



Talent Identification Pre Pool Land Programme

4 X 100 skips R30 between sets

3x20 Double Arm Rotations (Fwd, Rev, Alt)

2x20 Over/Under Arm Swings

2x20 Fig. of 8 Arm swings (One Set Each Arm)

2x20 Claps in front and behind (One Set Each Arm)

2x20 Ski Swings (2nd Set Full leg Movement)

1x20 Hip Rotations (10 Clockwise, 10 Anti-Clockwise)

6x20 Leg Flexors (One set each leg, Kick Backs, Pendulum, Pull through)

1x30 Jumps (as 6x5 with each 5 as 4 small and 1 exaggerated, Continuous)

Talent Identification Post Pool Stretching Programme

- static stretching – no bouncing – hold for 15 – 30 seconds
 - 1) Quad stretch – standing holding right foot
 - 2) Quad stretch – standing holding left foot
 - 3) Kneeling on ground -
 - a) both knees up
 - b) right knee up only
 - c) left knee up only
 - 4) Hamstring stretch
 - a) feet apart with legs straight – touch elbows to ground – touch nose to right knee – touch nose to left knee
 - b) hurdler stretch – right leg – left leg
 - 5) Calf stretch – hands on the wall
 - 6) Shoulder stretch
 - a) pectoral stretch – right arm – left arm
 - b) streamline – either with partner or on your own
 - c) back of hands on your face with elbows up – partner squeezes elbows up slowly
 - d) back of hands on hips – partner squeezes elbows towards each other