

# PRE-GAME WARM UP

EXERCISES	TOOLS	REPS	DESCRIPTION
<b>Option 1</b>	<b>Ladder</b>		
Both feet jumps	Ladder	Each Square	Bring knees up and soft landing on toes each square
Left leg jumps	“	“	Soft landing on foot in each square
Right leg jumps	“	“	“ “ “ “ “ “ “
Squats In & Out			Squat outward and return both legs into squares
Alt foot In & Out			Start sideways and alternate foot in each square
Cross Over			Cross outside leg into square side-to-side
10 toe taps			Quick toe taps in each square
Left and right leg swings	Wall	15 ea. leg	Both hand on wall and swing one leg side to side and repeat with the other leg
Squats	Floor	25	Both feet wide apart and squat up and down
<b>Stretching</b>			
Single leg side push	Floor	30 sec	Press one leg sideways back and forth
Standing wide knees adductor	“	30 sec	Leg wide apart, bend knees, lean forward and use hands to push knees outwards
Standing toe-pointed hamstring stretch	“	30 Sec	Stand one knee bent other leg straight in front. Point toes towards ground and lean forward. Keep back straight and rest hands on bent knee.
Standing knee-to-chest	“	30 sec each leg	Using your hands bring one knee into chest and hold
Single leg swing	“	20 each leg	Facing a wall, place hands on wall and swing one leg side-to-side
Squatting leg-out adductor	“	30 sec each leg	Extend one leg to the side toes pointing forward while bending the other leg. Lower groin towards the ground and hold
Standing reach down hamstring	“	30 sec	Feet shoulder width apart, bend forward and reach towards the ground with your hands
<b>Option 2</b>	<b>Outdoors</b>		
Running on the spot	Pavement	1 minute	Bring knees up and quick feet
Distance running	Pavement	3 minutes	After each minute sprint for 15 seconds
Sprint	Pavement	3 X 50M	Rest 15 seconds after each sprint
Forward Lunges	Pavement	20	Ensure the front knee never overlap the toes
Backward Lunges		20	Push back with the ball of your feet

<b>Stretching</b>			
Same as option 1			
<b>Option 3</b>	<b>Skipping</b>		
Warm-up	Floor	1 min	Start skipping at slow pace
Steady		3 min	Accelerate speed every 50 skips
Cool-down		1 min	Return to slower pace
Left leg swing		15	Both hand on wall and swing leg side to side
Right leg swing		15	Both hand on wall and swing leg side to side
Squats		25	Both feet wide apart and squat up and down
<b>Stretching</b>			
Same as option 1			
<b>Option 4</b>	In/Outdoors		
Jumping Jacks	Floor	10/20	Standing and spread legs wide as you jump while moving arms up and down
Forward Lunges	“	15/20	Single leg reach forward and flex down keeping the body straight. Alternate leg
Backward Lunges	“	15/20	Single leg reach backward and flex down keeping the body straight. Alternate leg
Explosive Jumps	“	10	Jump and bring knees close to the chest with soft landing
Active Lunges with squat	“	10	Rapid lunges front and back with a squat and repeat
One legged deadlift	“	5 each leg	Ground one foot and lift the other leg backward while lowering the chest down and slowly return to the start and repeat
50 M sprints	“	3	Run as fast as possible and walk for 15 seconds and repeat
Side shuffle	“	20 steps	Shuffle sideways to the left and then repeat to the right
Heel taps	“	45 sec	Run slowly hitting your bump with your heels
Plie squats	“	20	Feet shoulder width apart, stack both arms chest high. Squat down and twist to one side as far as you can, return to the centre, press up and repeat on the other side
<b>Streething</b>			
Same as option 1			