

EFL Game Preparation Protocol

R.A.M.P Protocol	Exercise	Distance/Dosage
Raise	FWD/BWD Running	15 m x 1
	Side Shuffle	15 m x 1 Each Way
	Grapevine	15 m x 1 Each Way
	High Knees	15 m x 1
	Butt Kicks	15 m x 1
	Arabesques	15 m x 1
	Lunge with Twist	15 m x 1
	Hamstring Scoops	15 m x 1
	Open/Shut the Gates	15 m x 1 Each Way
	A-Skips	15 m x 1
	Squat Jumps	15 m x 1
	45° Runs	15 m x 1 Each Way
	High Knee Jumps	15 m x 1
Activate	Glute Bridge with Band	10 x 1
	Clams with Band	10 x 1 Each Way
	Resisted Rotations	8 x 1 Each Way
	Hip Flex with Bands	8 x 1 Each Way
	Crab Walks with Band	8 x 1 Each Way
	Hamstring Bridge with Band	8 x 1
	Monster Walks with Band	8 x 1 Each Way
Mobilise	Knee Rotations Feet Planted	4 x 1 Each Way
	Knee Rotations Feet Up	4 x 1 Each Way
	Side Lunge	6 x 1 Each Way
	Prayer Squat	15 Second Hold
	World's Greatest Stretch	5 x 1 Each Way
	Supine Glute Stretch	4 x 1 Each Way
	Windmills	6 x 1 Each Way
Potentiate	Reactive Sprints	15 m x 1 Each Direction
	Pogo's into Sprints	15 m x 1 Each Direction
	Reactive Agility	15 m x 1 Each Direction