



Performance Training and Physical Therapy

Sport: Football & Rugby

Category	Exercise	Sets x Reps	Rest
Flexibility & Mobility			
5-7minutes	Foam Rolling: Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Pecs 4. Glute complex 5. Hamstring 6. Calves 7. Quad/Lateral 8. Hip flexor 9. Adductors	1 set/ side - :30-60/side	
3-5 minutes	Stretching: 1. Pigeon 2. Wall- Quad/HipFlexor/Hamstring 3. Half kneeling SK adductor stretch 4. Calves on slant board	1 set/ side - :30-60/side	
Dynamic Warm-Up			
5-7 min	Movement Prep: 1. Iron cross - 5/s 2. Hip circles - forwards/backwards - 10/s 3. Quad pull RDL reach and shoot the moon - 5/s 4. World Greatest - 5/s Sprint/Run Mechanic Warm-up: 1. Forward jog 2. Back pedal 3. Forward skip 4. Backward skip 5. Quick feet in place 6. High Knees 7. Butt Kicks 8. Lateral shuffle w/ rotation 9. High Knee carioca 10. Askip 11. Bskip	1 x 15-20yds	
SPARQ			
2 sets = 12 min training session 3 sets = 15 min training session 4 sets = 20 min training session	Depth drop to box jump	2 x 5-8	30-60s
	Hip Turns	4x	15s
	Resisted Sprints - Sled	4x	30s
	T-Drills (4 cones; top 3 are 5yds apart, the center cone and starting cone are 10yds apart)	4x	30s
Cool Down			
5-7min	Foam Rolling and static stretching from Warm Up		
Disclaimer			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			