

## Summary of Components of PEP Programme

### 1. Warm-up

A. Jog line to line	30 sec
B. Shuttle run (side to side)	30 sec
C. Backward running	30 sec

### 2. Strengthening

A. Walking lunges	1 min
B. Russian hamstring	1 min
C. Single toe-raises	1 min

### 3. Plyometrics

A. Lateral hops	30 sec
B. Forward/backward hops	30 sec
C. Single leg hops	30 sec
D. Vertical jumps	30 sec
E. Scissors jump	30 sec

### 4. Agilities

A. Forward run with 3 step deceleration	1min
B. Diagonal runs	1min
C. Bounding run	1 min

### 5. Stretching (can be done at end of training/match)

A. Calf stretch	30 s × 2 reps each
B. Quadricep stretch	30 s × 2 reps each
C. Figure 4 hamstring stretch	30 s × 2 reps each
D. Inner thigh stretch	30 s × 2 reps each
E. Hip flexor stretch	30 s × 2 reps each