**Tournament Preparation Exercise Techniques**

**Front Bridge**

 • Start on stomach with forearms on ground under chest

* Tighten Sphincter muscles
* Push forearms away from chest and hold
* Keep stomach tight, tucking belly button toward spine
* Hold shoulder blades against back
* Do not let buttock raise in a “tent” or hips sink to floor
* For difficulty, advance to lifting one leg off the floor, without twisting the body

**Single Leg Floor Touches**

• Stand on right leg arms held out in front of you

* Begin by pivoting through the hips swing forward and bring hands toward ground
* Back and pelvis remain straight
* There should be no wobble in the knee or ankle and you do not rotate at the hips
* Complete number of reps and then switch legs

**Skipping**

* Using a skipping rope skip for prescribed time, rest then repeat as indicated
* Remember to bend knees and ankles to cushion impact then explode up

**Body Weight Squat**

**Start Position**

* Feet hip to shoulder width apart
* Back flat, chest up and out, shoulders back and down
* Hold your hands in front

**Movement**

* + Lower down, flexing your hip and knees
  + Heels should remain flat on the floor throughout
  + Lower until thighs are parallel to the floor, no wobble of knees on descent
  + Keep upper body straight and look straight ahead
  + Knees should track over second toes
  + Return to starting position and repeat

**Inverted Row**

* + Put your hands on the bar and hold the torso perfectly straight
  + Toes are pointed up and feet should be together
  + Pull the chest to the bar or as close as you can
  + Make sure to pull shoulder blades together during the up phase

**Push Up**

* Place hands under shoulders or slightly wider
* For knee push ups: you should have a straight line from shoulders to the knees
* Lower your body down until elbows reach approximately 90deg.
* Push yourself back up to the start position and repeat
* Set and stabilize your shoulder blades throughout the movement

**Progression**

* Same as above, but now you are stabilizing yourself through your toes and hands

**Lunge**

* From start position step forward into lunge
* Second toe, knee, hip and shoulder should all be in alignment
* Knee should remain behind toes and equal weight should be on each leg
* Chest is held high and body is between both legs
* Arms should move in running motion with movement

**Tubing Row**

* Stand in your athletic stance, feet hip to shoulder width apart
* Knees slightly bent, chest up and out, shoulders back and down
* The arms should be held straight in front at the start
* Step back to take up the slack in the band and to the point where there is a bit of  tension in the band
* Squeeze the shoulder blades together and pull the band towards you

**5 Point**

* Markers should be place 2.5 m away in a square around a center point
* Start in the middle
* Run to each of the outside marks,  around each mark and return back to the center
* Backpedal to back to center mark
* 1 rep is completing all 4 marks
* Work to rest ratio should be 1:4

**25s**

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

**Long Shuttle**

* Place 4 markers 5m apart
* Start at one end on the first marker
* Run to the 2nd ark and back to the start using 3 step deceleration
* Run to the 3rd mark and back to the start
* Run to the 4th mark and back to the start
* Work to rest ratio should be 1:4
* 1 rep is a completed series of all 4 marks

**Continuous Run**

* Start on goal line
* Run to the End of field
* 1 rep is the length of the field