

Principles of warm up.

Purpose of a warm up:

To prepare all the body's systems for performance at top efficiency.
Physical Motor and Psychological motor must both be prepared together.

Goals of warm up:

Improved Elasticity of muscles
Shorter reaction time
Improved perception
Better concentration
Improved coordination
Regulation of emotional states

General points:

Changes occur when body temperature is increased by muscular effort.
Intensity should be go from Low to high and then back to low just before the start of the game, this will then get the best out of the players and have them prepared.

Beware – static stretches reduce maximal strength and impair the activity of the tendon reflexes

Colder temperatures require a longer warm up

Warm up should be game related.

Dynamic Stretching:

Stretch at the end of Activity 2.

Take about 7 minutes to stretch here. During the time the players are stretching you can:

Start to address the game and things that you would like to see happen during the game, discuss briefly as the players stretch.

- 1) Front Leg kicks – touch opposite hand – full extension (10 each leg)
- 2) Partner – forward leg swings, face opposite direction (10 each leg)
- 3) Partner – side to side leg swings. (10 each leg)
- 4) Hip rotation –Change direction (20 seconds x 2)
- 5) Groin – up and out (10 each leg)
- 6) Groin – out and in (10 each leg)
- 7) Lunges (10 each leg)