

GIANTS
ACADEMY 

GIANTS ACADEMY OFF/PRE-SEASON PROGRAM



Off-Season/Pre-Season

Your Off-Season/Pre-Season is a great time to work on some of your deficiencies (football and athletic) whilst you have no added pressure of playing football week in week out. It is a time when you can individualise your program whilst not having to adjust to fit in scheduled trainings and games.

You should first identify the most important aspects of your athletic performance/game you have the most room for improvement (RFI) in.

| Athletic Performance | Fundamental Skills |
|----------------------|-----------------------------|
| Endurance | Kicking |
| Speed/Power | Clean Hands |
| Agility | Tackling/Defensive Skills |
| Strength | Decision Making & Composure |
| Body Composition | Marking |

What should I do?

After identifying your RFI's, develop a daily/weekly strategy/plan and stick to it. An example table is below make one of your own and stick to it.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|------------------------|---------------------|--------------------------|---------------------|---------------------------------|---------------------|----------------|
| Morning | Run 1 | Speed | Rest & Recover | Strength | Wrestling = Tackling/ Defensive | Boxing/Swim | Rest & Recover |
| Midday | Rest & Recover | Rest & Recover | Rest & Recover | Rest & Recover | Rest & Recover | Mobility & Recovery | Rest & Recover |
| Afternoon | Strength & Clean Hands | Swim | Run 2 & Kicking/ Marking | Bike | Run 3 | Rest & Recover | Rest & Recover |
| Evening | Mobility & Recovery | Mobility & Recovery | Mobility & Recovery | Mobility & Recovery | Mobility & Recovery | Rest & Recover | Rest & Recover |

How much should I be doing?

Every day is an opportunity to get better at something. Today you are going to do your session better than everyone else if that session is recovery then be the best at recovery. The key point is to be your best in everything you do, get the most out of every session (quality not quantity).

All players need to balance their weight bearing to non-weight bearing loads. This will mean you are not running 2 days in a row. You can do conditioning 5-6 days of the week but only 3 on legs sessions max and ensure you have at least 2 sleeps between running sessions.

| Athletic Performance/Skills | Examples |
|-----------------------------|--|
| Endurance | Conditioning program provided |
| Speed/Power | Gym, Technique drills provided |
| Agility | COD and reactive drills provided |
| Strength | Strength programs provided |
| Body Composition | Nutrition Document provided |
| Kicking | Kicking/touch, video yourself and analyse |
| Clean Hands | Touch the football, video yourself and analyse |
| Tackling/Defensive Skills | Wrestling, Judo, Martial arts, Practice |
| Decision Making & Composure | Play sports, Social Basket Ball in off season |
| Marking | Catching and touch the football |

Off-Season Conditioning - Running

| Aerobic | | | | | | | | | | | | | |
|----------------------------|------|----------------------------------|------|-----------|------------|-----------|---------|-----|-----|-----|------------|-----------------------------|------------------------------------|
| SESSION 1 | Week | PACE | Sets | REP | REP | REP | REP | REP | REP | REP | TOTAL | Rest | COMMENT |
| Aerobic work | 1 | 3:50min/km pace | 3 | 5min | 3min | 2min | | | | | 30min | 2min walk | aerobic runs |
| Aerobic work | 2 | Vary pace | 8 | 1min Hard | 30sec easy | 2min Hard | walk 1m | | | | 24min Hard | nil | varied pace |
| Aerobic work | 3 | 3:50min/km pace | 3 | 5min | 3min | 2min | | | | | 30min | 2min walk | aerobic runs |
| Aerobic work | 4 | Vary pace | 8 | 1min Hard | 30sec easy | 2min Hard | walk 1m | | | | 24min Hard | nil | varied pace |
| Aerobic work | 5 | 3:40min/km pace | 2 | 6min | 4min | 3min | | | | | 26min | 2min walk | aerobic runs |
| Speed Endurance | | | | | | | | | | | | | |
| SESSION 2 | Week | Pace | Sets | REP | REP | REP | REP | REP | REP | REP | TOTAL | Rest | COMMENT |
| Speed Endurance | 1 | 18sec 100m pace | 5 | 100 | 200 | 300 | | | | | 3000 | walk-jog 100m / 4m sets | try and keep all reps even pace |
| Speed Endurance | 2 | 18sec 100m pace | 3 | 150 | 150 | 100 | 250 | | | | 1950 | 60sec / 90sec / 4m (8m set) | try and keep all reps even pace |
| Speed Endurance | 3 | Fast but Even | 5 | 80 | 80 | 80 | 80 | 80 | | | 1600 | every 45sec / 4min | try and keep all reps even pace |
| Speed Endurance | 4 | 18sec 100m pace | 5 | 100 | 200 | 300 | | | | | 3000 | walk-jog 100m / 4m sets | try and keep all reps even pace |
| Speed Endurance | 5 | 18sec 100m pace | 4 | 150 | 150 | 100 | 250 | | | | 2600 | 60sec / 90sec / 3m (7m set) | try and keep all reps even pace |
| Special Endurance | | | | | | | | | | | | | |
| SESSION 3 | Week | Pace | Reps | REP | REP | REP | REP | REP | REP | REP | TOTAL | Rest | COMMENT |
| Threshold work with a kick | 1 | 3:40min km pace + kick last 200m | 1 | 2000 | 1500 | 1000 | 1000 | | | | 4500 | 4m | 200m surge up hill end of each rep |
| Threshold work with a kick | 2 | 3:50min km pace + kick last 200m | 5 | 1000 | | | | | | | 5000 | 6m cycle | 200m surge up hill end of each rep |
| Threshold work with a kick | 3 | 3:0min km pace | 7 | 600 | | | | | | | 4200 | 6m cycle | Target Time - 1:40 - 1:50 |
| Threshold work with a kick | 4 | 3:40min km pace + kick last 200m | 1 | 2500 | 1500 | 1000 | 1000 | | | | 6000 | 4m | 200m surge up hill end of each rep |
| Threshold work with a kick | 5 | 3:50min km pace + kick last 200m | 5 | 1000 | | | | | | | 5000 | 6m cycle | 200m surge up hill end of each rep |

Note: Don't stress if you don't hit these times exactly - just aim to be somewhere in the vicinity of the targets. The aim of these sessions is to have players return to preseason with enough conditioning to handle the demands the sessions and avoid soft tissue injuries.

Off-Season/Pre-Season Conditioning -

Here are some simple non-weight bearing and partial weight bearing conditioning sessions which can be done during the off/pre-season period. 2-3 of these sessions can be done each week on top of your running and weights.

Swimming -

2 different Swimming Sessions

200m (Freestyle) Warm-up
5X 25m Freestyle Sprints (30 sec rest)
5X 50m Freestyle Sprints (60 sec rest)
2X 100m Freestyle Sprints (90 sec rest)
2 X Max Distance Under Water
200m (Breaststroke) Cool-down

200m (Freestyle) Warm-up
2 X Max Distance Under Water
5X 25m Freestyle Sprints (30 sec rest)
5X 50m Freestyle Sprints (60 sec rest)
5X 100m Freestyle Sprints (90 sec rest)
200m (Breaststroke) Cool-down

Bike -

2 Different Spin Bike Sessions

5 min Warm-up @ 60%
10 X 30sec @ 75% With 30sec recovery
10 X 15 @ 100% With 45sec recovery
5 min Cool-down @ 60%
30 min Total

5 min Warm-up @ 60%
20 X 7 sec sprint @ 100% / 23 sec easy @ 50%
10 X 20 sec easy @ 50% / 20 sec moderate @ 70% /
20 sec hard @ 90%
5 min Cool-down @ 60%
30 min Total

Off-Season/Pre-Season Conditioning -

Boxing -

1 Boxing Session

5 min Warm-up
3 X Rounds of the below
100 Crosses for power
200 Uppercuts for speed
100 Above the head crosses
100 Seated train track punches
5 min Cool-down @ 60%

Rowing -

1 Rowing Session

5 min Warm-up @ 60%
20 X 20 sec sprint @ 100% / 40 sec rest
5 min Cool-down @ 60%
30 min Total

Off-Season/Pre-Season Speed/COD/Agility -

What is it?

There are 2 key aspects to speed. Acceleration/deceleration, the ability to reach high speeds quickly and stop quickly and top end speed the ability to reach high speeds.

Change of direction (COD) is the ability to change direction with speed through acceleration and deceleration in a planned manner. An example is running the AFL agility test.

Agility is defined as changing direction in response to a stimulus. An example of this is when reacting to a clearance if you win you run one way if you lose you run the other.

Not all players are going to be gifted with Usain Bolt high end speed but must be able to utilize the speed which they have and grow and develop your running technique into the best it possibly can be.

To develop the skills needed to be improve your speed the most important strategy will be to work with a coach who can individually identify your RFI's and work with you on your technique. This along with a good strength program will be the best tools in getting faster. As with anything sticking to a routine and committing to getting better is what will work.

Below are links to some simple but effective speed drills you can incorporate into either your warm-up or a speed session.

1. Ankling - <https://www.youtube.com/embed/mHAZ1SrkaWM?rel=0&showinfo=0>
2. Arm Drive - <https://www.youtube.com/embed/79fakGwHHm0?rel=0&showinfo=0>
3. Piston Change of Direction -
<https://www.youtube.com/embed/2EOJEmTYGy0?rel=0&showinfo=0>
4. Reactive Force Steps -
<https://www.youtube.com/embed/ApW1ZExXV5c?rel=0&showinfo=0>
5. Step Over - <https://www.youtube.com/embed/BGC4m7eLaY4?rel=0&showinfo=0>
6. Triple Extension Drive - <https://www.youtube.com/embed/t4HYks3Y5-8?rel=0&showinfo=0>
7. Wall Acceleratory -
<https://www.youtube.com/embed/4xDAHHuYMkE?rel=0&showinfo=0>
8. Wall Slide - <https://www.youtube.com/embed/6WFAojm59gM?rel=0&showinfo=0>

Off-Season/Pre-Season Strength -

Why are we doing it?

Strength training is traditionally thought to be trying to put on size. Being young adolescents still finishing growing, the aim of all the GIANTS Academy strength programs are to

1. Educate players on a wide range of movements
2. Develop strength in a wide range of movements
3. Reduce injury risk by improving the above

How do you improve?

The quickest way to see improvement in strength training is to ensure you have consistency within your program. Get yourself into a routine and stick by it. There will be times when you are sore that is not an excuse to not go, it might just mean you lower the weight your lifting or do 1 less set/reps. Ensure you record everything you do in the app as you can track back and ensure you keep improving at all the movements.

Where are the programs?

All gym programs have been written in a program called Teambuildr. To get access to a program you must first go to the website https://teambuildr.com/easy_join

GYM Program designed for those with 1 year + gym experience.
Join Code. LYDK-QYNY Password. 5Q8M9XJD

GYM Program designed for beginners but want to start going to the gym.
Join Code. DZP0-RBQO Password. OKYT2AXA

Body Weight Program designed for those who don't have access to a gym but have access to some basic equipment at home.
Join Code. P4G7-BXDR Password. 77P6G8R0

If your circumstances change and you need to be put into a different group please email. daniel.scroope@gwsgiants.com.au

Strength and Conditioning Coach Contact Information

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|----------------|--|---------------------------------|
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Acknowledgement

Thank you to Scott Smith our Canberra based Strength and Conditioning Coach for providing the off-season running sessions.

All YouTube videos sourced from Academy of Sport Speed and Agility YouTube site.