

Functional Analysis Test

- A Functional screen can be used to assess competence in general dynamic movements.
- A Fitness assessment can identify general capacities of agility, endurance, flexibility, speed, strength and power, and relate these to body composition.
- It will provide a clear understanding of the players ability to stabilize the spine and Lower limbs, Mobility at the hip and Shoulder, and minimize injuries to ankle, knee & shoulders
- Assessments are therefore used to;
 - Establish each player's strengths, weaknesses and priorities for development
 - Help maximize the sports potential of each player
 - Monitor team/player fitness progress
 - Determine the effectiveness of the training programme
 - Monitor individual player response to training/playing
 - Ensure that a player is 'fit to play'

What is “core stability”?

“Core stability” describes the ability to control the position and movement of the central portion of the body. Core stability training targets the muscles deep within the abdomen which connect to the spine, pelvis and shoulders, which assist in the maintenance of good posture and provide the foundation for all arm and leg movements.

What are the benefits of core stability training?

Quite simply, good core stability can help maximize running performance and prevent injury. Power is derived from the trunk region of the body and a properly conditioned core helps to control that power, allowing for smoother, more efficient and better co-ordinate movement in the limbs. Moreover, well-conditioned core muscles help to reduce the risk of injury resulting from bad posture.

In short the advantages of Core Stability are:

- Provides central body control
- Generates power
- Maximises muscular efficiency
- Helps reduce injury by balancing muscles
- Increases efficiency of sport specific movements
- Improves posture

Basic Program		Intermediate Program		Advanced Program	
<i>Exercise</i>	<i>Comments</i>	<i>Exercise</i>	<i>Comments</i>	<i>Exercise</i>	<i>Comments</i>
Diagonal Lunges	Each Side	Step Ups with Knee Drive	onto Chair Each Side	Step Up with Knee Drive	Holding Med Ball overhead
Mountain Climber	Back Straight	Burpees		Burpees with Press Up	
Plank		Oblique Plank	Each Side	Fitness Ball Plank	Hands on Fitness Ball
Turkish Get-Up	No Hands	Turkish Get-Up	Holding Ball/ Hurl	Turkish Get-Up	Holding Med Ball/ Dumb Bell
Sit Up	on Fitness Ball	Sit Up - Russian Twist	on Fitness Ball	V-Sit Up	Fitness Ball swap over
Single leg Squat	Fitness Ball on Wall	Single leg Squat	Wall	Single leg Squat	On Step
Push-up		Press Up with Rotation		Fitness Ball Press Up	Hands on Ball
Superman Leg		Superman Hamstring Raise		Superman Leg & Arm	
Y Squat	Fitness Ball on Wall	Sumo Squat Kick	Kick up to side	Dumb Bell Iron Cross	very light weight
Rear Deltoid Lift	Single Leg Toe Touch	Hamstring Pendulum		Fitness Ball Hamstring Pendulum	
Bridging	on Shoulder	Bridging	Single Leg Raise	Single Leg Bridge	on Step
Med Ball Pullover	Lying on Fitness Ball	Dips	off Chair/ Fitness Ball	Dips	off Chair/ Fitness Ball
Work to Rest Ratio					
Basic Program		Intermediate Program		Advanced Program	
12-15 Reps on Coaches call.	Work to Rest 1:2	15-20 Reps on Coaches call.	Work to Rest 1:1	15-20 Reps on Coaches call.	Work to Rest 1:1
15-20sec on 40sec	Work to Rest 1:2	30-45sec on 30-45sec Rest	Work to Rest 1:1	30-45sec on 30-45sec Rest	Work to Rest 1:1
30-45sec on 90sec	Work to Rest 1:2	45-60sec on 45-60sec Rest	Work to Rest 1:1	45-60sec on 45-60sec Rest	Work to Rest 1:1