

# NWA: General Fitness .. A Simple Session (2)

Between stations .. 30 seconds recovery

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

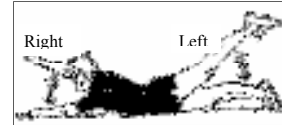
## 1. Warm-Up .. as directed, or, following personal routine (15 mins. minimum)

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. 3x (2 x 30) Focus Mitts

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

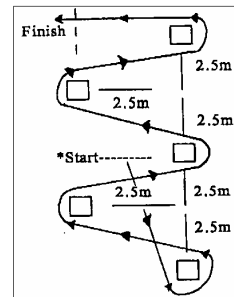
Partners both complete 4 cross body lifts after each hit sequence and/or changeover, i.e. 4 x Right Arm-Left Leg, 4 x Left Arm-Right Leg (Why? .. overall core body strength .. work on your weaknesses, not just your strengths)



Cross Body Lifts

## 3. Agility Test

**AFL Agility Run** ... continuous runs until four (4) circuits of the course have been completed; rest for 60 seconds .. repeat.  
  
Athletes should walk briskly or jog from Finish to Start.

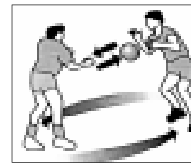


## 4. Sit-Ups: 3x (20-30) .. partner assisted; change-over after each set;

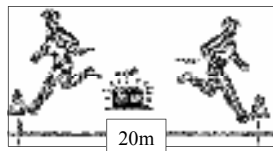
each sit-up series **MUST** be a variation .. for ideas, see over and Simple Session 1; there are many more variations.

## 5. Medicine Ball: *Bull-in-a-Ring* 2 - 3 kg. Circle L / R x 2 Fast and Explosive

Straddle stand position with the ball at chest height, facing a partner.  
  
One partner remains stationary; the other partner moves, side stepping rapidly, in a circle while passing the ball. Circle to the left / right; change-over .. repeat



## 6. Beep Test: .. commence: Level 9; end: Level 13 (or coach determined)

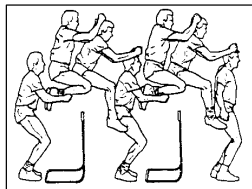


Athletes work in pairs .. one runs, one rests, ....  
  
**GO HARD, or GO HOME**

## 7. 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.