

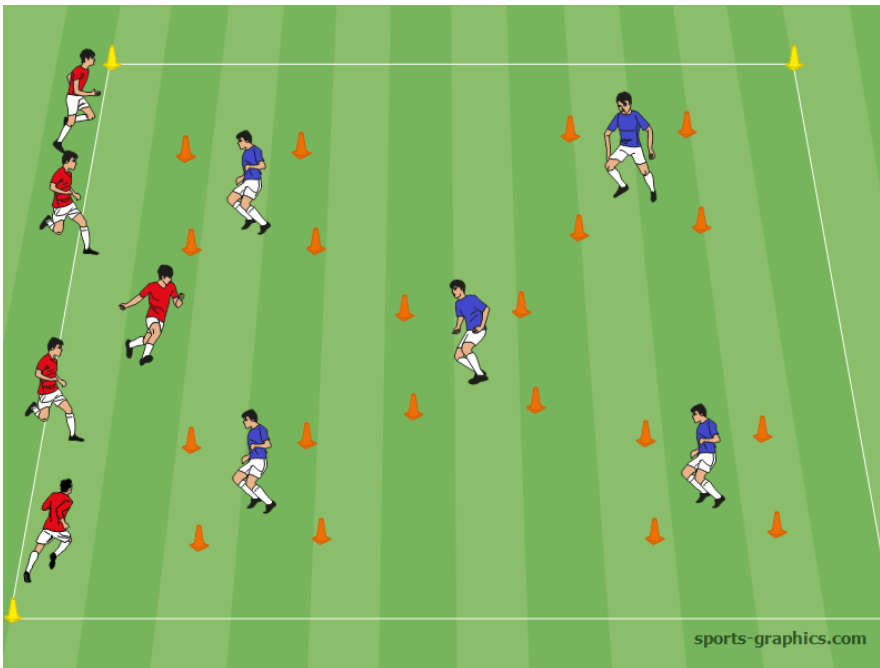
OCTOPUS

To thoroughly prepare players, physically and mentally, and to help reduce soft tissue injuries

PHYSICAL

Warm Up

Dynamic Movement



Set up a playing area 20x20 with several 3x3 squares within it (the orange cones).

Modify the size depending on the number of players.

Assign a player to each base (3x3 square) as Octopuses.

Once each base has an Octopus, the remaining players attempt to cross from one side to the other without being tagged. The Octopuses can tag reaching from their base but must not go outside. If a player is tagged they have to go back and start again.

Assign new roles to players to ensure everyone has a go at being an Octopus.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Can be done with or without the ball.
- Increase intensity to raise heart rate and muscle temperature.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.

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