

POWERBOW

JUNIOR SPORTS



**LOW IMPACT
RESISTANCE TRAINING
FOR CONTACT
SPORT**

COACHING MANUAL

Builds:

- Muscle density
- Core stability
- Balance
- Stamina
- Suitable for ages 13 - 16

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POWERBOW JUNIOR SPORTS

Powerbow Junior Sports is a complete training and conditioning system developed specifically for 13-16 year olds training for contact sport.

It is intended for integrated use in existing coaching programs, specifically Rugby, Rugby League, and Soccer/ Football.

Powerbow Junior Sports training techniques and sequence modules satisfy the guidelines of the ARU's Long Term Player Development Pathway (LTPD) Blueprint for appropriate training and athletic development for adolescent Rugby players.

“The beauty of the Powerbow system is its ease of use and field based delivery for player development and recuperation after injury.

It is vitally important that coaches and players consider physical development and preparation as well as technical skill development. We should be looking to produce physically competent athletes that exhibit good agility, balance, coordination, stability and body awareness. We need to consider developing the athlete and then the player.” – Steve Frost. Participation and Recruitment Manager. ARU

The advantage of implementing Powerbow Junior Sports is in taking strength, core stability and agility training onto the field to train the squad specific to player position.



**POWERBOW JUNIOR SPORTS
 COACHING PERFORMANCE PATHWAY**

SEQUENCE	PURPOSE	Individual	Team	OUTCOME
1. Lunge/ Knee Raise	Balance, joint rotation, Quadriceps strength, Hamstring stretch	✓	pairs	Stability in scrum and rucks. Balance in ball recovery
Pendulum Leg	Strengthen abductors, lengthens abductors, opens pelvis/lower back, increases axial strength	✓	pairs	Frees pelvis for faster across body movement. Injury prevention.
Side Lunge	Lengthens abductors, hamstring. Balance enhancement. Quadriceps strength	✓	pairs	Speed and ballistic strength. Increase in rapid body weight transfer.
2. Hip Shaker	Strengthens abdominals, back erectors, quadratus lumborum. Opens hips	✓	✓	Rapid pelvis shift for pivoting & swerving. Injury prevention
Hip Whips	As above	✓	✓	As above
Wall Squat	Strengthens quads', core stability. Stamina	✓	pairs	Conditioning & strength
50m Sprint	Conditioning	✓	✓	Player speed
3. Side Lunge	Increases balance, core stability, ankle strength	✓	pairs	Stepping agility & directional shift, power, ballistic strength.
Edge Press	Balance, abductor & ankle strength. Coordination	✓	✓	Greater outside leg strength for ruck/scrums & lineout.
Edge Roll	Ankle strength, balance control	✓	✓	Joint strength & stability.
4. Knee Lift/ Biceps Curl	Strengthens deltoids, trapezius. Balance & coordination	✓	✓	Balance & ballistic power. Upper body muscle density
5. Lying Power Abs'	Abdominal, lower back & abductor strength	✓	✓	Core stability & strength. Injury Prevention.
Side Crunch/ Side Leg Lift	Abdominals, obliques, quadratus lumborum, lower back, abductors.	✓	✓	As above
Crunches/ Knee & Heel	Abdominals	✓	✓	As above
Bridge/ Knee Press	Abdominals & lower back Core stability	✓	✓	As above
6. Hammer And Saw	Hamstring stretch. Joint rotation Abdominal, back & arm strength.	✓	✓	Muscle strength & density. Injury prevention.
Floor Stretch	Back & hamstring stretch	✓	✓	Injury prevention
Hip Roll	Joint rotation & isolation, abductor strength. Balance improvement.	✓	✓	Strength Injury prevention
Torso Stretch	Core stability, back strength. Flexibility	✓	✓	Axial rotation. Injury prevention.
7. Jockey Squats	Total body conditioning & strength	✓	✓	Develops legs & shoulders. Coordination & lift power.
Shoulder Superset & Pushback	Joint rotation. Muscle strength & density for deltoids, triceps, trapezius	✓	✓	Neck & shoulder strength. Ball handling strength. Injury prevention.
Triceps Pushback	Joint rotation. Muscle strength	✓	✓	Ball handling & passing. Injury prevention.

**POWERBOW JUNIOR SPORTS
COACHING PERFORMANCE PATHWAY**

SEQUENCE	PURPOSE	Individual	Team	OUTCOME
8. Leg Extensions	Quadriceps & hamstring strength	✓	✓	Muscle specific exercise. Strength & development
1 Arm Row	Back & rear deltoid	✓	✓	Injury prevention
Power Abs'	Abdominal strength, coordination, core stability.	✓	✓	As above
Power Curl	Biceps strength	✓	✓	As above
Side Raise	Deltoids & trapezius strength	✓	✓	As above
9. Lat Pulldown	Back strengthening	✓	✓	As above
Triceps Extension	Triceps & back	✓	✓	As above
Back Burner	Rhomboids, erectors	✓	✓	As above
Shoulder Rotaion	Rotator cuff & trapezius	✓	✓	As above



Powerbow Junior Sports provides coaches with a low cost on the field conditioning aid for:-

- ✓ **CARDIOVASCULAR FITNESS**
- ✓ **MUSCLE STRENGTH & ENDURANCE**
- ✓ **BODY COMPOSITION**
- ✓ **FLEXIBILITY**

Your COACHING MANUAL contains 9 specific player and team sequences, with complete muscle charts for each training sequence.

Your SQUAD PACK contains 1 coaching manual, 15 Powerbows, and instructional DVD.

The **Powerbow Junior Sports System** can be implemented at your school or club for less than the cost of one cardio trainer in your gym.

For more information, and to see the effectiveness of Powerbow Junior Sports for yourself please call John Tilden on 0416248071, or email your enquiry to info@powerbow.com.au