

\* Pre-habilitation exercises

\*\* One-leg sit to stand. 3 \* 12 on each leg, 30-45 seconds rest

\*\* Lunges. 3 \* 12 on each leg, a 30-45 seconds rest. Ensure 90 degree angle for both knees, chest up, shoulders above hips.

\*\* One leg squats. 3 \* 8 on each leg, 30-45 seconds rest. Up the number of reps when you feel comfortable.

\*\* Hamstring waist pivot (on one leg, bring the other up so thigh is parallel with the floor, same arm up so bicep is parallel with the floor, forearm pointing to the sky. Bending at the waist, straighten the raised leg behind you whilst the arm on the same side is extended towards the floor. Ideally you should get that arm parallel to the other leg, with back & raised leg parallel to the floor). 3 \* 10 on each leg, 30-45 seconds rest. Start with slow movements concentrating on form, work up to quite dynamic movements.

\*\* Rotator cuff. Ideally with a theraband: attach it to a doorknob, keep the door shut with your shoulder. Stretch the theraband to the point of tension (feed more through your hand if necessary) with a 90 degree bend of the elbow, with forearm parallel to the floor & upper arm by side). Rotate at the elbow, keeping it pinned to your side, as the fist holding the theraband moves away from the body. Turn round & do the opposite, pulling a taut band towards your body. Similarly for a band hooked over a door, starting with upper arm parallel to the floor, pointing out to the side away from your body (like 'that way to the beach', but with your fist facing forwards), forearm rotating down towards the floor until both upper arm & forearm are parallel to it. Always with 90 degree angle at the elbow. 3 \* 12, 30-45 seconds rest.

\*\* One leg shoulder rotate (stand on one leg, raise up onto your toes like a calf stretch. Arms out to the side parallel to the floor, then bring one arm across your body to touch the opposite elbow. Then the other arm. Then rotate at the waist, keeping arms out, to twist as far round to one side & back to the other. All the time, up on your toes). Try to do the whole thing 4 times on each leg (I had to really work up to this, and still don't get it right first time)

\*\* Glute med (lie on side, head on one arm, with legs bent 30 degrees at waist, about 120 at knees. Lift top leg, tense glute for second, lower). 3 \* 10 on each leg, 30-45 seconds rest.

\*\* Stretching. Looking particularly at your hip flexors, groin, shoulders, back & ITB (from base of glute to knee). Hamstrings are worth keeping flexible, but they're over-emphasised generally in my opinion. Ask if you don't know what stretches to do.

\*Later/optional

\*\* Squat jumps. 3 \* 10, 30-45 seconds rest. Up the reps when comfortable.

\*\* Hexagonal hops (mark out/imagine a hexagon. Start on one point, then hop arbitrarily to the other five, mixing it up with the occasional 180 degree spin en route. Be sure to land softly on each time, bending at ankle & knees). 4 times on each leg.

\*\* Sidestep hops. Ideally you'd have two small rings about 40 cm in diameter for this, and place them about 30cm apart, but you can use 4 markers (water bottles, sticks) to mark the edges out. Stand on the left of the two rings, on your left leg. Push off with your left leg, and land on the right leg (landing gently) in the far ring. Push back with the right leg, landing on the left leg in the left ring, and push back again with the left leg to land on the right leg outside the right ring. Reverse the process to get back to standing on your left leg on the outside of the two rings. This is one rep. Start slowly, then build up your speed, and as it gets easier, move the rings further apart. 3 \* 8, 30-45 seconds rest.

#### \* Throwing Skills

##### \*\* Lead pass to box

Part of the throwing challenge we've done at least once: set up a 4m square box, then have a partner stand about 8-10m away from it, aligned with the right hand face, as you stand 2m to their left, facing the box. Throw a lead pass backhand for them to catch in the box: they'll turn, send it back to you & start cutting to your left. Feed them a gut pass that they pop back to you as they get level with you, and then turn to receive a forehand lead pass from you. This is one rep. Complete 10 passes (5 backhand, 5 forehand) before swapping roles.

##### \*\* Huck return to box

Similar to the above, but bigger, with two return catches on the way underneath for the runner. Ideally, you'd have enough space to mirror the drill, so the thrower follows their pass at a jog as the receiver runs it down, the receiver turns to make a gut pass, and at this point the roles flip: the initial receiver becomes the thrower receiving a 'Saville' pop pass and the initial thrower turns to go deep.

##### \*\* Quick hands

No more than 4m apart, 20 catch & release each.

##### \*\* Turn to quick catch

2-3m apart, back to the thrower. Thrower releases disc, shouts 'Up'. Catcher jumps round on toes and goes for the disc with two hands if possible. As you get used to it, vary the speed of throw, where it's thrown, and how early you call Up.

##### \*\* On-toes catch

Again, close in drill. Thrower moves disc around, facing little toss passes or flicks, getting receiver on toes or off balance, then releases at a stretch distance.

##### \*\* Reset fakes

One element of the off-line drill, and as much communication as individual throwing. Thrower makes big fake up line, turns infield & breaks imaginary force to a reset handler who's made the appropriate fake towards/up the line, then back in field to start giving disc some

width.

\*\* Break-force disc golf putting

Pretty much says it. Find yourself a tree, put yourself about 15-20 metres away, and have your partner put on what they feel is a challenging force as you try to move them around & break them. Keep track of breaks/point blocks between you & hand out punishment exercises 5 \* difference (i.e. if Aussie & I did this exercise, over 10 throws each, I reckon he'll point block me once, I'll break him 5 times, the other 4 will either be so far round to the break side that I have to throw the i/o to keep him honest. He'll take 3 points for the block, I'll take 5 \* 2 for the breaks, and bitch at him for not doing the drill properly on the i/o. If I put on 10 honest forces, and he only breaks me 4 times, I'd end up 1 point down because of the point block, and he suggests 5 burpees)