



The Greenhill Practice

Stratford upon Avon RUFC U15 Squad

BUILDING FORWARD POWER

- The following exercises are designed to increase both power and explosive strength in the neck and shoulders by utilising home equipment as opposed to gym equipment.
- If you have injured your neck or shoulders previously please start cautiously and build up to a greater number of repetitions gradually over a two week period.
- It is normal to have some delayed onset muscle stiffness(DOMS) the following day. If you are brave this can be reduced by taking a cold shower following the exercise set.
- You may need to purchase a chin up bar(£10-£20) and use small weights or large (unopened)cartoons of juice to add extra resistance to some of the exercises.
- If you begin to experience excessive discomfort in either the neck or shoulder stop and seek advice
- Do not engage in more sets than the number suggested, but you may increase the repetitions as you improve.
- All exercises should be performed in a sensible and controlled fashion maintaining good body alignment and posture at all times.
- I will place some video footage of the exercises on YouTube and send you the links.
- As an additional strength enhancer I would also suggest that every forward purchase a powerball(hand gyroscope) from ebay or amazon(about £7-£15) and get into the habit of using it regularly. You can gain a 30% increase in forearm and grip strength in as little as 6 weeks of regular use.
- If you complete these exercises diligently you will dramatically improve your neck and shoulder power ready for an exciting new season as U16's

P.S I will be doing the exercises as well!

Kind regards

Laurence



Preliminary warm up

Instructions

Preparation & Execution

For each exercise, keep your neck straight and look straight ahead.

- **To exercise muscles at the right side of the neck**, put your right hand against the right side of your head above your ear. As you press against the side of your head with your hand, also press your head back against your hand. You should feel the muscles at the side of your neck tighten, but your head should not move to either side. Press firmly, but not quite as hard as you can. Hold for about 6 seconds, rest for up to 10 seconds, then repeat.
- **To exercise muscles at the left side of the neck**, do the same steps as in the exercise above, but press your left hand against the left side of your head.

To exercise muscles at the back of the neck and upper back, lace your fingers or put one hand over the other and place your hands at the back of your head. Press your hands against your head at the same time you press your head straight back against your hands. Press firmly, but not quite as hard as you can. Do not tip your head back. Hold for about 6 seconds, rest for up to 10 seconds, then repeat.



- **To exercise muscles at the front of the neck**, put the heels of both hands against your forehead just above your eyebrows. Press your hands against your forehead at the same time you press your head against your hands. Press firmly, but not quite as hard as you can. Do not tip your head forward. Hold for about 6 seconds, rest for up to 10 seconds, then repeat.

1 set = 5 repetitions of each
Perform 2-3 sets daily



Sitting Neck Extension Exercise

Instructions

Preparation

Place folded towel on weight plate(1-2kg) or carton of juice. Sit bent over on thighs. Place weight and towel on the back of head. Support and balance weight with both hands.

Execution

Move head up by hyperextending neck. Return by bending neck down until chin touches upper chest. Repeat.



1 set = 5-10 repetitions
Perform 2-3 sets daily



Neck Flexion Exercise

Instructions

Preparation

Place folded towel on weight plate(1-2kg) or carton. Lie flat on bench or bed, with head hanging off. Place weight and towel on the forehead. Support and balance weight with both hands throughout movement.



1 set = 5-10 repetitions
Perform 2-3 sets daily

Execution

Move head up by flexing neck until chin touches upper chest. Return by hyperextending neck and repeat.



Lateral Neck Flexion

Instructions

Preparation

Place folded towel on weight plate. Lie on bench on side with knees and hips bent and arm hanging over edge. Position weight(1-2kg) and towel(or use Carton of juice) on side of head. Hold weight on side of head with hand of upper arm. Place hand of lower arm on floor for support.

Execution

Move head up to side by laterally flexing neck. Lower head to opposite side and repeat. Lie on other side and continue.



1 set = 5-10 repetitions
Perform 2-3 sets daily



Depth Push Up

Instructions

Preparation

Lie on floor face down between two mats or low platforms. Position hands on floor between platforms. With toes on the floor push body up with arms extended and body straight.

Execution

Lower body to floor and immediately push body up as fast as possible. As the hands leave the ground rapidly place hands on platforms to the sides, catching body before it falls.

Comments

Keep hips and waist straight. Increase height of mats or platforms as ability improves. Place toes on elevated platform to vary angle of exercise. If exercise is too difficult, pivot off of knees instead of toes by flexing knees.



1 set = 5-10 repetitions

Perform 2-3 sets daily



Clap Push up

Instructions

Preparation

Lie on floor face down and position hands on floor. With toes on the floor push body up with arms extended and body straight.



Execution

Lower body to floor and immediately push body up as fast as possible. As the hands leave the ground rapidly clap hands together and place back to original position, catching body before it falls. Repeat.

1 set = 5-10 repetitions
Perform 2-3 sets daily

Comments

Keep hips and waist straight. Increase number of repetitions or number of claps between push-ups as ability improves. Place toes on elevated platform to vary angle of exercise. If exercise is too difficult, pivot off of knees instead of toes by flexing knees.



Supine Row

Instructions

Preparation

Lay on back under fixed bar. (cheap adjustable pull-up bars to fix in door way available from Matalan) Grasp bar with a wide overhand grip. (*Place back of heels on elevated surface for extra difficulty.)

Execution

Keeping body straight, pull body up to bar. Return until arms are extended and shoulders are stretched forward. Repeat.

Comments

Fixed bar should be just high enough to allow arm to fully extend. (Placing back of heels on elevated surface is optional).



1 set = 5-10 repetitions
Perform 2-3 sets daily

Pull ups

Instructions

Preparation

Reach up and grasp bar with an wide overhand grip.

Execution

Pull body up until neck reaches the height of the hands. Lower body until arms and shoulders are fully extended. Repeat.



1 set = 5-10 repetitions
Perform 2-3 sets daily