



# School Visits - S&C Session

# TimeLine

## 60min Session



## 90min Session



# Movement Screening

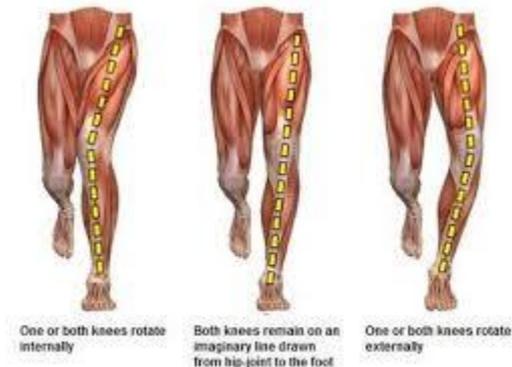
## Body Weight Squat

	Do their Heels come off the floor?	Do their Knees Valgus?	Do they round their back?
Observation	Y/ N	Y/ N	Y/N
Possible Reason for (Y)	Stiff Ankles	Lack of stability around the knee and ankle	Lack of Mobility within the hips



## Hop and Sticks

	Do their Heels come off the floor?	Do their Knees Valgus?	Do they lean forward when they land?
Observation	Y/ N	Y/ N	Y/N
Possible Reason for (Y)	Stiff Ankles	Lack of stability around the knee and ankle	Lack of stability around the pelvis



## Push Up

	Can they lift their shoulders, hips and thighs off the floor at the same time?	Are shoulders levels when they come off the floor?
Observation	Y/ N	Y/ N
Possible Reason for (N)	Lack of core strength/ control	One shoulder stronger/ more stable than the other



### Tick the Working Muscles in Each Test

	Gastrocnemius	Quadriceps	Hamstrings	Glutes	Core	Pectoralis major	Bicep	Triceps
Squat								
Hop and Stick								
Press Up								

# R.A.M.P – Raise Activate Mobilise Potentiate



## RAMP (adapted from Jeffreys, 2007)



R	A	M	P
<p>Raise- <i>Energy system - metabolic effects</i></p>	<p>Activate <i>Neuro -muscular effects-low level</i></p>	<p>Mobilise <i>Muscular effects</i></p>	<p>Potentiate <i>Neuro muscular effects- high level</i></p>
<ul style="list-style-type: none"> <li>• Muscle /body temperature to increase both VO<sub>2</sub> Kinetics and or muscle compliance.</li> </ul>	<ul style="list-style-type: none"> <li>• 'Turn -on' the key stabilizers</li> <li>• Pre- hab (injury prevention) measures</li> </ul>	<ul style="list-style-type: none"> <li>• To move &amp; activate key joints and muscles through full range of sport specific motion</li> <li>• Compound motor control strategies –inter-muscular coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Increase contractility /relaxation speed of muscles.</li> <li>• Fire up the central nervous system to elicit maximum or potentiate strength &amp; power outputs</li> </ul>

[Video Link of Example RAMP Session](#)

# Acceleration/ Deceleration/ Change of Direction

Skill	Acceleration	Deceleration	Change of Direction
Drills	<ul style="list-style-type: none"> <li>-Double footed broad jumps</li> <li>-Single leg broad jumps</li> <li>-Single leg triple hops</li> <li>-Falling starts</li> <li>-Partner resisted running</li> </ul>	<ul style="list-style-type: none"> <li>-Double footed jump and stick</li> <li>-Single leg jump and stick</li> <li>-run and come to a stop at a certain point</li> </ul>	<ul style="list-style-type: none"> <li>-Drop Step</li> <li>-Cross Step</li> <li>-Variations of cone pick up challenges to encourage a low body position</li> </ul>
Games	<ul style="list-style-type: none"> <li>-5m Races</li> <li>-10m Races</li> <li>-Tail Tag</li> <li>-O's and X's</li> </ul>	<ul style="list-style-type: none"> <li>-Line Stop</li> <li>-Statues</li> <li>-O's and X's</li> </ul>	<ul style="list-style-type: none"> <li>-Tag</li> <li>-Kabadi</li> <li>-Cone Relay</li> </ul>
Key Coaching Points	<p>"Push the floor away behind you"</p> <p>"Extend through you hips, knees and ankles"</p>	<p>"Take quick little steps to slow down"</p> <p>"Sit your bum backwards"</p> <p>"Keep you chest tall"</p>	<p>Same as for Acceleration &amp; Deceleration</p> <p>"turn hips and head in the direction you want to go"</p>

# Body Weight Exercises (STICK)

LIFT	Squat	Deadlift	Lunge	Overhead Press	RDL
Picture					
Key Coaching Points	<p><b>Stance Phase</b> -Bar Across the shoulders with a narrow grip</p> <p><b>Downward Phase</b> -Hips and knees bend at the same time -weight transfers to the rear of the foot -Back remains flat -Knee and toe alignment is maintained</p> <p><b>Upward Phase</b> -Drive through the heel -Push straight up</p>	<p><b>Start Position</b> -Step into the bar, with the bottom i-hole of shoe inline -Feet shoulder apart -Shoulders in front of the bar -Bum higher than knees -Back flat</p> <p><b>Stance Phase</b> -Weight moves towards the heel -Back stays flat -Knees and hips extend together -knees inline with toes</p> <p><b>Downward Phase</b> -Back stays flat -hips and knees bend at the same time -Knees and toes stay inline</p>	<p><b>Start position</b> -Stood up straight -Feel shoulder width apart</p> <p><b>Downward Phase</b> -Step forward -Weight is towards the heel of the front foot -hips go straight down -Knee stays behind the toe and tracks inline with the toe</p> <p><b>Upward Phase</b> -Push back to the start position</p>	<p><b>Start Position</b> -Bar rest on the clavicles -Elbows are high -Flat back and feet shoulder width apart</p> <p><b>Upward Phase</b> -Quick dip, knees and hips bent simultaneously -knees stay inline with toes -Press the bar overhead whilst maintaining and flat back</p> <p><b>Downward phase</b> -When the bar is received dip hips and knees together.</p>	<p><b>Start Position</b> -Feet are shoulder width apart -Slight bend in the knee -Bar is held outside hip with</p> <p><b>Downwards Phase</b> -Whilst maintaining a flat back, and a relaxed head slowly lower the bar towards the floor. -Keep the bar as close to your thighs as possible -Once you have reached the "Bite Point" in your hamstrings</p> <p><b>Upwards phase</b> -Maintaining a flat back return to the start position</p>

# Loaded Exercises (KETTLE BELL/ DUMBBELL)

LIFT	Goblet Squat	Deadlift	Lunge	Overhead Press	RDL
Picture					
Key Coaching Points	<p><b>Stance Phase</b> -Hold the Kettle Bell close to the chest</p> <p><b>Downward Phase</b> -Hips and knees bend at the same time -weight transfers to the rear of the foot -Back remains flat -Knee and toe alignment is maintained</p> <p><b>Upward Phase</b> -Drive through the heel -Push straight up</p>	<p><b>Start Position</b> -Kettlebell starts between the feet -Feet shoulder width apart -Bum higher than knees -Back flat</p> <p><b>Stance Phase</b> -Weight moves towards the heel -Back stays flat -Knees and hips extend together -knees inline with toes</p> <p><b>Downward Phase</b> -Back stays flat -hips and knees bend at the same time -Knees and toes stay inline</p>	<p><b>Start position</b> -Stood up straight -Feel shoulder width apart</p> <p><b>Downward Phase</b> -Step forward -Weight is towards the heel of the front foot -hips go straight down -Knee stays behind the toe and tracks inline with the toe</p> <p><b>Upward Phase</b> -Push back to the start position</p>	<p><b>Start Position</b> -Dumbbells at shoulder height -Flat back and feet shoulder width apart</p> <p><b>Upward Phase</b> -Quick dip, knees and hips bent simultaneously -knees stay inline with toes -Press the bar overhead whilst maintaining a flat back</p> <p><b>Downward phase</b> -When the bar is received dip hips and knees together.</p>	<p><b>Start Position</b> -Feet are shoulder width apart -Slight bend in the knee -Bar is held outside hip with</p> <p><b>Downwards Phase</b> -Whilst maintaining a flat back, and a relaxed head slowly lower the kettlebell towards the floor. -Keep the bar as close to your thighs as possible -Once you have reached the "Bite Point" in your hamstrings</p> <p><b>Upwards phase</b> -Maintaining a flat back return to the start position</p>

# Sled Challenge



## Key Coaching Point

- Maintain a Flat Back
- Push from a low position
- Drive legs in a straight line

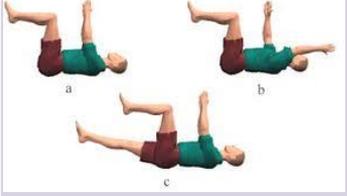
## CHALLENGE 1

- Individual time to complete a distance

## CHALLENGE 2

- Team time to complete a distance

# Core

LIFT	Dead Bugs	Front Plank	Side Plank	SuperMan
Picture				
Key Coaching Points	<ul style="list-style-type: none"><li>-Keep lower back against the floor</li><li>-Reach as long as you can with the opposite arm and the opposite leg</li></ul>	<ul style="list-style-type: none"><li>-Maintain a straight line through the ankle, knee, hip and shoulders</li></ul>	<ul style="list-style-type: none"><li>-Maintain a straight line through the ankle, knee, hip and shoulders</li></ul>	<ul style="list-style-type: none"><li>-Maintain a flat back through out</li><li>-Maintain a level pelvis</li><li>-Reach as long as you can with the opposite arm and the opposite leg</li></ul>