

# LET'S GET PHYSICAL TRAINING SUGGESTIONS

Increasing total body muscle strength will enhance the presented test results, because the more powerful the muscles are, the more force they can apply. The following are some more specific training suggestions for the students. Students should however devise their own training programmes that may include some of these exercises together with other physical activities. It is well known that there are several factors that influence a training programme (e.g. facilities, equipment, fitness level, time, health status, etc.). Please emphasize that an individual warm up programme is mandatory to avoid injuries.

## ACCELERATION AND SPEED

### without ball

- **Lateral sprints**

Setup: Put 4 cones in a row. Distance between the cones approximately 30 cm.

Training: Jump one-legged as high as possible over each cone, land on both legs and sprint 10 to 15 m. Repeat the drill with the other foot. Complete 3 repetitions including 2 minutes rest in between.

- **Wall leg drive – combination**

Setup: Stand in front of a wall and place the palms of your hand flat against it – at shoulder height. Angle your body so that there is approximately a 45-degree angle through your ankles, knees, hips and head.

Training: Lift one leg so that the thigh is parallel to the ground and support your weight on the toes of your other foot. Drive the elevated leg back toward the ground so that its toes contact the ground and then immediately pull the leg back to the start position.

Ensure your body is in straight line. Start with 10 repetitions single leg and then swap leg. Variations: left, right, left 6 to 10 repetitions then right, left, right. Rest 60 seconds between the sets.

### with ball

- **Speed dribbling skills**

Setup: Ball, court

Training: Sprint approximately 20 m while using gentle, leading edge touches and keep the ball close to the feet. Complete 3 to 5 repetitions including 2 minutes rest in between.

- **Dribble in and out through cones with one foot**

Setup: Put 2 cones about 10 m apart.

Training: Start next to one of the cones while popping the ball up and do 5 juggling touches. Then bring the ball down in a controlled manner and perform sideways tick tocks to the other cone. Once you reach the cone, pop

the ball up, do 5 more juggles, then trap the ball and do sideways tick tocks back to the original cone. Repeat as many times as you like, but rest about 2 minutes in between.

## JUMPING POWER AND STRENGTH

- **Box jumps**

Setup: Stand in front of a stable, about knee height platform (e.g. box, bench, etc.).

Training: Jump on and off the platform with both feet. Practice this for 30 to 60 seconds, depending on your fitness level and rest as long as the exercise takes. Repeat this exercise 3 times.

- **Split squat jumps**

Setup: No equipment needed

Training: Start in a deep lunge. Jump as high as possible and switch the legs in the air. Practice this for 30 to 60 seconds, depending on your fitness level and rest as long as the exercise takes. Repeat this exercise 3 times.

## UPPER LIMB STRENGTH AND EXPLOSIVE POWER

- **Push-up**

Setup: No equipment needed. Wide range of variations is possible (e.g. position of feet, position of hands, etc.)

Training: Start from a normal pushup position. Feet on the toes and closed, hands palms-down on the floor and shoulder width apart. Keep the body straight. Now lower the body to the ground by bending your arms at the elbows approximately 45 degrees and rise up by extending the arms. Repeat as often as possible, then rest 2 minutes and try again.

- **Sit-up**

Setup: No equipment needed. Wide range of variations is possible (e.g. torso's range and/or direction of movement, additional load, etc.)

Training: Lie down on the floor, bend your knees and place your feet flat on the ground. Place your hands on the opposite shoulders. Tense your abdominal muscles and lift the torso beginning with the head while keeping the feet on the ground. Hold the position for 1 second before bringing the torso back to the floor but keeping it slightly elevated off the ground. Repeat as often as possible, then rest 2 minutes and try again.

## **MOVEMENT COORDINATION AGILITY AND ACCELERATION**

### ▪ **Jump Rope**

Setup: Jump rope and an appropriate room. Level of difficulty can be adjusted through variations of exercises.

Training: Forward jump is the most basic exercise.

Therefore swing the rope forward and jump over it, with both feet on every revolution. Practice this for 60 seconds and rest as long as the exercise takes. Repeat this exercise 3 times or increase the difficulty (e.g. swing the rope backward, jump on single foot, etc.).

### ▪ **Cross country run**

Setup: Focus to promote a wide range of different foot and movement patterns. Depending on the fitness level arrange a defined lap.

Training: Vary running speed over obstacles by paying attention to safety. Repeat this training up to 3 times per week.

## **PHYSICAL FITNESS AND ENDURANCE CAPACITY**

### ▪ **Uphill sprint**

Setup: Hill or steps

Training: Run up as fast as possible for 45 seconds. Walk down and repeat the run 10 times.

### ▪ **Fast 5 km run**

Setup: Flat run track

Training: Run the distance with moderate to vigorous intensity (approximately 4 min/km). Include three 1 minute sprints.