

Penrith Panthers 18s Pre-season Preparation Program



Preparation Program Instructions

This Program has been designed to take into account the current situations preventing you to train in a team capacity. This does not mean that we cannot prepare for season 2022.

Attached is a simple body weight program that you can complete at your local park and will give you at least some small ability to continue to maintain your physical fitness and preparations. Please keep in mind I can guarantee you that no other club any where in the country will offer you the opportunity to keep training like this in the current environment. That being said it will be up to you to arrive at training when we next meet in great physical condition to ensure you can get the best from your own abilities.

Please remember if you have to choose between weights and skills/fitness please choose skills/fitness first. The basic reason is that we can catch you up in the gym at a later date under proper supervision. **PLEASE REMEMBER WE WOULD LIKE YOU RUNNING AND SKILL FIT FIRST.** If you turn up unfit and cannot run that means coaches have to spend more time getting you fit and less time teaching you the skills and team work required to compete at this level.

Please ensure you pay attention to all details in the skills and the fitness components, NO SHORT CUTS, EVERY REP AND EVERY SET.

To help you best develop I suggest the following weekly schedule for your age group:

	18s
MONDAY	Body weight + Skills Fitness
TUESDAY	Body weight + Skills Fitness
WEDNESDAY	Off
THURSDAY	Body weight + Skills Fitness
FRIDAY	Skills only
SATURDAY	Body weight + Skills Fitness
SUNDAY	Off

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Below is how we would like you to break up your skills and fitness session to ensure you have ample time to complete all that is required

To make it easier for you all, each skill block and each fitness block will last 7 minutes; you can then take a 2-minute rest and move to the next of your skill or fitness drills

SKILLS/FITNESS DRILLS PER DAY

Monday - Complete the Skills/Fitness session before the Body weight Session			NOTES
Warm Up	5-10min	Run and pass anything you like make it fun	
Fitness	5min	20/40/60 (5 in 5) Record your time	
Grip Practice	7min	Change grip on the ball, juggle the ball, one hand carry, two hand carry	
Fitness	7min	7 x 100m in 20 seconds with 40seconds rest	
DH Passing	7min	Practice your Dummy half passing as many passes each way for 7minutes	
Fitness	7min	1min running as fast as you can 30seconds rest x 5 efforts	
PTB Practice	7min	Practice Playing the ball non-stop for 7 mins. Make sure you use a different hand each time you play	
Fitness	7min	1min running as fast as you can 30seconds rest x 5 efforts	
		Cool Down And Stretch	
Tuesday - Complete the Skills/Fitness session before the Body Weight Session			NOTES
Warm Up	5-10min	Run and pass anything you like make it fun	
Defence Movement	7min	Practice moving up and back in a defensive line aim for set of six tackles	
Fitness	7min	Malcoms 30sec work 30sec rest for 7minutes	
Defence Movement	7min	Practice marker work as best you can, practice both first and second marker work.	
Fitness	7min	10m - 20m - 10m, Go out 10m hit the deck return do the same for 20m then repeat for 10m again x 5	
Defence Movement	7min	Practice moving up and back in a defensive line aim for set of six tackles	
Fitness	7min	1 x 7min run how far can you go. (Just run up and down the field and turn at each tryline)	
		Cool Down And Stretch	

Thursday - Complete the Skills/Fitness session before the Body Weight Session

NOTES

Warm Up	5-10min	Run and pass anything you like make it fun
Grip Practice	7min	Change grip on the ball, juggle the ball, one hand carry, two hand carry
Fitness	7min	Malcoms 30sec work 30sec rest for 7minutes
Passing	7min	Practice your Spiral passing as many passes each way for 7minutes
Fitness	7min	10m - 20m - 10m, Go out 10m hit the deck return do the same for 20m then repeat for 10m again x 5
PTB Practice	7min	Practice Playing the ball non-stop for 7 mins. Make sure you use a different hand each time you play
Fitness	7min	1 x 7min run how far can you go. (Just run up and down the field and turn at each tryline)
		Cool Down And Stretch

Friday - Complete the entire list of skills on the attached skills session sheet

NOTES

Warm Up	5-10min	Run, Pass grab a mate play 1 on 1 make it fun.
Skills	45min	Complete the attached skills-
		Feel free to work on a area of individual improvement or positional focus (le Halves- kicking) Please ensure you pay attention to all details be 100% correct and complete it as best as you can. Cool Down and Stretch

Saturday - Complet the Skills/Fitness session before choosing one of the Body weight sessions to repeat

NOTES

Warm Up	5-10min	Run and pass anything you like make it fun
Fitness	30min	4 x 4min runs. Run as far as you can in 4min have 4min rest and repeat 4 times
Skills	30min	Complete 30mins of basic skills from previous session or from the skills attached
		Cool Down And Stretch

Penrith Panthers Body Weight Workout Program



Monday	Body Weight Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
	Push ups	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	BW Squats	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	Dips	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	Lung Walks	10el	10el	10el	10el	10el	10el	10el	10el	10el	10el
	YOUR SCORE										

Notes - Max out on all max efforts and record your number then try and beat each number next week

Tuesday	Body Weight Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
	Double leg jump for distance	10	8	6	4	2	2	4	6	8	10
	YOUR SCORE										
	Inverted Pull Ups	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	Hip Thrusters	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	Step Ups	20el	18el	16el	14el	12el	12el	14el	16el	18el	20el
	YOUR SCORE										
	BW Squats	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										

Notes - Max out on all max efforts and record your number then try and beat each number next week

Thursday	Body Weight Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
	Decline Push Ups	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	BW Squats	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	Dips	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX
	YOUR SCORE										
	Tuck Jump (Fast)	10	10	10	10	10	10	10	10	10	10
	YOUR SCORE										
	Single leg hop (for distance)	5el	4el	3el	2el	1el	1el	2el	3el	4el	5el
	YOUR SCORE										

Notes - Max out on all max efforts and record your number then try and beat each number next week

PANTHERS INDIVIDUAL SKILL SESSIONS



Attack and Defence Visualization	Tempo	Slow			Take 10minutes here to walk your training field visualising a game. Take in where you would need to be on each play and imagine your responses to defender trying to stop. You can also do this for defence and picture what attack might be thrown at you and your responses to it.
	Reps	1			
	Min	10			

GRIP CARRY various grip skills	Tempo	Med	Med	Med	Simple drill with one or two foot balls practice juggling balls and various grip combination to challenge your self to hold the ball. For added skill soap up the ball and try to hold the grip. Also, can do it as a relay drill (Up & Back 5m) through your legs, around your back, tap above your head etc.
	Reps	25	25	25	
	Intensity	100%	100%	100%	

Footy Dribble	Tempo	Slow	Med	Fast	Just like a soccer dribble place the ball on the ground and practice dribbling the ball with your feet around cones. This comes in handy during a game if a ball is lost and you can get to it first with your feet.
	Reps	10	10	10	
	Intensity	100%	100%	100%	

Dummy Half Pass	Tempo	Med	Med	Med	An important part of the game for all players, practice walking up to a ball that has been played scanning left and right at the opposition align your feet correctly and pick up the ball ready to pass or ready to run. Use Tape/Chalk on a wall/post as a target Exactly as it say 3 sets of dummy half passing focusing on technique and correct alignment of feet and hands towards the target. ATTENTION TO DETAIL IS THE MOST IMPORTANT THING IN THIS DRILL.
	Reps	40	40	40	
	Intensity	100%	100%	100%	

Spiral Pass	Tempo	Med	Med	Med	Similar to the above practice sprial passing both stationary, jogging and sprinting. Ensure correct techniques are maintained with foot placements and hands towards the traget. ATTENTION TO DETAIL IS THE MOST IMPORTANT THING IN THIS DRILL.
	Reps	40	40	40	
	Intensity	100%	100%	100%	

Catch and Loose Ball	Tempo	Med	Med	Med	Throw the ball as high as you can and practice correct catching techniques follow this by throwing the ball on the ground and diving on it to mop up loose ball. 10 push ups for every knock on picking up the loose ball
	Reps	20	20	20	
	Intensity	100%	100%	100%	

Loose Ball Recovery	Tempo	Med	Med	Med	Loose ball recovery is exactly as stated throw the ball to variuos distances and ensure you dive on the ground to pick up the loos e ball correctly and with no errors, vary the distance to give yourself a short fitness work out. 10 push ups for every knock on picking up the loose ball.
	Reps	20	20	20	
	Intensity	100%	100%	100%	