A randomised-controlled trial comparing two group-based exercise programs (team-sport vs. circuit training) on men’s health – study protocol.

Additional File 2 – Two example sessions from the 12-week team sport program

Image 1 and 2 depict the 2nd session of week #2. The warm-up found in image #1 depicts the standardised warm-up that participants undertake at the beginning of each session throughout the 12-week program. This is the final session of the initial two weeks that focus on re-introducing participants to movement. There is a large emphasis on whole-body movements and on body control/balance (e.g. single leg squat and cone pick-ups). Within this specific example session, movements that will be used within the soon to come games are introduced (e.g. jump and landing technique during a ball up and collecting the ball from the ground will jogging).

Image 3, 4 and 5 depict the 1st session of week #4. This is the second session for the program that is focused on teaching participants the fundamental skills of Australian Rules Football. This session specifically incorporates drills to teach participants kicking and handballing and at a moderate intensity. From week #3 to #12 of the 12-week program, this example session represents the structure of the 1st weekly session, while the 2nd weekly session involves playing a game AFL9s. The drills throughout the weeks progress in skill technical difficulty and physicality.

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Pre-season #3

Weekly focus:
- Continue practicing and familiarising with fundamental movement patterns
- Integrate ball handling into movements
- Ensure participants familiar with all drills and the upcoming sessions

Equipment:
- Resistance bands
- Cones
- Light balls

Warm Up (10-minutes):
- Progressive increase from RPE 8 to 10
  - Aerobic:
    - Walk 200m (half speed), jog (RPE 10) 100m
  - Dynamic:
    - 5a: 10 x 8m sprints – slow controlled
    - 5b: 10 x band pull apart - retract shoulder blades, slight bend in elbow
    - 5a: 10 x glute bridges – squeeze glutes at top
    - 5b: 8 x laying posterior pelvic tilts (flatten back) – very slow controlled movement

AF Exercises (45-minutes) RPE = 12:
- Strength + movement technique
- Balance and neuromotor
- Functional performance

Cool Down (5-minutes):
- Static stretching

Exercises and activities

Field Set-up – conduct training within playing field to familiarise players with the space for future games/skills case comes to set-up field as shown below

Physical Training:

Strength + technique: arranged in circuit
- 1a: Light ski or Sandbag Squat
- 1b: Calf bridge w/ ball squeeze
- 1c: Partnered single leg shallow squat x 6 x/s (above exercises based on timing of this one)
  - Repeat above x 2

Balance and neuromotor:
- Ball up jump and holds x 4
  - 4 people in a group, 2 going for the jump and one either side of the jump to collect capped ball. Practice 4 times and swap roles.
  - Practicing jumps and landing learnt in previous week in game based context (jump ball)
- Cone pick-ups
  - Drilling band movement with cone pickup and place back down (left to right and back)
  - Ensure neutral spine, bend from hips, knee controlled on stance leg
  - Repeat above x 2

Functional Performance:
- Submaximal, run w/ ground ball collection
  - Ball on ground at the mark and run through another six following collection
  - Teaching balls bending and ball collection within the body is moving

To finish, outline of basic rules of the AF games to begin in the following week

Image 1

Image 2

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**Weekly focus:**
- Functional Australian Football (SAFL) development
- Ball control on the move

**Equipment:**
- 10 x footballs
- 10 x 50cm hurdles
- 1 x Set of AF goals
- 30 x ground markers / cones
- 1 x enclosed field

**Warm-Up (10-minutes):**
- Progression increase from RPE 2 to 5
- Aerobic:
  - 2 x 20min (high intensity), jog (RPE 10 to 12, 10min)
- Dynamic:
  - 10 x 10m (squats – slow controlled)
  - 10 x 10m (static pull-up, hammer shoulder bridges, slight bend in elbow)
  - 20 x 10m (ski bridges)
  - 20 x 10m (crunches at leg)
  - 25 x 10m (stationary pelvis roll) (station back – very slow controlled movement)

**AF SKILLS (45-minutes):**
- Two-man handball
- Rectangle kicking
- Triangle group kicking
- Handball game

**Cool Down (5-minutes):**
- Static stretching

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**Football Training Session 2**

**Drill one and two**

**Five-star handball – Close bases and carrying the ball through traffic**

<table>
<thead>
<tr>
<th>Station Size</th>
<th>5 players per station</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Footballs per station</td>
</tr>
<tr>
<td></td>
<td>5 footballs per station</td>
</tr>
<tr>
<td>Required Area</td>
<td>40 x 20m (12m trousers)</td>
</tr>
<tr>
<td>Setup</td>
<td>Set 5 cones per station as per diagram</td>
</tr>
</tbody>
</table>

**Drill three and four**

**Triangle Goal kicking – Practice goal and field kicking**

<table>
<thead>
<tr>
<th>Station Size</th>
<th>5 players per station</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment</td>
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</tr>
<tr>
<td></td>
<td>Footballs per station</td>
</tr>
<tr>
<td></td>
<td>5 footballs per station</td>
</tr>
<tr>
<td>Required Area</td>
<td>30 x 10m (12m trousers)</td>
</tr>
<tr>
<td>Setup</td>
<td>Set 3 cones per station as per diagram</td>
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</table>

**Handball game – Moving the ball, by hand**

<table>
<thead>
<tr>
<th>Station Size</th>
<th>10 x 10 players per station</th>
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</thead>
<tbody>
<tr>
<td>Equipment</td>
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</tr>
<tr>
<td></td>
<td>Footballs per station</td>
</tr>
<tr>
<td></td>
<td>10 footballs per station</td>
</tr>
<tr>
<td>Required Area</td>
<td>40 x 20m (12m trousers)</td>
</tr>
<tr>
<td>Setup</td>
<td>Set up 2 players between Play. 10 cones in a row</td>
</tr>
</tbody>
</table>

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