**Aerobic Preparation Exercise Techniques**

**Plank**

* Elbows under the shoulders, feet together or apart and toes pulled towards nose
* Tighten stomach muscles to avoid discomfort in the lower back
* There should be a straight line between your shoulders and feet
* Stay rigid through the entire body and hold the position for the duration

**Progression Ideas**

* + - Raise one foot as a progression
		- Make sure your trunk does not twist as the foot comes off the ground

**Single Leg Balance**

* Stand on one leg with the opposite ankle, knee and hip at 90 degrees; hips level
* Hold the position and keep torso still
* As you improve, try bending the knee further

**Progression Ideas**

* Eyes closed
* Arm movements as in running pattern

**Walking Lunge**

* Hinge through the hips and drop down vertically
* You should be able to draw a line from your shoulder to the knee
* Keep your front knee above the second toe and prevent it from going in towards  the middle of the body
* Avoid leaning forward or back; Arms in running position

**Body Weight Squat**

* Feet pointing forward and shoulder to hip width apart
* Keep the knees over the second toes throughout the drill
* Make sure you are weight bearing equally on both feet
* As you lower down, hinge from your hips and keep your back straight
* Hold the squat position for the prescribed duration

**Push Up**

* Hands under the shoulder, feet together
* You should be able to draw a straight line from your shoulders to ankles
* Lower down until your elbows are at 90 degrees
* Exhale as you return to the start position

**Plyometric Jump**

* Start in athletic position with weight distributed equally on both feet
* Initiate your countermovement and jump off both legs as high as you can
* Control your landing and reduce the impact by getting into a partial squat position
* Do not let knees, hips and ankles collapse
* Hold the finish position for 2 seconds before standing up

**25s**

* Start on the goal line
* Run to 25 yard line and back to goal line
* There and back is 1 rep
* Repeat for the prescribed number of reps, rest after each set

**10m Shuttle**

* Place markers 10m apart
* Run from the first marker and back to the start using a fast deceleration
* There and back is 1 rep
* Complete prescribed number of reps then do recovery jog

**Diamond Drill**

* Place markers 5m apart in a square with one in the middle
* Start at marker 1, run to the 2nd marker, turn the corner around the marker so hipd point in the direction you are going to run and accelerate to marker 3, repeat accelerating to marker 4
* Now repeat the pattern in reverse
* This pattern both ways is 1 rep
* Perform recovery

**5 Meter Figure 8**

* Place two markers 5 meters apart
* Start at first marker, run to 2nd, around it using the 3 step deceleration, turn hips and run back to the starting makrer
* To the second marker and back is one rep
* Rest in between series of reps with a 10 second held squat

**Variety Shuttle**

* Complete prescribed number of reps by running to line markers and back (field should be lined)
* There and back is one rep
* Recovery is one out and back jog of the previous distance completed

**100s**

* Start at the goal line
* Run to the other end of the field
* There and back is 1 rep
* Recovery is a jog to the 25 yard line