

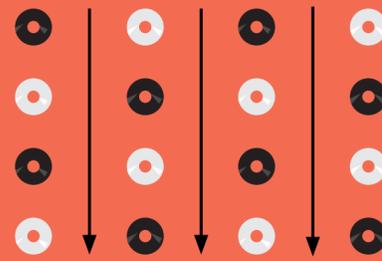
PREP TO PLAY DYNAMIC WARM-UP PROGRAM



DO ALL 8 ACTIVITIES – THEY ARE ALL IMPORTANT!

Choose A, B or C for each activity

10 minutes every training session and match



Players start here and perform movements through the cones

16 cones (8 of each colour)

JOG AT LEAST 200M & AT LEAST 1 MOBILITY EXERCISE

1	A	HAMSTRING SWEEP Get low, sweep fingers to the grass, alternate sides. x5 EACH SIDE	B	LEG SWING Swing leg forwards and backwards or side to side. x5 EACH SIDE	C	OPEN/CLOSE GATE Lift knee to hip height. Sweep hip out to open sweep in to close, alternate sides. x5 EACH SIDE
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DECELERATION

2	A	STUTTER STEP At each cone decelerate & rapidly move your feet on the spot for 3secs. REPEAT x2	B	ONE LEG STOP Get low & use short quick steps. Finish in athletic stance. x1 EACH SIDE	C	FORWARD 2 BACKWARD 1 Accelerate forwards 2 cones, then backtrack 1 cone. REPEAT x2
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CHANGE OF DIRECTION

3	A	45 DEG ZIG ZAG CUTS Using short quick steps, get low and use outside leg to plant & push off. REPEAT x2	B	PARTNER ZIG ZAG - NO CONTACT Start on cones next to each other. Zig-zag around cones avoiding contact with partner. Make it a race. REPEAT x2	C	PARTNER ZIG ZAG - CONTACT Zig-zag around cones racing a partner. You can bump each other as you move through. Compete for a ball at the end. REPEAT x2
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JUMP AND LAND

4	A	DOT THE I Jump forward and then jump up straight away. Land in athletic stance. REPEAT x10	B	BOUNDING Leap off right leg, landing on left leg, moving forward as you bound left to right. REPEAT x10 EACH SIDE	C	HOPS Hop forward as far as you can. Keep foot, knee, and hip in line. REPEAT x10 EACH SIDE
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JUMP AND LAND - CONTACT

5	A	PARTNER PUSH From a standing double leg start, jump high & have a partner bump you in the air. Land in athletic stance. x5 EACH SIDE	B	RUNNING PARTNER PUSH Run, jump off 1 leg. Drive the knee closest to your partner up. Partner bumps you in the air. Land in athletic stance. x5 EACH SIDE	C	RUNNING PARTNER PUSH WITH TWIST Run, jump off 1 leg, and in the air turn the body 90 degrees. Partner bumps you in the air. Land in athletic stance. x5 EACH SIDE
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CONTACT

6	A	PARTNER BUMP/CHECK Get low in athletic stance and bump your partner. (x5 each side) Or bump (check) your partner as they try to run to the end cone (1 turn each). x5 EACH SIDE	B	TACKLING BREAKDOWN Chest on chest, chin to back. Get feet close, get low and drive legs. Swap sides until coach blows whistle - try to push partner over the line. 2 x30s	C	FALLING/ROLLING Tuck the right arm and head through, lower the body and roll onto the back on the right shoulder, diagonally across the back, landing on the left hip. x3-5 EACH SIDE
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SPRINTING

7	SPRINTS Sprints of 30m. Build up to 80-90% of top speed. Partner option: Race from a lying position. REPEAT x2-3
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BALANCE

8	BALANCE Balancing on one leg, handball with a partner. 1 MINUTE EACH SIDE
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TO VIEW THE VIDEOS GO TO: COACH.AFL/FEMALE-FOOTBALL

