

THE ULTIMATE TEAM WARM UP ADOLESCENCE



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"The days of running a lap of the field and doing "summa these" static stretches are long gone. If your still doing this as your warm up to prepare for sports training you are leaving a lot on the table. Don't waste your warm up time, use it as an opportunity to prepare for training and micro-dose athletic movements."

- Ryan Gaias



WHAT IS A WARM UP?

The warm up is perhaps the most underutilised tool in sport as it is one of the few rituals where we can dedicate 10-15 minutes of purposeful movement. The warm up isn't just about getting "warm", although improve blood supply is an important factor, it is primarily about preparing your tissues for the demands of sport.

Practically, a structured warm up is a mini version of a strength and conditioning session, where athletic movements can be micro-dosed, allowing athletes to be exposed more frequently.

A well designed warm up follows this framework:

- Dynamic movements through full range of motion,
- Activation exercises (turn on key muscles),
- Athletic movements focusing on good mechanics/controlling our body in space, and
- Ending with high intensity coordination drills (sprinting, games etc).

Remember, the warm up is not simply about replicating the demands of the sport, but preparing our bodies for the demands it will face.

PREPARE TO PERFORM



THE BENEFITS

Physiologically, it primes your nervous system to move quickly and with precision, strengthening the pathways between your brain and limbs.

Physically, it activates all our muscle fibers in preparation for maximum efforts.

Psychologically, it brings our focus into the game and into our bodies.

Perhaps the greatest benefit of performing a structured warm up is its ability to prevent injury. The key factor in injury prevention is **EXPOSURE**.

In order to prevent injuries from sprinting, we must sprint regularly and at a high speed! Luckily for us, our bodies are adaptation machines, and the more regularly we expose our bodies to high risk demands (sprinting, jumping, agility), the better we become at performing that task, and the less strain it has on our body.

This is why young kids rarely get injured in comparison to older athletes: they sprint and play sport every day and as a result, their bodies are regularly exposed to these demands.

The warm up is investing \$1 a day into your athletic resilience, which adds up to a large sum over weeks, months and years.

MAXIMISE YOUR WARM UP

For any small habit to be effective, it must be completed often and with intent. Think of brushing your teeth;

If you only performed it twice a week, or for only 2 minutes, you would lose the hygienic benefits.

We have designed this warm up to be completed before every training session, and to be performed with intent.

Have the athletes understand that this a part of training, it should be performed with full focus and at 100%.

Make the athletes compete against each other, and strive to complete all tasks to the best of their ability.

THE PERFORMANCE PREPARATION PROGRAM

The structure of the warm up is broken down into 4 phases;

1. Release - Improve range of motion in main joints.
2. Grease - Reinforce technical movement patterns.
3. Prime - Fire up the nervous system.
4. Perform - Get after it!

It's important to follow this structure as each phase builds on the last. You can switch out some of the exercises based on your teams needs and training focuses, however we have found the following drills and exercises are the most effective.

The following pages illustrate the flow of the warm up, including demonstrations of how to do each movement.

PHASE 1: RELEASE

MOVEMENT REPS COACHING

<u>WALKING HAMSTRING SCOOPS "SHOO THE CHOOKS"</u>	X 20M	"SWEEP THE GROUND"
<u>HIP CIRCLES "CLOSE THE GATE"</u>	X 20M	"STEP OVER A SMALL FENCE"
<u>WALKING SINGLE LEG DEADLIFT "AEROPLANES"</u>	X 20M	"REACH ARMS & KICK LEG BACK"
<u>LATERAL SQUAT "SIDE TO SIDE"</u>	X 20M	"SIT BACK"
<u>QUAD STRETCH TO KICK "QUAD KICKS"</u>	X 20M	"GENTLE KICK"

PHASE 2: GREASE

MOVEMENT REPS COACHING

<u>A-MARCH "RUNNING MAN"</u>	X 20M	"CYCLE THE LEG"
<u>HIGH KNEES</u>	X 20M	"KNEE THE SKY"
<u>LATERAL STEP "SIDE STEPS"</u>	X 20M	"PUSH ACROSS WITH OUTSIDE LEG"

PHASE 3: PRIME

MOVEMENT REPS COACHING

<u>ANKLE MARCHING OTS</u>	X 20M	"TOES UP TO SKY"
<u>HORIZONTAL JUMP & STICK</u> <u>"LONG JUMP"</u>	X 20M	"LOAD & EXPLODE"
<u>LATERAL BOUND & STICK</u> <u>"SIDE TO SIDE JUMPS"</u>	X 20M	"STICK THE LANDING"



PHASE 4: PERFORM

MOVEMENT REPS COACHING

<u>PARTNER SPRINTS</u>	2 X 10M/SIDE	"DRIVE OFF WITH THE FRONT LEG"
<u>SPRINT TO LATERAL BREAK</u> <u>"SPRINT TO STOP"</u>	2 X 10M/SIDE	"GET LOW"