

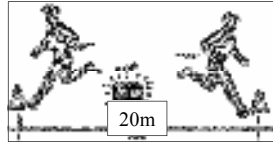
NWA: General Fitness .. A Simple Session (1)

Between stations .. 30 seconds recovery

Improvement comes from regular (daily) commitment, balanced by appropriate recovery

1. Warm-Up .. as directed, or, following personal routine (15 mins. minimum)
 W/U must include jogging or skipping; basic drills; lateral movements; gradual *increase* in intensity (some static stretches are OK, but **only** after initial w/u movements/drills, and no more than 3 static stretches .. 30 second minimum holds on all stretches)

2. Pairs Beep Test .. commence: **Level 8**; end: **Level 12** (or coach determined)

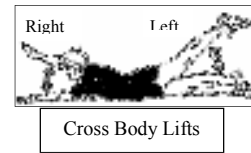


Athletes work in pairs .. one runs, one rests,
GO HARD, or GO HOME

3. 3x (2 x 30) Focus Mitts

Work in pairs .. **fast , rhythmic hits** on the mitt, rather than hard hits.

Partners both complete 4 cross body lifts after each hit sequence and/or changeover, i.e. 4 x Right Arm-Left Leg, 4 x Left Arm-Right Leg (Why? .. overall core body strength .. work on your weaknesses, not just your strengths)



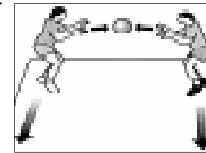
4. Sit-Ups: 3x (20-30) .. partner assisted; change-over after each set; each sit-up series **MUST** be a variation .. for ideas, see over; there are many more variations.

5. Medicine Ball .. Lateral Shuffle & Pass: 2-3 kg 4 x 6-10 Fast & Explosive

Straddle stand position with ball at chest facing partner (4-5m separation).
 Shuffle sideways while executing a chest pass to partner.
 Keep elbows high .. passes to flick off fingers.

6 shuffles right + 6 left

You can use a netball .. but, not recommended .. we are seeking a contrast training effect



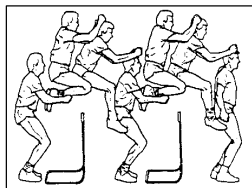
Activities can be adjusted
 i.e. made *sport specific*
Coach Initiative

6. 3x (2 x 30) Focus Mitts
 Work in pairs .. fast , rhythmic hits on the mitt, rather than hard hits.
 Partners both complete 4 cross body lifts after each hit sequence and/or changeover.

7. Pairs Beep Test .. commence: **Level 8**; end: **Level 12** (or coach determined)

8. Warm-Down .. as directed, or, following personal routine (15 mins. minimum)
 W/D must include jogging or skipping; basic drills; lateral movements; gradual *decrease* in intensity.

Extra Options



Hurdle heights/variations are coach determined

50 contacts max. Quality not Quantity
 10 x "Pre-Jump" Bounds
 10 x "Explosive 1" Bounds
 10 x "Explosive" Bounds + "stick" the landing position .. hold for 1-2 seconds.
 10 x "Explosive 1" Bounds
 10 x "Pre-Jump" Bounds
In sneakers .. NOT bare feet.
 "Pre-Jump" aim(s): balance, rhythm, co-ordination;
 "Explosive 1" aim: minimum time on ground.
 Knees to chest - **not** - chest to knees

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You do not need plastic hurdles, just good footwear, a stable surface, and, a real determination to improve.

NEVER bound on consecutive days; twice a week is enough.

It's up to **YOU**: but, if it's easy ... everyone will be doing it; demand more of yourself than those who do not strive.