

# PRE-SEASON

## TOP 10 TRAINING TIPS



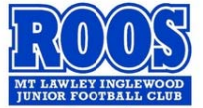
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### SKILLS

# 1

Australian football is a skill based game. Practise kicking, marking and handpassing as your priorities.

### EAT WELL

# 6

Balanced, healthy eating from all five food groups is vital. Go for 2 fruit and 5 veg and watch how much sugar you eat and drink.

### RUNNING

# 2

A mix of longer runs and short sprints will equip you for game day. Avoid running on hard surfaces and cap running sessions at three per week.

### HYDRATE

# 7

Drinking 2 litres of water every day plus 250mls for every 30 minutes of exercise is recommended.

### STRENGTH

# 3

No need for gym memberships. You can build your strength by using your own body weight in push-ups, chin-ups, squats and lunges

### REST & RECOVER

# 8

Resting, regenerating and replenishing your body will assist recovery.

### CROSS TRAINING

# 4

Summer sports help build fitness, reduce the risk of overtraining and develop complementary skills. Try swimming, tennis, cycling, basketball or water polo.

### VARIETY

# 9

Avoid boredom by changing intensity, volume, duration, venue and time you train.

### WARM UP COOL DOWN

# 5

A good warm up will reduce risk of injury while a thorough cool down will enhance your recovery.

### FUN

# 10

Enjoy your football and training. Maybe kick the footy or train with a friend to keep it fun!

At the ROOS, we love our football and want you to love it, too. We believe the more involved you can be in a game the more you will enjoy it, and so we wanted to share with you some pointers for being fit and sufficiently prepared to play and perform at your best. We won't be running skin fold or beep tests, or worse, 2km time trials, when you arrive at our club for your first training session. Our focus is on continuing to build a community football club that offers a safe and friendly environment, on and off the playing field, that will enable you to improve your football skills and fitness while having a lot of fun. We can't wait for you to join us!

