

Sample session plans

	Weights Room	Field
Preparation	Dynamic Warm Up Abdominals, low back	Dynamic warm Up Flexion, extension, rotation
Adaptation	Tekkers: Hip Hinge, Press and Overhead squat Snatch (Pull ups/ DB BOR) Front squat (Behind Head Press)	Tekkers: Silly walk, skip variations, Gallop. Sprint session with lean/ fall go emphasis. 20 metres acceleration.
Application	Squat jumps Med ball toss over head	Relay races with timed starts and different cues.
Regeneration	Tennis ball roll. Back bridges and box splits	Barefoot strides, Backward skip/ run. Walk and hurdle obstacles