

## PRE-SESSION MOBILITY

- ENDLESS NUMBER OF MOVEMENTS THAT CAN BE DONE FOR MOBILITY
- THE IDEA OF PROGRAM WAS TO CREATE A VERY SHORT, SIMPLE AND MULTI-DISCIPLINE LIST
- APPLICABLE TO ALL UMPIRES REGARDLESS WHETHER BOUNDARY, FIELD OR GOAL
- COMPLETE EACH MOVEMENT IN SEQUENCE AND REPEAT FOR A TOTAL OF 2X SETS OF EACH

2X SETS OF CIRCUIT	
<u>PRONE ANKLE MOBILISATIONS</u>	x10
<u>ADDUCTOR ROCKBACK W Tx ROTATION</u>	x5 EA SIDE
<u>90/90 HIP FLOW</u>	x5 EA SIDE
<u>PRONE 'CUFFS'</u>	x5 EA WAY
<u>SUPINE SCORPIONS</u>	x5 EA WAY