



There should be 4 distinct phases to the Warm Up (20-25 Minute Period)

1. Cardiovascular Warm Up – this should ideally consist of jogging, gradually building heart rate up to 85%HRmax ($\pm 5'$).
2. Dynamic mobility exercises performed over ideally an 18/20yd course (i.e. from the goal line to the edge of the penalty area or across the diameter of the centre circle). Exercises to be included are:

- Heel raises
- High knees
- Lateral stepping
- Skipping
- Backwards jogging
- Side Shuffles
- Hurdle walks (in to out & out to in)
- Grapevine
- Hamstring walk

3-4 repetitions for each exercise, jogging slowly back to the start line or to/from the centre circle from the touch line in between.

Emphasis should be on quality, low to medium intensity movements over the 18/20yd course.

3. Dynamic mobility & individual stretching routines.
4. High Intensity Activities to finish off:
 - 2 to 3 sprints at 80% max speed over a 6yd course (i.e. from goal line to edge of the goal area)
 - 2 to 3 sprints at 80% max speed over a 12yd course (i.e. from goal line to penalty mark)
 - 2 to 3 sprints at max speed over a 6yd course
 - 2 to 3 sprints at max speed over a 12yd course

Jog slowly back to start line in between

It is important to stress that the warm up prior to exercise should be sufficient enough to raise temperatures and increase blood flow without depleting energy stores and causing fatigue. Exercise should then commence *as soon as possible after the end of the warm up* in order to gain the full rewards of the warm up.