

ANNEX 'C'

TRAINING FOR SPEED & AGILITY

After your warm up, a window of opportunity arises to optimise explosiveness training. Referees should focus on game specific agility rather than linear speed. A 2:1 ratio is adequate. Utilise agility ladders, cones and belts if available.

EXAMPLE SESSION

Warm up complete.

Cones staggered over 25m

Further warm up over course at 80% x 2. Jog back.

3 runs at max. Full recovery in between. x 3 sets. Rest 2 mins between sets. (Core?)

Hydration break then start MSS session.

ANNEX 'D'

TRAINING FOR STRENGTH & CORE

As this is your competitive phase I will speak to you individually about strength and postural correction training. A range of exercises can be performed at home.

EXAMPLE SESSION

GENERAL STRENGTH

Lying hand claps	15-20	2-3 sets
Rowing	15-20	2-3 sets
Lunge	15-20	2-3 sets
Push ups	15-20	2-3 sets
T Raise	15-20	2-3 sets
Squat	15-20	2-3 sets

CORE & INDIVIDUAL EXERCISES

Abdom control	30 secs ++	2-3 sets
Bridge	30 secs ++	2-3 sets
Modified plank	30 secs ++	2-3 sets
Torso twist	10 per side	2-3 sets
Individual exercises	As required	2-3 sets
Posture power	1-2 mins	2 sets