

# EXAMPLE WARM-UP PROGRAM\* for female Australian Footballers

\*Based on previously published programs of similar content. No research to date in female Australian Football players. Current recommendations is that all components of the program should be completed until further research is conducted in female Australian Football population.

Before every training or  
3 x week\*

Improve player  
athleticism and football  
performance\*

Reduce lower limb  
injuries by up to 50%\*

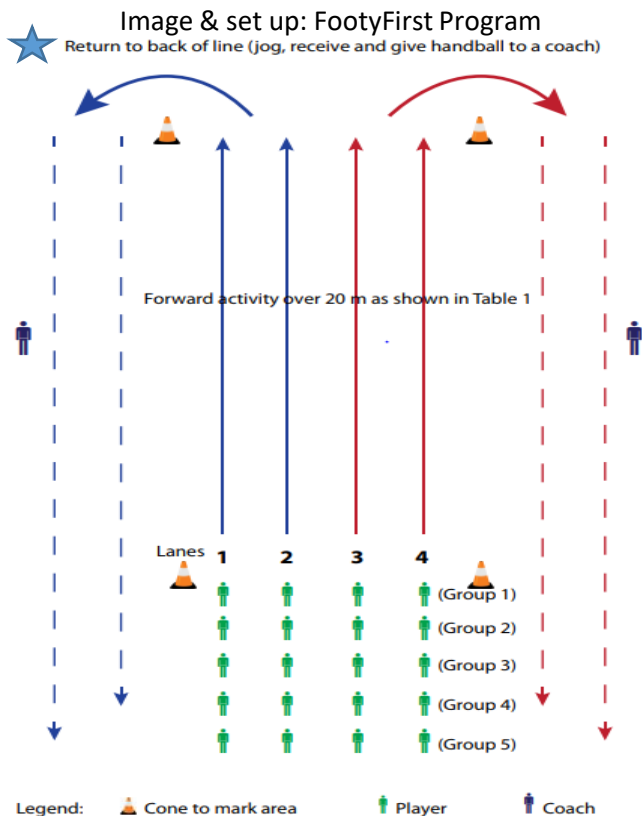
## GROUP BASED WARM UP

### COMMON ACL INJURY MECHANISMS INCLUDE\*:

- Landing on one leg
- Deceleration into a contest
- Change of direction (non-contact)

### FUNDAMENTAL MOVEMENTS INCLUDE\*:

- Jumping & landing
- Deceleration
- Change of direction



### GENERAL

1. Jog
2. Walking lunges (forwards / sideways)
3. Arabesque into knee to chest
4. Heel sweeps/ Inchworms
5. High knees
6. Heel flicks
7. A-skips
8. Side stepping
9. Grapevine

QUALITY  
OVER  
QUANTITY

### JUMPING & LANDING

1. Jumping / bounding/ hopping
2. Run, jump, land – double leg – single leg
3. Partner / bump bag push / hit

### DECELERATION

1. Run, stop at last cone
2. Forward 2 cones, backwards 1 cone, repeat
3. Run forward, stopping on whistle (reactive) / to partner hand signal

### CHANGE OF DIRECTION (AGILITY)

1. Pre-planned - different angles (e.g. 45 / 90 °/lateral cuts)
2. Un-planned - auditory / visual cues  
- opposition player/coach

THESE ARE CONCEPTS, THEY DO NOT HAVE TO BE PERFORMED WITH THIS SET-UP. INCORPORATE INTO PARTNER / TEAM GAMES

- ★ Incorporate varying football skills specific to the fundamental movement being practiced
- E.g. Jumping & landing – throw/kick ball in air to mark
  - E.g. Deceleration – man the mark
  - E.g. Change of direction – ground ball, or coach step one way & player tackle

### NOTES

## JUMPING & LANDING



- Land in **athletic stance**
- **Get low**
- Bend through hips & knees
- Keep hips level

## JUMPING & LANDING



- Landing with stiff legs
- Hip dropping
- Knees collapsing
- Unbalanced
- Torso leaning to the side
- Landing heavy

## DECELERATION



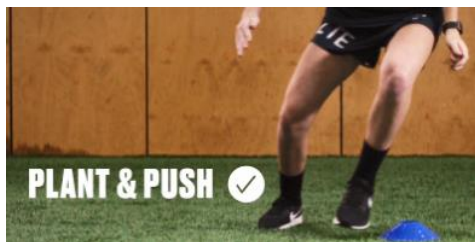
- **Busy feet**
- **Short quick steps**
- **Get low** by bending hips & knees

## DECELERATION



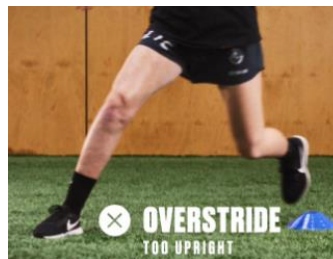
- Over striding = missed tackle/ground ball
- Upright posture
- Sinking into ground / flat footed

## CHANGE OF DIRECTION



- **Busy feet**
- **Get low** & balanced
- Turn body to **face direction** of travel
- **Plant & push** with outside leg
- Keep feet inside base of support

## CHANGE OF DIRECTION



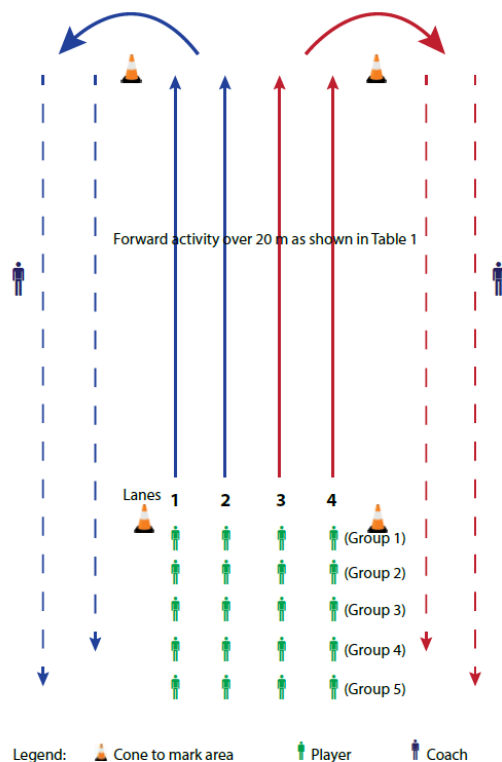
- Upright posture
- Overstriding
- Feet or torso pointing away from direction of travel
- Foot too far outside base of support

## SET UP OPTIONS FOR INJURY REDUCTION ACTIVITIES

- Set up may depend on age and level of ability. I.e. Option 1 of lanes may be more suitable for senior level. Whilst varying the warm up to make it more fun and competition (I.e. Option 2-5) may be more suitable for younger teams where time is more limited, and to increase attention.
- Be creative in developing these movement skills – they are concepts – not set drills. Incorporate into fun games, using footballs.
- Refer to other double sided A4 handout for specific ideas on the variety of movement skills and activities important for injury reduction and football performance

### Option 1 – Lanes or relay races

\*See the Footy First website for further resources:  
<http://www.aflcommunityclub.com.au/index.php?id=906>



### OPTION 2 – Odd person out from Coach AFL.

10 m x 10m square/circle/rectangle

Perform motor skill until coach blows whistle, then get into groups of XX

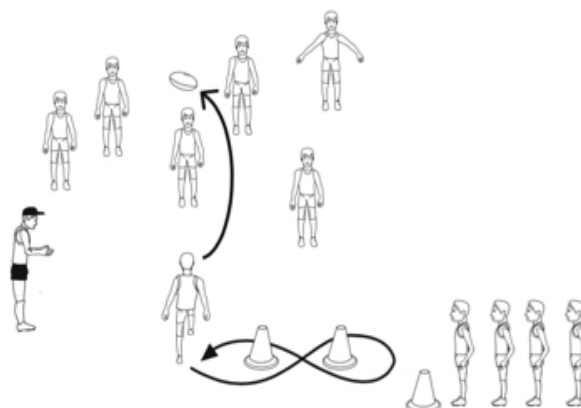
### OPTION 3 - Partner skills

With a partner - handballing first to 20 then each person to perform movement skill out to cones 10 m away (3 columns of 10 cones). Reset next movement skill.

## OPTION 4 – “Sprinters vs Handballers” from Coach AFL.

\*See Coach AFL website for further resources:  
<https://coach.afl/>

Set up in “Sprinter” team in any format to do any i) jumping and landing, ii) deceleration, or iii) agility drills iv) balance drills v) strength drills (i.e. squats/lunges, planks)



### STEP 1

Create 2 teams (a kicking and fielding team)

### STEP 2

The kicker, kicks 2 footballs into the field of play

### STEP 3

After they have kicked they run figure 8 (or any appropriate movement skill) around the cones next to them

### STEP 4

Whilst this is happening the fielding team gathers the footballs as quickly as possible and returns them to the coach. Points are scored by the number of “XX movement skill XX”, during this time

### STEP 5

Once all kickers have had a turn, teams swap roles

### STEP 6

Winning team score the most points

## OPTION 5 – “Continuous Football” from Coach AFL.

### STEP 1

Create 2 teams, one the handballers the other the “sprinters” (change set up to i) jumping and landing, ii) deceleration, or iii) agility drills iv) lunging v) crawling (i.e. set up cones to make it a square or any shape)

### STEP 2

The handballers form a circle with one player standing in the middle

### STEP 3

Each “SPRINTER (or other movement skill)” must run twice around the circle and while this is happening the handballers pass the ball to the middle person.

### STEP 4

Each handball received by the middle person is a point. Change the player in the middle after each “SPRINTER” has gone

### STEP 5

Swap over roles

### STEP 6

Team with the most handballs completed wins

