



RETURN TO PLAY

WELLBEING RESOURCES

VOLUME 3

The final Volume of Return to Play resources will include tips and strategies to help you maximise your potential and give you the best opportunity to return to play effectively.

The activities and information provided are to enhance both your body and your mind and keep you performing at your best.

BODY:

Nutrition- A Guide to protein rich meals & Salmon recipe

Training session- Fitness & Speed

MIND:

Wellbeing- Controlled breathing exercise





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Nutrition

A GUIDE TO PROTEIN RICH FOODS

NSWRL Dietician Peta Carige with Sports Dieticians Australia.

Protein-rich meals for muscle health

A guide to spreading your protein intake across the day for muscle health.



Why do we need protein?

1. Protein and physical activity work together to maintain muscle health



Physical activity stimulates the muscles and protein-rich foods provide building blocks for growth and repair.



Physical activity, such as strength, balance and aerobic exercise, each provide different benefits important for muscle function.



Muscle health is also important for heart, immune and bone health.

2. Protein-rich foods make satisfying and nutritious meals making every bite count. This is useful for:



People with small appetites e.g. fussy kids, elderly, injured or unwell.

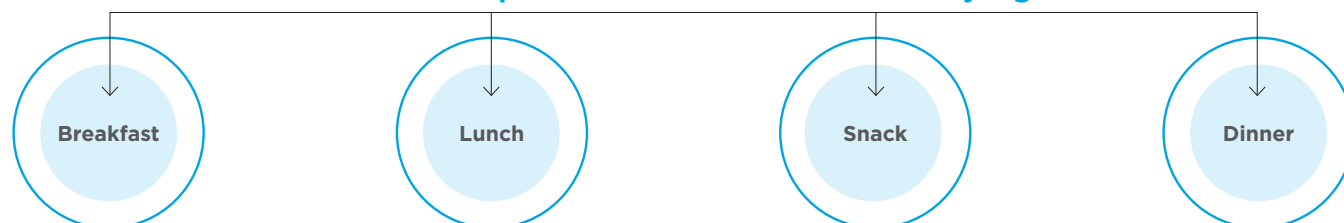


Achieving and maintaining a healthy weight, together with regular physical activity.

Why is protein important at every meal?

Having protein at every meal across the day makes it easier for the body to use protein and optimise the benefits gained from physical activity.

Have 3 to 4 protein-rich meals across the day e.g.



Which protein food is best?

Protein foods also provide essential nutrients important for good health. Choosing a variety of different proteins is an easy way to get enough of these nutrients.



Lean red meat
every second day
for iron & zinc



Dairy
3 to 4 serves per day
for calcium



Fish
twice a week for
omega-3



Legumes
twice a week for
dietary fibre



Eggs & Poultry
on other days

See next page for Portion Size Guide →

Green Salmon & Udon Noodle Salad

Ingredients (serves 2)

- 2 x salmon fillets
- 1 cup broccoli stems
- 1 handful kale
- 1 packet 250 grams noodles, Soba or Egg
- 200 grams feta crumbled
- 4 tablespoons olive oil
- 2 tbsp soy sauce
- Sesame seeds, optional
- 1 bag frozen edamame beans



Method

1. Chop broccoli and kale into small pieces
2. Cook noodles as per packet instructions and keep warm
3. While the noodles are cooking, heat fry pan with olive oil and stir-fry the broccoli for 3 minutes, then add the kale and cook for a further 2 minutes
4. Microwave edamame in bowl of water until cooked
4. Add noodles and edamame to the pan of broccoli and kale. Add the soy sauce and another 2 tbsp of olive oil and mix through
5. Cook salmon fillets in a separate skillet to your liking
6. Serve noodle salad with crumbled feta and seeds with Salmon fillets on top



Peta Carige - Sports Dietitian



NSWRL OPEN AGE:

INDIVIDUAL PLAYER SUPPORT

'RL FITNESS BASED WORK'



Social distancing 1.5m



Stay at home if you're sick



Wash your hands regularly and cover cough and sneeze

FITNESS & SPEED TRAINING SESSIONS

NSWRL Player Development Manager- Colin Sanctuary



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SESSION CHECKER AND TRAINING LOAD MONITORING

The details which follow are 7 RL specific fitness sessions.
Distances and times are outlined to aid the level of intensity.

INCLUDED WITHIN THE PLAN:

- * Training Load recording sheet (Duration and RPE)
- * RL based fitness, speed, movement, single leg and hand eye work
- * Either follow the diagram or click on the exercise heading in the schedule to be taken to a video on how to complete the work
- * There is commentary on the key points on each video
- * Please contact Colin Sanctuary on csanctuary@nswrl.com.au if you have any questions
- * Good Luck!

Session Number	Date	Session Type (Strength, Running etc)	Duration (Min)	RPE	Training Load (Duration x RPE)		RPE Guide
1	23/04/2020	Option 1	41	7	287	1	Very, very easy
1	25/04/2020	Option 4	40	8	320	2	Easy
						3	Moderate
						4	Somewhat hard
						5	Hard
						6	*
						7	Very hard
						8	*
						9	*
						10	Maximal



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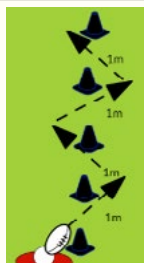
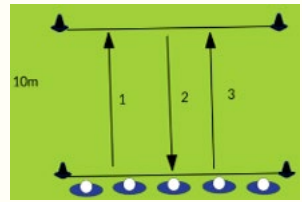


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OPTION 1 (41min)

1	HAND EYE WORK	EXERCISE/VIDEO LINK
1a (3min)	One handed juggle with two tennis balls	One Handed Juggle
1b (4min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.	
2	WARM UP	EXERCISE/VIDEO LINK
	(1) Walking Lunges over 10m (Carry ball with appropriate grip throughout); Return to start with carioca x 2	
2a (4min)	(2) A-Skips over 15m into Butt kicks on return x 2 (3) 4 steps easy 4 steps fast over 15m into skips for height on return x 2 (4) Lateral push over 15m into skips for height on return (Work right and left shoulder lead) x 2	
2b (2min)	Single Leg Supine Bridge and Hold x 8 each side (5sec hold)	Single Leg Supine Bridge and Hold
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	Counter Movement Jump and Single Leg Land
3	FOOTWORK	EXERCISE/VIDEO LINK
3a (3min)	Set up 5 poles/cones; Footwork around the poles/cones alternating the one handed grip on the ball	
3b (3min)	S-Runs: Over a 20m distance set out an 'S' shaped course. Alternate sides and sprint on either side of the 'line' of the 'S'. Walk back recovery x 4 efforts	
4	FITNESS	EXERCISE/VIDEO LINK
4a (4min)	Play The Ball Efforts (1min; 1min x 3). How many PTB can you complete in 1min.	Play The Ball (1min Effort)
4b (5min)	5sec for the work: Run 10m, onto front on the 10m, return to start (3 Sets x 6 Reps)	10m Out and Back
4c (6min)	10m Line Speed: Run 10m, turn, run 10m, turn, run 10m. All is 6sec. Rest 9sec - Rpt (3 Sets x 4 Reps)	10m Line Speed (Run 3) 



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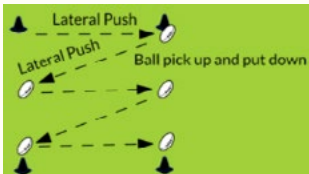
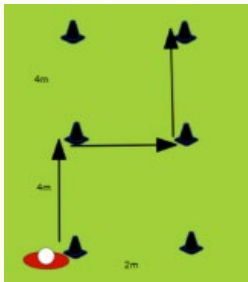
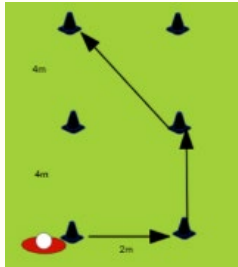


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OPTION 2 (40min)

1	HAND EYE WORK	EXERCISE/VIDEO LINK
1a (2min)	Lateral Push into Grip and Pick Up; Lateral movement to ball, pick up (thumb around ball) and then put back down; Lateral push to next ball etc	
1b (4min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.	
2	WARM UP	EXERCISE/VIDEO LINK
2a (4min)	(1) Walking Lunges over 10m (Carry ball with appropriate grip throughout); Return to start with carioca x 2 (2) A-Skips over 15m into Butt kicks on return x 2 (3) 4 steps easy 4 steps fast over 15m into skips for height on return x 2 (4) Lateral push over 15m into skips for height on return (Work right and left shoulder lead) x 2	
2b (2min)	Single Leg Supine Bridge and Hold x 8 each side (5sec hold)	Single Leg Glute Raise on Box
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	Scissor Lunge
3	FOOTWORK	EXERCISE/VIDEO LINK
3a (4min)	Dice Drill - Accelerate 4m, Lateral push for 2m, Accelerate 4m x 6 (3 from each side of the grid)	Dice Drill - Accel; Lat; Accel 
3b (4min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m x 6 (3 from each side of the grid)	Dice Drill - Lat; Accel; Cut 
4	FITNESS	EXERCISE/VIDEO LINK
4a (4min)	Play The Ball Efforts (1min; 1min x 3). How many PTB can you complete in 1min.	Play The Ball (1min Effort)
4b (10min)	15sec for the work: Run 10m, onto front on the 10m, return to start, run 20m, onto front, return to start (3 Sets x 4 Reps)	10m/20m
4c (4min)	Play The Ball Efforts (1min; 1min x 3). How many PTB can you complete in 1min.	Play The Ball (1min Effort)



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Wellbeing- Controlled Breathing to help in times of stress

NSWRL Wellbeing & Education Manager Holly Fuda

CONTROLLED BREATHING

As well as engaging in regular exercise, another way of controlling your physical symptoms of stress is to regularly use controlled breathing.

Controlled breathing can be useful to reduce the symptoms caused by the fight-or-flight response as discussed by Steve in Volume 1. Once you get good at controlled breathing, you can use it when you notice you are starting to feel stressed.

It is important to practise, practise and practise controlled breathing– and then practise some more!

At first you may need to find a quiet, relaxing place to do this skill. Then, with practice, it becomes easier and you can use it whenever and wherever you need to.

It's important to remember that it takes time to master this skill, so don't give up! The more you practise this skill, the better you'll get.

CONTROLLED BREATHING: HOW-TO GUIDE

STEP 1: A normal resting breathing rate is 10 – 12 breaths per minute. What is yours now? Use a watch with a second hand (or a timer) and count the number of breaths you take over one minute.

Write it here: _____ breaths per minute

STEP 2: Sit comfortably in a chair. Use a something to time yourself. Breathe in and out gently through your nose. Rest your hands on your tummy to check that you are using your stomach muscles (and therefore, your diaphragm) to drive your breathing rather than your upper chest.

Only the hand on your abdomen should rise; not the one on your chest.



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STEP 3: Now, do the following exercise:

Breathe in for 3 seconds

Breathe out for 3 seconds

As you breathe out, relax your body (some people find it helpful to say the word 'relax' to themselves).

Do this for 3 minutes and notice the difference in your tension or anxiety.

Try counting your breathing rate for one minute before and after the exercise.
Does the rate drop afterwards?

Write it here:

_____ breaths per minute (after the exercise)