

# **POWERBOW**

## **JUNIOR SPORTS**



**LOW IMPACT  
RESISTANCE TRAINING  
FOR CONTACT  
SPORT**

## **COACHING MANUAL**

### **Builds:**

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

**JOHN TILDEN**



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

**POWERBOW JUNIOR SPORTS  
COACHING PERFORMANCE PATHWAY**

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



*“Soccer has 3 major components; fitness, techniques and tactics. If a player is not fit, his technique suffers (especially late in the match). If players are not proficient with their technique, their working on tactics (no matter how simple) is a waste of time. Each component affects the other; there’s no getting around it.*

*All athletes, particularly soccer players, must develop physical fitness long before anything else.”* – from COACHING SOCCER SUCCESSFULLY- 2<sup>nd</sup> Edition. Roy Rees and Cor van der Mer.

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](mailto:info@powerbow.com.au)**

## POWERBOW JUNIOR SPORTS - SOCCER

### GENERAL SKILL REQUIREMENTS.

TECHNIQUE	EXERCISE/ SEQUENCE
Side Volley Shot	Hip Shakers & Whips (S2) Edge Roll & Edge Press (S3) Lying power abs', Side Crunch & Leg Lift (S5) Leg Extensions (S8)
Swerving Shot	Pendulum leg & Side Lunge (S1) Hip Shakers & Whips (S2) Hip Roll & Torso Stretch (S6) Leg Extensions (S8)
Instep Drive Volley	Pendulum Leg & Side Lunge (S1) Hip Roll & Torso Stretch (S6)
Jump Header	Wall Squat (S2) Total Sequence (S3,4,8,9) Jockey Squats (S7)
Dive Header	Total Sequence (S1,3,5,7) Hip Shaker & Whips (S2) Power Abs' (S8)
Close Control Dribbling	Total Sequence (S3,5) Hip Roll (S6) Leg Extensions & Power Abs' (S8)
Speed Dribbling	Total Sequence (S1,3,5) Hip Shaker & Whips (S2) Hip Roll (S6)
Tackling	Total Sequence (S1,3,4,5,9)
Shoulder Charging	Total Sequence (S4,8,9) Hip Shakers & Whips (S2) Shoulder Superset (S7)
Shielding & Receiving	Total Sequence (S3,4,9) Side Lunges (S1)

## POWERBOW JUNIOR SPORTS - SOCCER

### SPECIFIC SKILLS

POSITION	SKILL	SEQUENCE
Forward	Excellent reaction speed, heading, ball control, dribbling, balance.	1,2,3,4,8,9
Attacking Midfielder Wide Midfielder Stoppers	Extremely fit, take & make tackles, Speed & Endurance Speed & Endurance	Body contact, heading, balance, ballistic sprints, quick turns, dribbling.
Marking Backs	Body Contact	3,4,5,6,7,8,9
Sweepers	Speed	1,2,3
Withdrawn Striker	Quick axial turns, acceleration, dribbling & passing.	1,2,3,8
Goal Keeper	Ballistic leap, lunge & dive, throwing, kicking, punching, hand/ eye coordination	1,3,4,5,7,9
Squad Fitness		1,2,5,6 jockey squat 7 8,9

