

Australian Rules Football Warm Up

- 1 lap Jog - 1/2 way through the lap: Calf pumps (1min)
- End of the Lap: Squats, lunges, arm circles, push ups, back rolls
- Run Throughs (30m): High knees, leg flicks, side stepping, 75% effort
- Leg swings: straight and across body
- Lane work Handballing
- 2mins for any extra individual stretching
- Run throughs (60m): 20m build up, 20m max effort, 20 slow down
- Lane work kicking: Increase distance through the drill

Can add more and make longer but this should form the core of the warm up

Warm Down

- Stretches (2x30sec each muscle)
 - ◊ Calves
 - ◊ Quads
 - ◊ Glutes
 - ◊ Hamstrings

Injury Management

**** To be implemented immediately with any injury**

R - Rest (Avoid any activities which aggravate the injury)

I - Ice (20min On, 20min Off)

C - Compression (Via tubular bandage)

E - Elevation (Above the level of the heart)

R - Referral (To appropriate health care professional - physio, Dr, Surgeon)

