

PRE LINE OUT

PROPS

MOVEMENT PREP

INDIVIDUAL PREP	MOBILITY	ACTIVATION
STRETCH/FOAM ROLL ETC	BAND HIP & ANKLE/ HURDLE OVER UNDER/ DUCK WALKS/CRAWL COMPLEX	SIDE SHUFFLE/HIGH KNEES/BUTT KICKS X 10M - LINE HOPS R/L X 15s - TUCK JUMPS 2 X 3 JUMPS
4 MINS MAX	6 MINS	

SESSION

SUPERSET 1		SUPERSET 2		SUPERSET 3	
SPEED PAUSE SQUAT	3/3/3	RESISTED DB PUSH PRESS	4/4/4	SPEED BENCH PRESS	3/3/3 1S DOWN/ PAUSE ON CHEST/ EXPLODE UP
REST 1 MINUTE BETWEEN SUPERSET EXERCISES					
RESISTED DB PUSH PRESS OFF BOX	3/3/3	MED BALL THROW FROM PAUSE	3/3/3	CLAP PUSH UP	3/3/3

CORE/NECK

LAND MINE	3 X 5
PARTNER LEANING 4-WAY NECK	2 X 10s
UNSTABLE OVERHEAD LIFT	3 X 5



PRE LINE OUT JUMPERS

MOVEMENT PREP

MOVEMENT PREP		
INDIVIDUAL PREP	MOBILITY	ACTIVATION
STRETCH/FOAM ROLL ETC	BAND HIP & ANKLE/ HURDLE OVER UNDER/ DUCK WALKS/CRAWL COMPLEX	SIDE SHUFFLE/HIGH KNEES/BUTT KICKS X 10M - LINE HOPS R/L X 15s - TUCK JUMPS 2 X 3 JUMPS
4 MINS MAX	6 MINS	

SESSION

SESSION					
SUPERSET 1		SUPERSET 2		SUPERSET 3	
UNSTABLE RACK SQUAT	3/3/3	RESISTED DB PUSH PRESS	4/4/4	JUMP SQUAT OFF PINS	3/3/3
REST 1 MINUTE BETWEEN SUPERSET EXERCISES					
LOW BOX DROP JUMP	2/2/2	MED BALL THROW FROM PAUSE	3/3/3	UNSTABLE FOOTWORK	3/3/3

CORE/NECK

UNSTABLE MED BALL CATCH AND THROW	3 X 5
PARTNER LEANING 4-WAY NECK	2 X 10s
UNSTABLE BARBELL WALK	3 X 10M



PRE SCRUM

PROPS

MOVEMENT PREP

INDIVIDUAL PREP	MOBILITY	ACTIVATION
STRETCH/FOAM ROLL ETC	BAND HIP & ANKLE/ HURDLE OVER UNDER/DUCK WALKS/ CRAWL COMPLEX	BEAR CRAWL X 10M/ PARTNER 4-WAY NECK/1 V 1 SET UPS/PARTNER PROFILE BALANCE/BAND OR HARNES RESISTED PROFILE HOLD
4 MINS MAX	6 MINS	

SESSION

SUPERSET 1		SUPERSET 3	
ISOMETRIC SQUAT	10s/10s/ 10s	ISOMETRIC RACK PULL INTO PINS OFF PLATES	10s/10s/10s
REST 1 MINUTE BETWEEN SUPERSET EXERCISES			
HORIZONTAL BAND ISOMETRIC HOLD	10s/10s/ 10s	RESISTED HARNES WALK OUT	5m/5m/5m

CORE/NECK

AB WHEEL HARNES WALK OUT	3 X 5
BAND RESISTED NECK	2 X 10s
BAND RESISTED SCRUM PROFILE	3 X 15S



PRE SCRUM LOCKS/LOOSIES

MOVEMENT PREP

<i>INDIVIDUAL PREP</i>	<i>MOBILITY</i>	<i>ACTIVATION</i>
STRETCH/FOAM ROLL ETC	BAND HIP & ANKLE/ HURDLE OVER UNDER/ DUCK WALKS/CRAWL COMPLEX	SIDE SHUFFLE/HIGH KNEES/BUTT BEAR CRAWL X 10M/PARTNER 4-WAY NECK/1 V 1 SET UPS/PARTNER PROFILE BALANCE/BAND OR HARNESS RESISTED PROFILE HOLD
4 MINS MAX	6 MINS	

SESSION

<i>SUPERSET 1</i>		<i>SUPERSET 2</i>	
HIGH POSITION ISOMETRIC SQUAT	10s/10s/ 10s	HARNESS RESISTED SLED WALK	6m/6m/6m
REST 1 MINUTE BETWEEN SUPERSET EXERCISES			
HORIZONTAL BAND ISOMETRIC HOLD	10s/10s/ 10s	BAND RESISTED EXPLOSIVE EXTENSION	3/3/3

CORE/NECK

AB WHEEL HARNESS WALK OUT	3 X 5m
BAND RESISTED NECK	2 X 10s
BAND RESISTED SCRUM PROFILE	3 X 10M



PRE SCRUM HOOKERS

MOVEMENT PREP

<i>INDIVIDUAL PREP</i>	<i>MOBILITY</i>	<i>ACTIVATION</i>
STRETCH/FOAM ROLL ETC	BAND HIP & ANKLE/ HURDLE OVER UNDER/ DUCK WALKS/CRAWL COMPLEX	SIDE SHUFFLE/HIGH KNEES/BUTT BEAR CRAWL X 10M/PARTNER 4-WAY NECK/1 V 1 SET UPS/PARTNER PROFILE BALANCE/BAND OR HARNESS RESISTED PROFILE HOLD
4 MINS MAX	6 MINS	

SESSION

<i>SUPERSET 1</i>		<i>SUPERSET 2</i>	
ISOMETRIC SQUAT	10s/10s/ 10s	HARNESS RESISTED SLED WALK WITH STRIKE	6m/6m/6m
REST 1 MINUTE BETWEEN SUPERSET EXERCISES			
HARNESS RESISTED STRIKES	5/5/5	SPLIT STANCE ISOMETRIC DEADLIFT	3/3/3

CORE/NECK

AB WHEEL HARNESS WALK OUT	3 X 5m
BAND RESISTED NECK	2 X 10s
BAND RESISTED SCRUM PROFILE	3 X 10M

