping the ball on the ground try to squat by bending at the knees and hips with back straight.



HIT THE BREAKS

The purpose of this drill is to replicate movements that occur in games where players are required to stop quickly which puts pressure on knees and ankles.

Accelerate over 10m, before stopping quickly (3 steps) when you reach the end of the channel, Turn around and repeat.



REMEMBER:

- Make sure you keep your upper body straight.
- When viewed from the front your hips, knees and feet should be aligned.
- Bend knees slightly when stopping with weight on the ball of your feet.
- Don't not let your knees buckle inwards.

HOPPING & LANDING

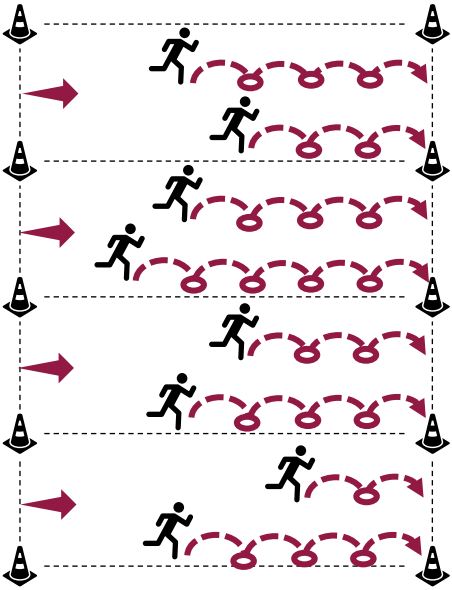
ALTERNATE HOP & LAND

This activity helps promote balance and stability through the hip, knee and ankle joints.

Standing on one leg, bend your hips, knee and ankle slightly and lean your upper body forwards. Jump forward, landing on alternate legs over 10 meters. Be sure to pause and balance after each jump.

REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body.
- Do **not** twist or tilt your pelvis to the side.



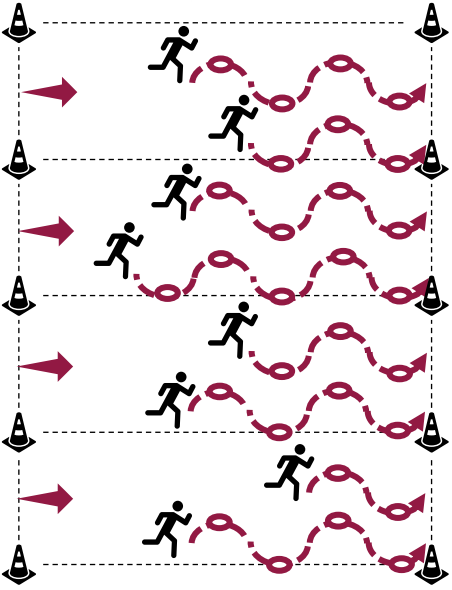
LATERAL SKI JUMPS

This activity helps promote balance and stability through the hip, knee and ankle joints.

Standing on one leg, bend your hips, knee and ankle slightly and lean your upper body forward. Jump forward and laterally, landing on alternate legs over 10 meters. Be sure to pause and balance after each jump.

REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Land gently on the balls of your foot, bend the hip, knee and ankle at the same time and lean your upper body forwards
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body
- Do **not** twist or tilt your pelvis to the side

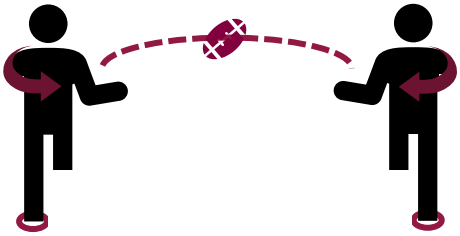


Jump forward and laterally.

Pause and balance after each jump.

BALANCE & PASS

Stand with a partner, facing the same direction, both balanced on outside leg. Pass a ball back and forth swapping sides after 20 seconds.



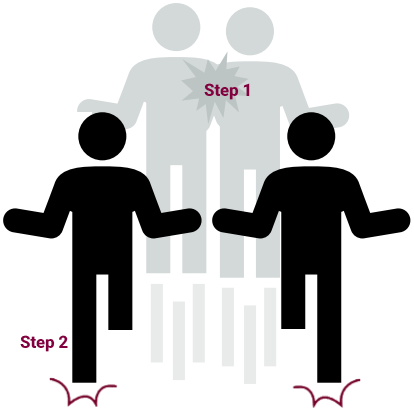
REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line.
- Knee should be slightly flexed
- Hips square and horizontal. Rotating torso to pass across body.
- Do **not** let your knee buckle inwards
- Do **not** twist or tilt your pelvis to the side

JUMP & BUMP

This exercise promotes balance and stability in the hips, knees and ankles.

Standing next to your partner, take off with both feet and bump your partner in the air (Step 1). Land on your outside leg and hold (Step 2). Repeat four times, then change direction to land on opposite leg.



REMEMBER:

- When viewed from the front, your hip, knee and foot should be in a straight line
- Land gently on the balls of your foot
- Keep your upper body stable
- Keep your pelvis horizontal
- Do **not** let your knee buckle inwards
- Do **not** turn your upper body.
- Do **not** twist or tilt your pelvis to the side

STRENGTH

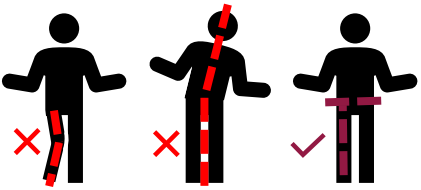
SINGLE LEG SQUAT

This exercise strengthens your front thigh muscles and improves your movement control.

Standing on one leg, slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Do 6 squats and repeat on opposite leg.

REMEMBER:

- When viewed from the front, the hip, knee and foot of your supporting leg should be in a straight line
- Lean your upper body slightly forwards and keep it stable
- Keep your pelvis horizontal
- Bend your knee slowly then straighten it slightly more quickly
- Do **not** let your knee buckle inwards
- Do **not** twist or tilt your pelvis to the side
- Your bent knee should **not** extend beyond your toes



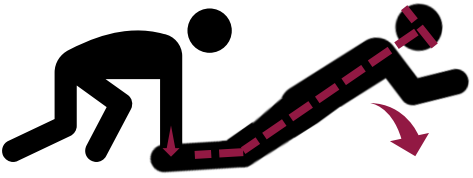
NORDIC LOWERS

Kneeling with knees hip-width apart, your partner kneels behind you and with both hands gripping your lower legs just above the ankles while pushing them with his body weight to the ground.

During this exercise, your body should be completely straight from your head to your knees. Slowly lean forwards, trying to hold the position with your hamstrings. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Repeat 6 times and swap with your partner.

REMEMBER:

- Your partner keeps your lower legs firmly on the ground
- Your head, upper body, hips and thighs should be in a straight line
- The movement is only in the knee joints
- Perform this exercise slowly at first, but once you feel more comfortable, speed it up
- Do **not** tilt your head backwards
- Do **not** bend at your hips



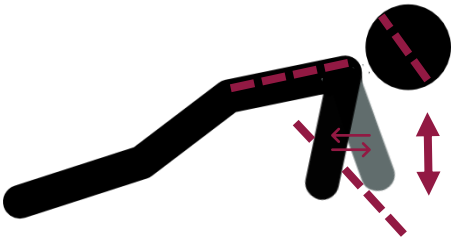
DIAGONAL PUSH UP

This exercise promotes strength and stability in the chest, shoulder and elbows.

Assume a push up position, with hands shoulder width apart with one slightly in front of the other. Push hard off the ground, landing softly through elbows, alternating h position diagonally each rep. Repeat 10 times.

REMEMBER:

- Maintain core stability, keeping your body horizontal.
- Keep hips and knees straight
- Keep head in neutral position.
- Do **not** arch your back



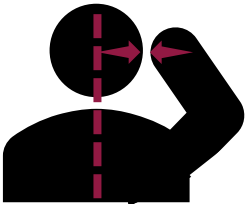
NECK STRENGTH

This exercise helps to develop neck strength and stability.

Place flat hand on head, pushing head into the hand with medium pressure in four different directions. (Forwards, backwards, left & right)

REMEMBER:

- Start neck in neutral position
- Only apply medium pressure into your hand
- Do not push too hard. It's important that your neck maintair neutral position



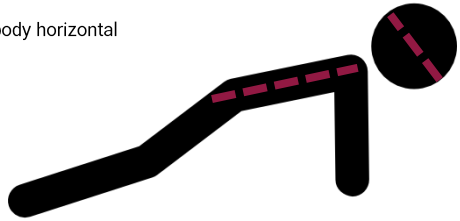
WEIGHT SHIFTS

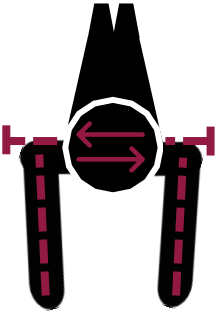
This exercise improves strength, stability and ability to bare weight through the shoulders.

Assume push up position. Keeping both hands on the ground, shoulder width apart with arms straight. shift weight over one shoulder and hold for 3-4 seconds. Transfer weight to opposite shoulder repeating 3 times each side.

REMEMBER:

- Maintain core stability, keeping your body horizontal
- Keep hips and knees straight
- Keep head in neutral position
- Do not arch your back





FACE TAPS

This exercise promotes stability and strength in the shoulders through partners resistance.

Face your partner. Grab one wrist each with arms at 90 degrees. During the activity attempt to tap your partner on the face whilst preventing them from doing the same. Swap arms after 10 seconds and repeat.

ADDITIONAL ACTIVITIES

RUNNING TECHNIQUE

1. Marches (with hands on head)
Standing up straight with hands on head. Raise one knee quickly until it's level with the hip whilst maintaining a tall position, then forcefully return it to the floor

2. Skips (with hands on head)
Progressing from the marches, with similar tall posture. Like normal skips, the back leg should push forcefully into the ground as you drive your front knee up.

3. Arm Action
Arms in sprinter position. Initiate arm swing at the shoulders, driving your front arm back and your rear arm forward. Trunk should remain stable. Then combine with marches and skips.

4. Wall March
Leaning against a wall with your head, shoulders, hips and ankles aligned. Actively drive your knee up towards tour chest, keeping other foot firmly on the ground. Keep your chest up, brace your core and alternate legs

5. Sprint Races
Split group into groups of similar speed and have them race reach other over 20m x2, then 40m x2. Make this competitive to increase the enjoyment of the players

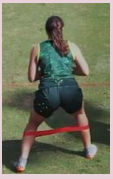
RESISTANCE BAND ROUTINE

1. Crab Walks

- Bands just below knees
- Half squat with back straight
- Feet facing forwards step to the side with leading foot
- Bring second foot to middle and repeat.
- Complete 5-6 steps on each side.

2. Lateral Steps

- Bands just below knees
- Half squat with back straight
- Feet facing forwards step backwards and out to the side with leading foot before bringing other foot to the middle.
- Then repeat with opposite foot leading.
- Complete 5-6 steps in each direction before repeating in a forward direction.



3. Lateral Kicks

- Band around ankles with feet together.
- Balance on one foot whilst kicking the opposite foot out to the side.
- Bring both feet back the middle before kicking out with opposite foot.
- Complete 5-10 on each leg

4. Kickbacks

- Band just above knees
- Starting on hands and knees with straight back.
- Kick one leg out to the back so that the leg is in alignment with back. Keeping hips square.
- Return knee to the ground and repeat with other leg
- Complete 5-10 on each leg

5. Leg Raises

- Band around ankle
- Laying on back with knees bent
- Raise one leg with other foot stuck on the ground keeping knees slightly bend
- Repeat 5-10 times and swap.

6. Shoulders

- Bands around wrists with arms extended out in front, standing tall
- Keeping arms straight pull arms apart and back to the middle with control
- Repeat 5-10 times
- Repeat with arms about head.

TESTING

TESTING

During session 1, players will run through a series of physical tests. The results of these tests will be used to group them with other players at similar levels of physical maturation.

Tests will be repeated to in Session 5 to identify any improvements throughout the program.

Tests include:
- 20m Sprint
- 3kg Med Ball Throw
- Broad Jump
- 1.2km Run

Equipment Required:
- Cones
- Tape Measure x 2
- 4kg Medicine Ball
- Stopwatch x 2
- Clip board & pen (1 per group)
- Pre-populated test record sheets

1. 20m SPRINT

What are we measuring?

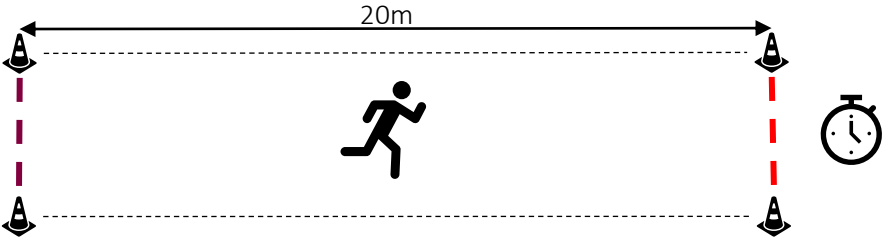
- Acceleration
- Max speed over 20m

What equipment do we need?

- Stopwatch
- Cones set out over 20m

Instructions:

- Players starts with feet behind start line.
- Coach calls "GO" and starts stopwatch.
- Player sprints to finish line as fast as possible.
- When a player crosses the finish line, the coach stops the stop watch.
- It's recommended that two stopwatches are used in case one doesn't work.
- Give players two attempts. Record the best attempt.



2. 3KG MEDICINE BALL THROW

What are we measuring?

- Upper-body strength
- Explosive power

What equipment do we need?

- 3kg medicine ball
- Tape measure

Instructions:

- With feet planted on the ground about hip width apart, player holds the medicine ball out in front in two hands.
- In one motion, the player throws the ball as far as they can.
- If the players feet leave the ground, or the cross the line the throw does not count.
- Give players two attempts. Record the best attempt.

3. STANDING BROAD JUMP

What are we measuring?

- Lower-body strength
- Explosive power

What equipment do we need?

- Tape measure
- Cones

Instructions:

- Starting with square feet with toes on line, in one motion, player leaps with both feet together, landing cleanly on both feet.
- Note distance from the front of the toes.
- Give players two attempts. Record the best attempt.

4. 1.2km BRONCO SHUTTLE TEST

What are we measuring?

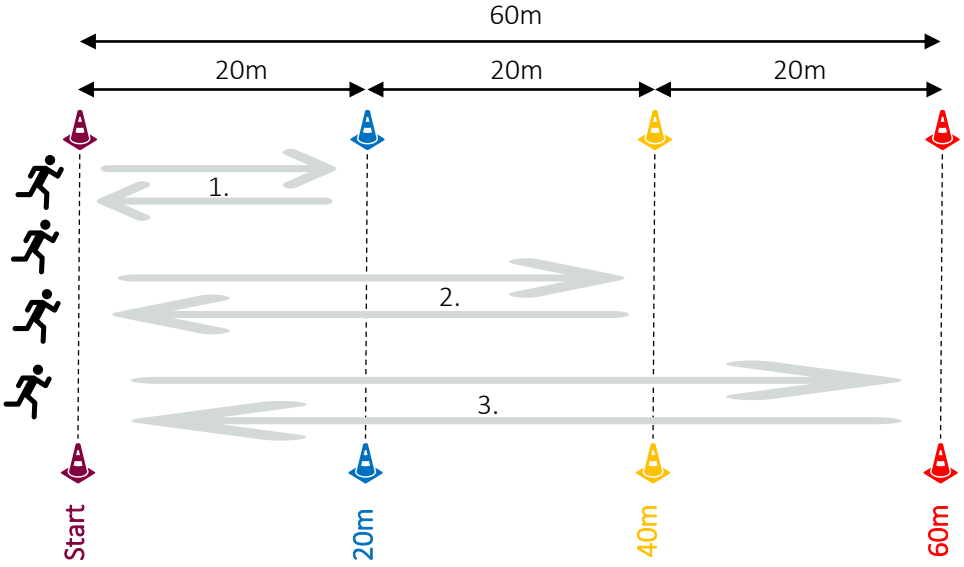
- Aerobic fitness
- Maximal aerobic speed (MAS)

What equipment do we need?

- Stopwatch
- Cones

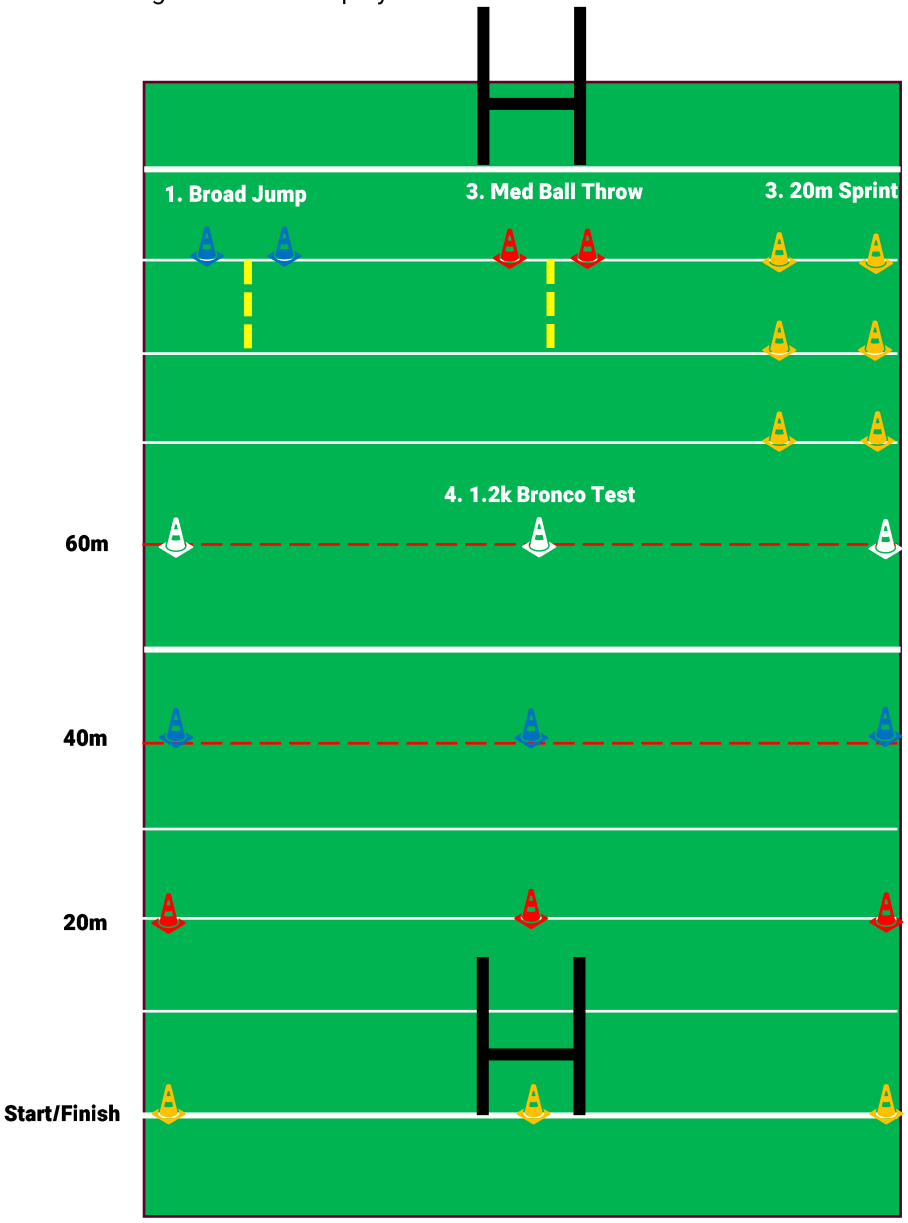
Instructions:

- Players start on start line
- On go, they sprint to the 20m line, turn and return to start line
- They then turn and sprint to 40m line before returning to the start line
- This time they sprint 60m before returning to the start line to complete
- This is repeated **4 times** without stopping.



Testing Set Up:

Here's an example of how you could set up the field for a testing:
If numbers allow it, it's suggested that you rotate 4 groups between tests1-4 and finish with the 1.2k run. However, for larger groups make 5 groups and include the 1.2k in your rotations. This isn't ideal, however the tests are simply there to give the kid an experience and help gauge their level of physical maturation, rather than measure their performance against the other players.



Recording the Test Results

One important responsibility of the Physical Development Coach is to coordinate accurate recordings of each participants test results. To ensure this is done correctly, coaches should follow the following procedure:

- *On the day before or morning of session 1 work with your program manager to access the name and DOB of all players.*
- *Divide the players into smaller groups of no more than 10 players, and copy and paste their details into the **Fitness Testing Record Sheet.***
- *Print at least one copy of each record sheet and attach to a clip board with pen attached.*
- *Prior to the session commencing, meet with the Program Head Coach and Development Coaches to run them through the rules of each test and how to record the results, allocating one development coach to each test.*
- *Give one player in each group the responsibility of carrying the clipboard and Record Sheet from station to station to give to the Coach overseeing that test.*
- *Whilst the tests are happening, bounce around to each one to ensure they are being done correctly.*
- *At the end of the session, collect all the sheets. After the program, enter all results into one sheet and send to program manager and Head Coach.*

Testing Record Sheet Example

Fitness Testing - Session 1									
Region:									
Program:									
Age:									
Group #:									
	Name			Test					
	First	Last	DOB	1.2km	20m	Agility T-test	Broad Jump	Med Ball push	Total Score
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
18									
19									
20									

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RISE

WORKSHOP DELIVERY & MOVEMENT CARDS

RISE

WORKSHOP DELIVERY

Session 2 (Laying the Foundations)

1. Set up 6 x Stations (One for each movement) and place one of the appropriate movement card at each station as well as the required equipment.

2. When the group arrives, split them into 6 even groups. Direct each group to one of the stations to start, and have them rotate every 4-5 minutes.

3. At the start, give them each 30 seconds or so, to take a look at the movement card, and attempt to perform the movement correctly.

4. Make your way around to each group and provide them with the relevant coaching and instruction if required.

5. Make sure the team development coach is engaged in the session and assists with the coaching

6. At the end of the session, tell them what their homework is, (I.e. practice their Level 1 movements).

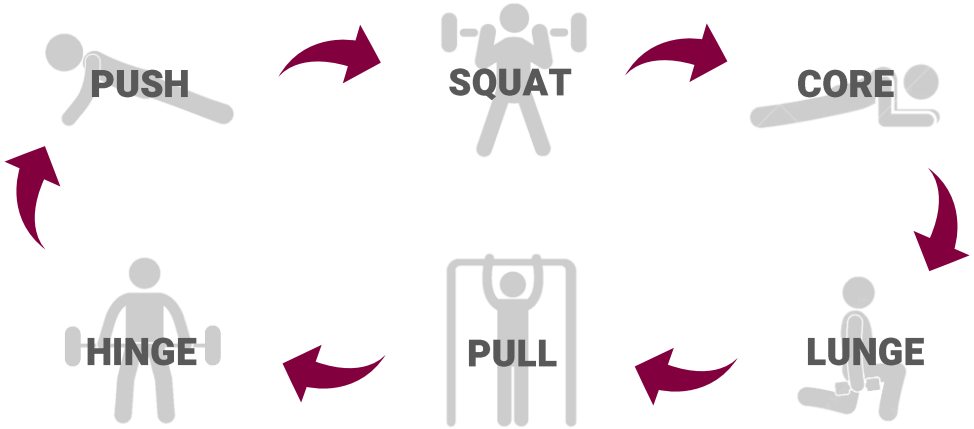
7. At the following session, complete the movement assessments to see if their ready to "Level Up" or if they need to continue practicing the current exercise.

Session 3 (Sets & Reps)

During this session, players will complete 2 – 3 sets of each exercise before moving on to the next.

Session 4 (Circuit)

During this session, players will experience circuit training. They will do one minute on each exercise before moving to the next every 60 seconds.



PUSH

PUSH LEVEL 1

PUSH UP

RISE

1. Keep your arms straight, your butt clenched, your core tightened, and your elbows as even with the floor as you can.
2. Gradually lower yourself until each elbow is at a 90-degree angle or less.
3. Try to go all the way down until either your chest or nose or chin lightly touches the floor, inhaling along the way.
4. Once your chest or nose or chin is touching the floor, hold for a brief pause before thrusting yourself back into the starting position, exhaling as you go.
5. Prevent your elbows from flying outward during each rep and keep them somewhat close to your body.
6. Maintain a steady and consistent formation throughout each rep.
7. Perform as many reps as you can until you feel that you can no longer maintain the plank-like formation or prevent your elbows from pointing away from you.

Full Push Up

Knees Push Up

PRACTICE:	SETS: 2-3	REPS 5-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT PUSH UPS		

PUSH LEVEL 2

CLOSE GRIP PUSH UP

RISE

1. Get on all fours, and place your hands on the floor slightly narrower than shoulder-width apart.
2. Your body should form a straight line from your ankles to your shoulders.
3. Squeeze your abs as tight as possible, and keep them contracted for the entire exercise.
4. Lower your body until your chest nearly touches the floor, making sure that you tuck your elbows close to the sides of your torso.
5. Pause, then push yourself back to the starting position.

PRACTICE:	SETS: 2-3	REPS 5-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT PUSH UPS		

PUSH
LEVEL 3

DECLINE PUSH UP

RISE

1. Kneel down with your back to the bench. Put your hands on the floor, shoulders over your wrists and elbows at 45 degrees.
2. Place your feet on top of the bench.
3. Brace your core, glutes, and quads. Bend your elbows and lower your chest to the floor, keeping your back and neck straight
4. Push into the floor to return to starting position, extending your elbows.

PRACTICE:	SETS: 2-3	REPS 5-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT DECLINE PUSH UPS		

PUSH
LEVEL 4

BENCH PRESS

RISE

1. Lie on your back with your feet flat on the floor.
2. Grasp the barbell with a wider than shoulder-width grip, wrapping thumbs around the bar.
3. Hold the barbell at arm's length above your upper-chest area.
4. Slowly lower the barbell to the middle of your chest. In the bottom position the forearms should be at right angles to the floor.
5. Pause briefly, then press the barbell to the starting position.
6. During the movement, the upper arms should be about 45 to 60 degrees from the torso and the hips should remain on the bench.

PRACTICE:	SETS: 2-3	REPS: 5-10	WEIGHT: 20kg	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT BENCH PRESS			

PULL

PULL
LEVEL 1

45° INVERTED ROW

RISE

1. Find a bar that you can hang on that is below chest height (The lower the bar the more difficult this movement will be).

1. Grab a bar with an overhand, shoulder-width grip. Hang with your arms completely straight and your hands positioned directly above your shoulders.

2. Your body should form a straight line from your ankles to your head. This will look like an upside-down push-up position.

3. Using your back muscles, pull your chest towards the bar, holding for a second before moving back to the starting position with control.

PRACTICE:	SETS: 2-3	REPS 5-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT ROWS		

PULL
LEVEL 2

ELEVATED INVERTED ROWS

RISE

1. Lie on your back underneath a fixed horizontal bar. Grab the bar with your arms fully extended and your hands slightly wider than shoulder-width.

2. Elevate your feet by placing the heels on a flat surface or bench.

3. Keeping your upper body straight, pull the upper body towards the bar.

4. Hold for one second at the top and squeeze the back.

5. Return until the arms are fully extended with control

PRACTICE:	SETS: 2-3	REPS 5-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 X 10 PERFECT INVERTED ROWS		

PULL
LEVEL 3

PULL UP

RISE

1. The pullup bar should be at a height that requires you to jump up to grab it; your feet should hang free.
2. Stand below the bar with your feet shoulder width apart. Jump up and grip the bar with an overhand grip about shoulder width apart.
3. Fully extend your arms so you are in a dead hang. Bend your knees and cross your ankles for a balanced position. Take a breath at the bottom.
4. Exhale while pulling yourself up so your chin is level with the bar. Pause at the top.
5. Lower yourself (inhaling as you go down) until your elbows are straight.
6. Repeat the movement without touching the floor.

Full Pull Up

Band Pull Up

PRACTICE:	SETS: 2-3	REPS 5-8	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 8 PERFECT PULL UPS		

PULL
LEVEL 4

BARBELL BENT OVER ROW

RISE

1. Stand with your feet shoulder-width apart. Bend your knees and lean forward from the waist.
2. Your knees should be bent, but your back stays straight, with your neck in line with your spine.
3. Grab the bar with your hands (palms-down), just wider than shoulder-width apart and let it hang with your arms straight.
4. Brace your core and squeeze your shoulders together to row the weight up until it touches your sternum, then slowly lower it back down again.

PRACTICE:	SETS: 2-3	REPS: 5-10	WEIGHT: 10kg	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT BENT OVER ROWS			

HINGE

HINGE LEVEL 1 — DOWEL ROMANIAN DEADLIFT

RISE

1. Keep your abs tightly braced to keep your lower back from arching.
2. With your knees slightly bent, push your hips back until you get a light stretch in your hamstrings.
3. Return upward and lock your hips out dropping the front of your pelvis away from your ribs.
4. Don't let your lower back arch during the movement.

PRACTICE:	SETS: 2-3	REPS 10-15	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 15 PERFECT DEADLIFTS		

HINGE LEVEL 2 — DOWEL SINGLE LEG ROMANIAN DEADLIFT

RISE

1. Holding a dowel in front of you with an overhand grip, stand with your feet shoulder-width apart and knees slightly bent and raise one leg off the floor. Flex the knee on your standing/support leg to activate the glutes.
2. Without changing the bend in your knee, keep your back naturally arched, bend (hinge) at your hips, and lower your torso until it's almost parallel to the floor.
3. Briefly pause at the bottom, then squeeze your glutes, thrust your hips forward, and raise your torso back to the starting position.
4. Repeat until you complete the prescribed number of repetitions.

PRACTICE:	SETS: 2-3	REPS 10-15	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 15 PERFECT SL ROMANIAN DEADLIFTS		

HINGE
LEVEL 3

BARBELL ROMANIAN DEADLIFT

RISE

1. Keep your ribs pulled down and abs tightly braced to keep your lower back from arching.
2. With your knees slightly bent, push your hips back until you get a light stretch in your hamstrings.
3. Return upward and lock your hips out dropping the front of your pelvis away from your ribs.
4. Don't let your lower back arch during the movement.

PRACTICE:	SETS: 2-3	REPS: 5-10	WEIGHT: 10kg	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT ROMANIAN DEADLIFTS			

HINGE
LEVEL 4

DUMBBELL SINGLE LEG ROMANIAN DEADLIFT

RISE

1. Stand with your feet shoulder-width apart and knees slightly bent and raise one leg off the floor. Flex the knee on your standing/support leg to activate the glutes.
2. Without changing the bend in your knee, keep your back naturally arched, bend (hinge) at your hips, and lower your torso until it's almost parallel to the floor.
3. Briefly pause at the bottom, then squeeze your glutes, thrust your hips forward, and raise your torso back to the starting position.
4. Repeat until you complete the prescribed number of repetitions.

PRACTICE:	SETS: 2-3	REPS 8-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT SL ROMANIAN DEADLIFTS		

SQUAT

SQUAT LEVEL 1

OVERHEAD DOWEL SQUAT

RISE

1. Stand with feet approximately shoulder width apart with toes pointed forward.
2. Grasp dowel with both hands and place it horizontally on top of head. Reposition hands so shoulders and elbows are 90 degrees.
3. Raise dowel overhead with arms extended.
4. Slowly squat as low as possible with bar overhead. Keep torso upright, dowel over head, and heels on floor.
5. Knees should travel same direction as toes. Hold position at lowest position for a count of one. Return to starting position.

PRACTICE:	SETS: 2-3	REPS 5-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT OVERHEAD SQUATS		

SQUAT LEVEL 2

GOBLET SQUAT

RISE

1. Cross arms across chest or pick up a dumbbell or kettlebell if you have them, holding them in front of your chest. (If you don't have weights, you can use a similar household items or football)
2. Your feet should be just outside shoulder width, with your toes pointed slightly out.
3. Sink your weight back into your heels and drop into your squat. Focus on keeping your chest lifted, draw your shoulders back and don't let your back arch.
4. Go as low as you can in the squat without letting your heels come off of the floor. If your heels lift, try taking a slightly wider stance.
5. Stand all the way up with control, maintaining a straight back to complete the lift

PRACTICE:	SETS: 2-3	REPS 10-15	START: 60 Secs
LEVEL UP:	COMPLETE 3 X 15 PERFECT GOBELT SQUATS		

SQUAT
LEVEL 3

DOWEL BACK SQUAT

RISE

1. Place the dowel across your shoulders and grab it with your hands slightly wider than shoulder-width.
2. Elevate your feet by placing the heels on a flat surface of bench.
3. Keeping your upper body straight, pull the upper body towards the bar.
4. Hold for one second at the top and squeeze the back.
5. Return until the arms are fully extended with control

PRACTICE:	SETS: 2-3	REPS 8-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT SQUATS		

SQUAT
LEVEL 4

BARBELL BACK SQUAT

RISE

1. Lie on your back underneath a fixed horizontal bar. Grab the bar with your arms fully extended and your hands slightly wider than shoulder-width.
2. Elevate your feet by placing the heels on a flat surface of bench.
3. Keeping your upper body straight, pull the upper body towards the bar.
4. Hold for one second at the top and squeeze the back.
5. Return until the arms are fully extended with control

PRACTICE:	SETS: 2-3	REPS: 5-10	WEIGHT: 10kg	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT BACK SQUATS			

LUNGE

LUNGE LEVEL 1 — SPLIT SQUAT

RISE

1. Stand in a split stance with the right foot roughly 2 to 3 feet in front of the left foot.
2. Keep your torso straight and shoulders back with your hands are resting on your hips.
3. Engage your core, bend the knees and lower your body until the back knee is a few inches from the ground.
4. At the bottom of the movement, your front thigh should be parallel to the ground, your back should be pointing towards the ground with your weight evenly distributed between both legs.
5. Push back up to the starting position, keeping your weight on the heel of the front foot.

PRACTICE:	SETS: 2-3	REPS 10-15	START: 90 Secs
LEVEL UP:	COMPLETE 3 x 15 PERFECT LUNGES (BOTH LEGS)		

LUNGE LEVEL 2 — REVERSE LUNGE

RISE

1. Start by standing straight and bracing your core muscles.
2. Take a giant step backwards with your left foot.
3. Bend your right knee until it's at 90°, and lower your left knee until it is also bent at a right angle so your knee if a couple of cm's from the ground
4. Then push back up and return to the starting position.
5. Make sure you keep your torso upright throughout the movement. You can opt to alternate legs with your reps, or do all of them on one leg before switching to the other.

PRACTICE:	SETS: 2-3	REPS 10-15	START: 90 Secs
LEVEL UP:	COMPLETE 3 X 15 PERFECT REVERSE LUNGES (BOTH LEGS)		

LUNGE
LEVEL 3

BULGARIAN SPLIT SQUAT

RISE

1. Find yourself a step, bench or any other surface that you can rest a foot on that is about knee height.
2. Get into a forward lunge position with torso upright, core braced and hips square to your body, with your back foot elevated on the bench, holding the dowel out in front of you.
3. Your leading leg should be half a metre or so in front of bench.
4. Bend your front knee so your thigh is almost horizontal, keeping your knee in line with your foot. Don't let your front knee travel beyond your toes.
5. Drive up through your front heel back to the starting position, keeping your movements controlled

PRACTICE:	SETS: 2-3	REPS 6-10	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT SPLIT SQUATS		

LUNGE
LEVEL 4

DUMBBELL WALKING LUNGE

RISE

1. Stand up straight with your shoulders back. Hold one dumbbell in each hand and keep your arms at your sides, keeping your torso upright.
2. Keep your arms relaxed at your sides throughout the whole movement. Step forward with your right leg, putting your weight into your heel.
3. As your right foot strikes the floor and stabilizes, bend the right knee, lowering down parallel to the floor into a lunge position.
4. Without moving the right leg, move your left foot forward, repeating the same movement on the left leg. Pause as your left leg is parallel to the floor in a lunge position.
5. Repeat this movement, “walking” forward as you lunge, alternating legs.

PRACTICE:	SETS: 2-3	REPS: 5-10	WEIGHT: 2x5kg	START: 60 Secs
LEVEL UP:	COMPLETE 3 x 10 PERFECT DB WALKING LUNGES			

CORE

CORE LEVEL 1 — FRONT PLANK & SIDE PLANK

RISE

FRONT PLANK

1. Lie face down on your belly with your palms on the floor underneath your shoulders and your feet flexed with the bottoms of your toes on the floor.
2. Take a deep breath and press through your palms to lift yourself up into the top of a push-up position. Your body should make a straight line from your heels through your hips to the top of your head.
3. Draw your navel toward your spine and squeeze your glutes.
4. Look at the floor directly below your head to keep your neck in a neutral position and breathe normally.

SIDE PLANK

1. Lie on your **side** with your knees slightly bent,
2. Prop your upper body up on your elbow, raising the opposite arm in the air for balance.
3. Aim to keep body in a straight line and avoid twisting at the hips.

PRACTICE:	SETS: 2-3	REPS: 30-60 secs	START: 2mins
LEVEL UP:	HOLD PLANK 2 MINUTES (FRONT & BOTH SIDES)		

CORE LEVEL 2 — 3 POINT PLANK

RISE

1. Lay face down on a floor with your body extended. Put your forearms on the floor with the elbows directly under your shoulders for maximal stability.
2. Engage your core and drive your toes into the floor lifting your midsection off of the floor.
3. Keep your back straight, and lift one foot off the ground. (Hold for 5-10 seconds). Swap feet and repeat.
4. Then put one hand out in front, holding for 5-10 seconds before swapping hands.

PRACTICE:	SETS: 2-3	REPS: 30-60secs	START: 2mins
LEVEL UP:	HOLD A 3 POINT PLANK FOR 2mins		

CORE
LEVEL 3

2 POINT CONTRALATERAL HOLD

RISE

1. Position yourself with elbows and toes on the floor, keeping your elbows directly beneath your shoulders.
2. Lift up your hips, forming a straight line from shoulders to feet. Brace your abs and squeeze your glutes
3. Without allowing the body to rotate, simultaneously lift and extend one arm and the opposite leg until both are parallel to the floor.
4. Return to the starting position and repeat lift with the other arm and leg.

PRACTICE:	SETS: 2-3	REPS: 30-60secs	START: 2mins
LEVEL UP:	HOLD A 2 POINT PLANK FOR 45seconds		

CORE
LEVEL 4

2 POINT PLANKS WITH HAND TAPS

RISE

1. Position yourself with elbows and toes on the floor, keeping your elbows directly beneath your shoulders.
2. Lift up your hips, forming a straight line from shoulders to feet. Brace your abs and squeeze your glutes
3. Without allowing the body to rotate, simultaneously lift and extend one arm and the opposite leg until both are parallel to the floor.
4. Take the free arm - reach out as far as possible across the midline of the body and touch the ground. Then take the same arm back to touch the hip. Aim to do 15-20 ground and hip

PRACTICE:	SETS: 2-3	REPS: 15-20 taps	START: 2mins
LEVEL UP:	COMPLETE 3 X 20 HAND TAPS		

RISE

SELF-REFLECTION

SELF-REFLECTION

Reflecting on your coaching is an important part of the learning process, and all coaches are encouraged to have a think about the how you felt about each session session by following the **GOOD, BETTER, HOW, HOW** reflection process.

GOOD: What worked well?

BETTER: What could have been improved?

HOW: What steps can you take to improve?

HOW: How can you Head Coach help you?

Take some time after each session to have a quick discussion with your Head Coach to talk through your answers.

WORKSHOP 1

GOOD:

BETTER:

HOW:

HOW:

WORKSHOP 2

GOOD:

BETTER:

HOW:

HOW:

WORKSHOP 3

GOOD:

BETTER:

HOW:

HOW:

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