



**FOOTBALL  
AUSTRALIA**

# WALK2PERFORM



**WARM UP | PREPARE TO PERFORM |** Before Every Session – 3-5 minutes (Complete all Exercises)



### WALKING STRAIGHT AHEAD

The course is made up of 6 pairs of parallel cones, approx. 2-3 metres apart. As a pair, walk together from the first pair of cones to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **Perform 2 sets.**



### WALKING HIP OUT

Walk, stopping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones. **Perform 1 set.**



### WALKING HIP IN

Walk, stopping at each pair of cones to lift your knee and rotate your hip inwards. Alternate between left and right legs at successive cones. **Perform 1 set.**



### WALKING CIRCLING PARTNER

Walk forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. Shuffle an entire circle around one another and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **Perform 1 set.**



### WALKING MEET IN THE MIDDLE

Walk forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then pause and return to the outside cone. Walk to the next set of cones and repeat. **Note:** Make sure you concentrate on keeping your balance and knees slightly bent. **Perform 1 set each side.**



### WALKING QUICK FORWARDS & BACKWARDS

As a pair, walk quickly to the second set of cones then walk backwards quickly to the first pair of cones keeping your hips and knees slightly bent. Keep repeating the drill, walking two cones forwards and one cone backwards. Remember to take small, quick steps. **Perform 1 set.**



### WALKING BUILDING SPEED

Walk through the cones again, but this time at a faster pace. **Perform 1 set.**



### WALKING HIGH KNEE MARCHING

Walk with high steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **Perform 1 set.**



### WALKING CHANGE OF DIRECTION

Walk 2-3 steps, then plant on the outside leg and cut to change direction. Accelerate and walk quickly to the diagonally opposite cone before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then walk back. **Perform 1 set.**

**COOLDOWN | PERFORMANCE · RESILIENCE |** Perform at the End of Training or Home – 2-3 minutes



### WALKING AROUND THE PITCH/COURT

At the completion of the session, walk around the pitch for **2-3 minutes** at a steady but low intensity pace. Feel free to add arm swings and trunk rotations into the exercise.



### WALKING HIP RANGE OF MOTION

While walking around the pitch, perform gentle hip rotation movements rotating the hip inwards and outwards. Aim for **5 repetitions** during the walking period.



### WALKING LEG SWINGS WITH PARTNER

At the end of the walking period of the cooldown, using a partner for support, perform gentle leg swings forwards, backwards and to the side. Aim for **3x each direction** on each leg. Ensure the range of movement is comfortable and the speed is controlled.

**MOVE + PERFORM | STRENGTH · BALANCE · MOVEMENT |** Perform at Home - 10-15 minutes (Complete all Exercises 2 to 3x/week)

## STRENGTH



### SIT TO STAND WITH A CHAIR

**Starting position:** Stand with your feet hip-width apart. Use a chair or bench to support if needed.

**Exercise:** Picture that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly until you reach the chair. Then pause on the chair and progress to standing up. **Repeat the exercise for 10sec. Start with 1 set and build to 2-3 times.**



### HEEL TOE LIFTS WITH A CHAIR

**Starting position:** Stand with your feet hip-width apart. Use a chair or bench to support.

**Exercise:** Keeping your legs straight, hold onto a stable chair or bench, slowly lift your heels off the ground. Aim to lift up as high as comfortable, pause for 1 sec and slowly return to the ground. **Repeat the action for 10-20sec. Start with 1 set and build-up to 2-3 sets as able.**



### WALL PUSH UP SHORT DISTANCE

**Starting position:** Standing facing a wall, arms extended with hands on the wall below shoulder height. Feet shoulder width apart and comfortably close to the wall.

**Exercise:** Bending your arms, with trunk in alignment, slowly lower your body to the wall. Pause short of the wall and slowly extend your arms and push your body away from the wall. Keep slow and controlled. Move feet further away from the wall to make it harder. **Repeat for 10-15 sec. Start with 1 set and build up to 2-3 sets as able.**



### HIP BRIDGES ON A BED OR FLOOR

**Starting position:** Lay on your back with your knees bent to 90 degrees and feet comfortably on the floor or bed.

**Exercise:** Slowly lift your hips off the floor/bed until your hips are in alignment with your shoulders and knees. Pause and then slowly lower down to the floor/bed. **Repeat for 10sec and progress to 20sec. Start with 1 set and progress to 2-3 sets as able.**

## BALANCE



### STANDING ON ONE LEG HOLDING A CHAIR

**Starting position:** Stand on one leg holding onto a chair/bench.

**Exercise:** Balance on one leg holding the chair for stability with one or both hands. Keep your body weight in the centre of your foot. To increase difficulty – try closing your eyes for a short period or reduce chair support. **Hold for 5-10 sec then change legs. Repeat 3x each leg.**



### WALKING ON TOES USING SUPPORT

**Starting position:** Standing next to a stable support (e.g. a bench).

**Exercise:** Raise onto the balls of your feet, walk forward 5-6 steps, using a bench for balance if necessary. Then turn around and repeat. Maintain a steady and controlled pace. **Rest, then repeat x 3-5 times.**



### CLOCK STEPS CONTROLLED

**Starting position:** Standing with feet hip-width apart. Have a stable bench or table close if needed.

**Exercise:** Imagine you are standing in the middle of a clock. Forward is 12, 90 degrees to the right is 3 and back is 6. Step with your right foot to 12, 3 and 6 on the clock, return to the centre each time. Then repeat with your left foot but to 12, 9 and 6 on the clock. Keep your step length to a comfortable and achievable distance. **Repeat 2-3x each leg. Progress to 2 sets.**



### STEP LUNGES HALF RANGE OF MOTION

**Starting position:** Standing with feet hip width apart. Have a stable bench or table close if needed.

**Exercise:** Take a step and lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to a **MAXIMUM of 45 degrees and SHORT OF PAIN.** Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Pause and return the standing position. **Repeat 5x each leg. Progress from 1 set to 3 sets as able.**

## MOVEMENT



### MARCHING WITH ARM SWINGS

**Starting position:** Standing with your feet comfortably at shoulder distance apart. Have a chair or bench close if you have balance issues.

**Exercise:** Begin marching on the spot, lifting your knees to a comfortable height and letting your arms swing freely. Aim to put your feet down softly and do not let your knees buckle in. The movement should be comfortable. **Start with 10sec, rest for 10sec and repeat 3x. Progress to 20-30sec as able.**



### SIDE STEPS WITH ARM SWINGS

**Starting position:** Standing with feet hip width apart. Have a stable bench or table close if needed.

**Exercise:** Take a step to the side slowly at an even pace. As you step, allow your arms to move freely in front of your body to encourage shoulder and trunk movement. Pause and return the standing position with your arms swing in the direction you are moving to. **Repeat 3x each side. Progress from 1 set to 3 sets as able.**



### HIP ROTATIONS GENTLE TWISTS

**Starting position:** Standing with feet hip width apart. Have a stable bench or table close if needed.

**Exercise:** Place your hands on your hips and slightly bend your knees. Make gentle circles with your hips and waist similar to using a Hoola Hoop. Start with small circles and make larger as comfortable. **Start with 5 in one direction and then reverse. Repeat x 3.**



### TRUNK ROTATIONS UPPER BODY SWINGS

**Starting position:** Standing with feet hip width apart. Have a stable bench or table close if needed.

**Exercise:** Have your arms relaxed in front of your body. With relaxed hips and knees, slowly twist from side to side letting your arms move freely. **Perform for 10sec progressing to 20sec as able. Start with 1 set and progress to 3 sets as able.**