

Fundamental Movements And Movement Preparation

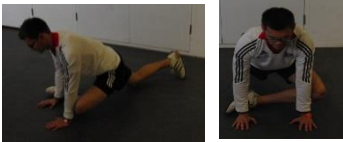
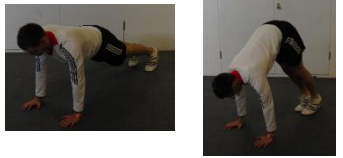
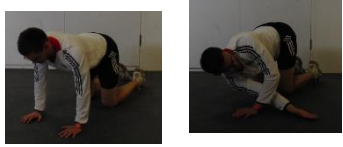
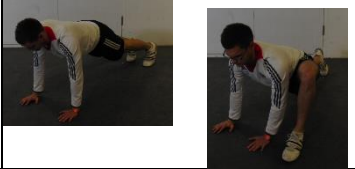
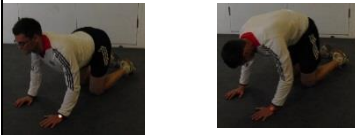



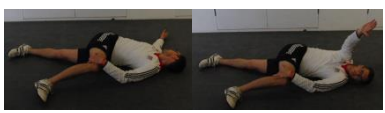
Super Regional Squad
October 2014



Mobility

Choose 4-5 exercises from the list each day. Perform 8-10 reps of each. 2-3 times.



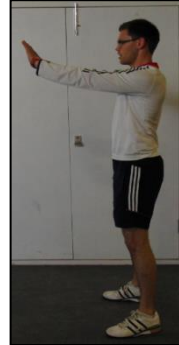
Area	Exercise	Coaching Points	Picture
Glute	Hurdler	In kneeling position bring front leg across back leg. Ensure front leg is 90 degrees to the body and hips are over the front leg.	
Hamstring	Inch Worm	Get into a press up position walk feet into hands, keeping hips high and legs straight. Walk hands out into start position.	
Thoracic	4 Point Kneeling Rotation	Get on your hands and knees and thread one hand behind opposite arm, move in a controlled rotation, look at your elbow throughout, aim to get as much rotation as possible.	
Hips	Spiderman	Get into a press up position and move your foot to your outside hand, push your pelvis into the floor while driving knee out. Do this for the other side in a controlled manner.	
Lumbar	Cat-Camel	Get on to your hands and knees, slowly looking up round off your back. Then look down and dome your back. Control the movement.	
Adductor	Rock Back	Get into a hands and knees position, extend one leg laterally and sit down slowly onto your opposite foot. Work through the stretch dynamically pushing hips back and up.	
Rec Fem/ Psoas	Hip Flexor Pulse	Start in a kneeling position and place your back foot on a box/ledge, bring the forward foot to the front. Slowly move your hips forward and back in a controlled fashion squeezing glute without moving your upper body too much. Work through tight areas.	
Shoulder	Floor Angels	Lying on your back with your heels tucked under your knees, put your arms palms facing up in a 90 degree position. Whilst keeping your lower back on the floor move your hands above your head slowly keeping form. Try and get as much range upwards and downwards as possible.	
Lumbar	Side Lying Rotations	In side lying position with the bottom leg straight and the top hip flexed to 90 degrees. Straight arm in front at shoulder height, move arm up and over body allowing thoracic spine to rotate.	

Squat

Gold Standard Position

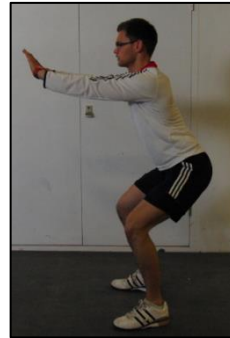
Set up

- Feet shoulder width apart
- Toes at 11 and 1 o'clock
- Knees track along line of toes
- Neutral spine throughout the lift
- Chest and head up
- Trunk braced



Movement

- Sit the hips back transferring weight to heels
- Knees and hips bend at the same time
- Trunk braced
- Knees to track along the line of the toes



Bottom Position

- Knees to track the line of the toes
- Chest lifted and head up
- Trunk braced
- Weight sitting through the heels
- Top of thighs parallel with the floor



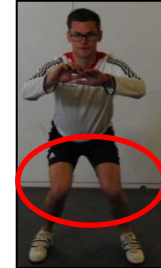
Common errors

Knee Valgus

Cue

- Drive knees out
- Screw hips into sockets

Tip: Coach to put hands on outside of knees to drive against.



Knee Dominance

Cue

- Sit back into hips
- Sit on a chair

Tip: Use box to reach towards with hips.

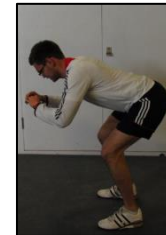


Hip Dominance

Cue

- Chest up

Tip: Perform a balance squat holding onto partner to ensure trunk alignment.



Arched Lower Back

Cue

- Chest up
- Maintain space between ribs and hips

Tip: Imagine you have a tail; tuck the tail between your legs.

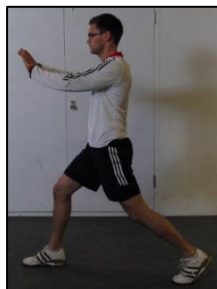


Split Squat

Gold Standard Position

Set up

- Feet hip width apart
- Both feet and hips facing forwards
- Neutral spine
- Both knees at 90°



Movement

- Front shin perpendicular to the ground
- Front knee tracking along the line of the toes
- Trunk braced
- Drop back to towards the ground



Bottom Position

- Both knees at 90°
- Front thigh parallel to the ground
- Head and chest up
- Weight in heel of front foot



Common errors

Forward Lean

Cue

- Chest up
- Brace trunk

Tip: Start in the bottom position and reverse the movement.



Feet to Close

Cue

- Ensure 90degrees in both legs



Knee Tracking Over Toe

Cue

- Sit into hip dropping back knee to the ground

Tip: Put stick in front of knee to ensure knee does not track over toes.

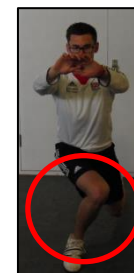


Valgus Knee

Cue

- Drive knees out
- Screw hips into sockets

Tip: Coach to put hands on outside of knees to drive against.



Press up

Gold Standard Position

Set up

- Hands thumbs width away from shoulder
- Directly under shoulder
- Head, shoulder, hips and knees in line
- Trunk braced
- Feet hip width apart



Movement

- Screw arms into sockets
- Maintain rib and hip space
- Lower body maintaining shoulder, hip, knee alignment
- Bend at the elbow



Bottom Position

- Chests touches floor
- Elbows at 45° to body
- Elbows pointing towards the ceiling

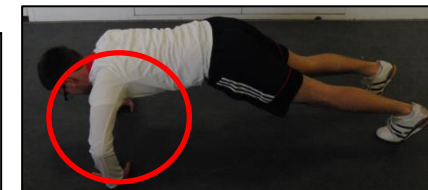


Common errors

Internally rotated shoulders

Cue

- Keep elbows close to body
- Screw shoulders into sockets



Lower back arch

Cue

- Tuck ribs in. Maintain space between rib and hip.
- Hips up, ensure shoulders, hips and knees inline.

Tip: Incline the press up to regress the exercise and ensure full range of movement while maintaining form.



High hip

Cue

- Brace trunk

Tip: Place broomstick on back to ensure shoulder and hip alignment.



Supine Pull

Gold Standard Position

Set up

- Shoulders set back and down
- Hands in overhand grip
- Squeeze glute



Movement

- Screw shoulders into sockets
- Pull with elbows at 45degrees to body
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Bottom Position

- Touch chest to bar
- Brace trunk
- Shoulders, hips and knees in line



Common errors

Flexed Hips

Cue

- Brace trunk
- Squeeze glute

Tip: Coach to put hands on outside of knees to drive against.



Internally Rotated Shoulder

Cue

- Screw arms into sockets
- Pull the bar apart

Tip: Use rings or suspension kits to put shoulders in a neutral position.



Arched Back

Cue

- Maintain rib and hip space
- Ensure shoulders, hips and knees inline

Tip: Use an incline to regress the exercise.

