



Areas identified for Development Squad Players as per the Development Pathway:

## **PLAYER DEVELOPMENT**

### NON PREFERRED SKILLS

- Pressure
- Decision Making
- Choosing the Best Option

### ATTACKING SKILLS

- Carrying the football – not kicking to 1 on 1 contests
- Protecting the ball carrier
- Creating space for team mates
- Creating numbers (numbers to the ball)
- Clearing the ball from the centre

### DEFENSIVE SKILLS

- Positioning to play on opponent
- Pressing the dangerous player

### FALL OF THE BALL SKILLS

- Marking Time “treading water”
- Forward Line players

### SECOND EFFORTS

- Forward Line players – Recovery from marking contests

### KICKING FOR DEPTH

- Maintain possession

### SET PLAYS / STRATEGIES

- Kick Ins (Zoning)
- Covering Exits from bounce downs and around the ground
- Centre Square set up

### COMMUNICATION

- Specific and Directive

### GOAL KICKING

- Refinement of technique
- Angles

### STRENGTH TRAINING

- Emphasis on handling their own body weight (eg Push Ups, Chin Ups, sit ups etc)

### SPRINT WORK

- Introduction to correct running techniques and focus on speed over short distances.

### CORE STRENGTH AND STABILITY

- Introduction to core strength and stability techniques





### **WHAT IS THE "CORE"?**

The "core" often refers to the lumbopelvic region of the spine. This includes the lumbar spine, pelvis, transversus abdominus muscle and multifidus muscles. The core is then surrounded by a layer of abdominal muscle that we can see. The gluteal muscles are also an important part of the lumbopelvic region.

### **WHY IS THE "CORE" IMPORTANT?**

The core is most important during movement as it is the fixation point for the lower and upper limbs. Stability and strength around this fixation point reduces stress and strain on the spine and the limbs. It has been suggested that Osteitis Pubis is the third most commonly occurring injury in the AFL. Osteitis Pubis is a result of poor stability and lack of strength around the core.

### **HOW DO WE TRAIN THE "CORE"?**

Retraining deep core muscles around the spine is usually the first step. In conjunction with this, players should also be strengthening the gluteal muscles. Once basic strength has been achieved then it is time to test the core. Can the player keep a stable core and lift the bottom? Is the player able to keep a level pelvis and squat on one leg or kick?

### **TRANSVERSUS ABDOMINUS (LEVEL 1)**

In position (below) place hands level with hips close to midline (cough to check position). Maintain normal breathing, gently exhale and then draw pelvic floor muscles (testicles) in towards the rib cage. Maintain this contraction whilst you breathe in/out. Relax pelvic floor muscle. Repeat 10 times.



## BASIC "CORE" EXERCISES

### Core Strength/ Abdominal Program

| Exercise                 | Reps/ Sets | Rest between Sets |
|--------------------------|------------|-------------------|
| Gluteal Exercises        | 15/ 3      | 30 sec            |
| Back Bridging            | 1 minute   | 30 sec            |
| Single Leg Bridge        | 1 minute   | 30 sec            |
| Front Bridge             | 1 minute   | 30 sec            |
| Side Bridges             | 1 minute   | 30 sec            |
| Alternate Arm Leg Raises | 15/3       | 30 sec            |

### Gluteals Exercises

**Start position**

- Body straight
- Knees bent
- Hand on glutes
- Spine at 45° to floor



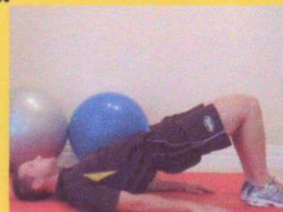
**Finish position**

- Raise knee
- Heels together
- Return to start



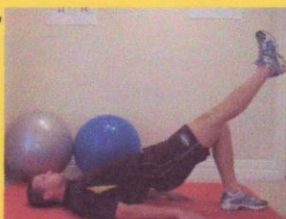
### Back Bridging

- Knees bent, feet flat on the floor
- Squeeze glutes + set TA
- Raise hips
- Hold for 15secs



### Single leg bridges

- Shoulders on floor, feet flat
- Squeeze glute, set TA and raise hips
- Straighten one leg
- Hold for 5secs and alternate



### Front Bridges

- Start with weight on elbows and toes
- Squeeze glutes and set TA
- Raise hips so spine is straight
- Hold for 15sec



### Side bridges

- Keep weight on elbow and side of foot
- Squeeze glutes and set TA
- Raise hips so spine is straight
- Hold for 15secs
- Repeat on both left and right sides



### Alternate arm and leg raises

- Place one hand under the forehead
- Squeeze glutes and set TA
- Raise one arm and the alternate leg
- Hold for 15secs and repeat on opposite side

