

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 while 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

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Weekly focus:

- Continue practicing and familiarising with fundamental movement patterns
- Integrate ball handling into movements
- Ensure participants familiar with AFL9s and the upcoming sessions

Equipment:

- Resistance bands
- Cones
- Light KB

Warm Up (10-minutes):

- Progressive increase from RPE 8 to 11
- Aerobic
 - o Walk 200m (half oval), jog (RPE 10) 100m
- Dynamic
 - o 1a: 12 x BW squats – slow controlled
 - o 1b: 10 x band pull apart - retract shoulder blades, slight bend in elbow
 - o 2a: 10 x glute bridges – squeeze glutes at top
 - o 2b: 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

Image 1

Exercises and activities

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



Physical Training:

Strength + technique: arranged in circuit

- 1a: Light KB or Sandbag Squat
- 1b: Glute bridge w/ ball squeeze
- 1c: Partnered single leg shallow squat x 6 e/s (above exercises based on timing of this one)
- Repeat above x 2

Balance and neuromotor:

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

Functional Performance:

- Submaximal run w/ ground ball collection
 - o Ball on ground at 7m mark and run through another 5m following collection
 - o Teaching safe bending and ball collection while the body is moving

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

Image 2

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Football Training Session 2

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Weekly focus:

- Fundamental Australian Football skill development
- Ball control on the move

Equipment:

- 10 x Footballs
- 50m x 100m field
- 1x Set of AF goals
- 20 x ground markers/cones
- 3 x coloured bibs

Warm Up (10-minutes):

- Progressive increase from RPE 8 to 11
- Aerobic
 - o Walk 200m (half oval), jog (RPE 10) 100m
- Dynamic
 - o 1a: 12 x BW squats – slow controlled
 - o 1b: 10 x band pull apart - retract shoulder blades, slight bend in elbow
 - o 2a: 10 x glute bridges – squeeze glutes at top
 - o 2b: 8 x laying posterior pelvic tilts (flatten back) – very slow controlled movement

AF Skills (45-minutes):

- Five-star handball
- Rectangle Kicking
- Triangle goal kicking
- Handball game

Cool Down (5-minutes):

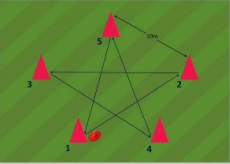
- Static stretching

Image 3

Drill one and two

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Five-star handball – Clean hands and carrying the ball through traffic



Station Size:

- 12 players per station

Equipment and Personnel

- 1 coach for every 3 stations
- 3 footballs per station

Required Area

- 30 m x 20m (3 stations)

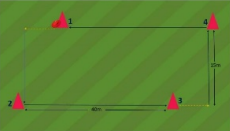
Setup

- Set out 5 cones per station as per diagram
- Begin with one ball. Coaches to have 2-3 additional balls ready to feed in.

Steps:

1. Ball begins at one point of the star. Ball is handballed around the star. Player follows his handball to the following cone
2. Once the group is smoothly progressing around the star, coach feeds in another ball (to a maximum of 3-4 balls per group)
3. When multiple balls are in play, players are encouraged to carry the football past the traffic before handballing to the next group

Rectangle Kicking – Mastering the short field kick



Station Size:

- 12-16 players per station

Equipment and Personnel

- 1 coach for every 2 stations
- 2-3 footballs per station

Required Area

- 20 m x 45m (1 station)

Setup

- Set-up 4 cones creating a 15m x 30m rectangle
- Even number of players on each cone (3-4 per cone)
- 2 balls to start.

Steps:

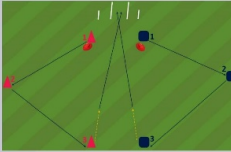
1. Balls start on opposite diagonal corners. Choose a direction to start (clockwise or anticlockwise)
2. Player runs backwards behind the mark before kicking a low, flat ball across the short edge
3. This player marks the ball and plays on to kick down the long edge to the next group. Continue for 5-8 mins
4. Expand size of rectangle to 20 x 50 m. Continue same activity, but with players encouraged to run and carry before kicking.

Image 4

Drill three and four

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Triangle Goal Kicking – Practice goal and field kicking



Station Size:

- 18 players per station

Equipment and Personnel

- 6 cones
- 4-6 footballs
- 1 coach per station

Required Area

- 50 m x 80 m (as per 50m arc on a regulation size oval)

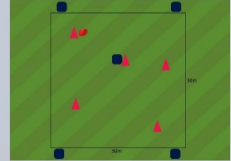
Setup

- 3 cones per triangle set out as per diagram
- Even numbers on all cones
- Balls start with two cones in goal square

Steps:

1. Ball begins with cone in goal square. Player acts as if they are taking a kick out
2. Ball is kicked long to the 'junction' (cone near the outside boundary)
3. Player marks the ball, plays on and kicks the ball to the cone in the middle of the ground.
4. This player marks, plays on and kicks a goal
5. Two triangles can run simultaneously. One kick out goes left, one kick out goes right.

Handball game – Moving the ball by hand



Station Size:

- 10 – 12 players per station

Equipment and Personnel

- 1 coach per station

Required Area

- 30m x 30m playing field per station

Setup

- Players are divided into even groups of approx. 6
- Teams are given different colour bibs
- Game begins with 6 attackers and 1 defender

Steps:

1. Attackers move and handball to each other to keep the ball away from the defender and avoid being touched
2. After every 5 successful handballs an extra defender is added
3. Turnover occurs if the defender can make a successful two-handed touch while the attacker has the ball
4. After turnover, teams swap roles and assign a defender to start

Image 5

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