

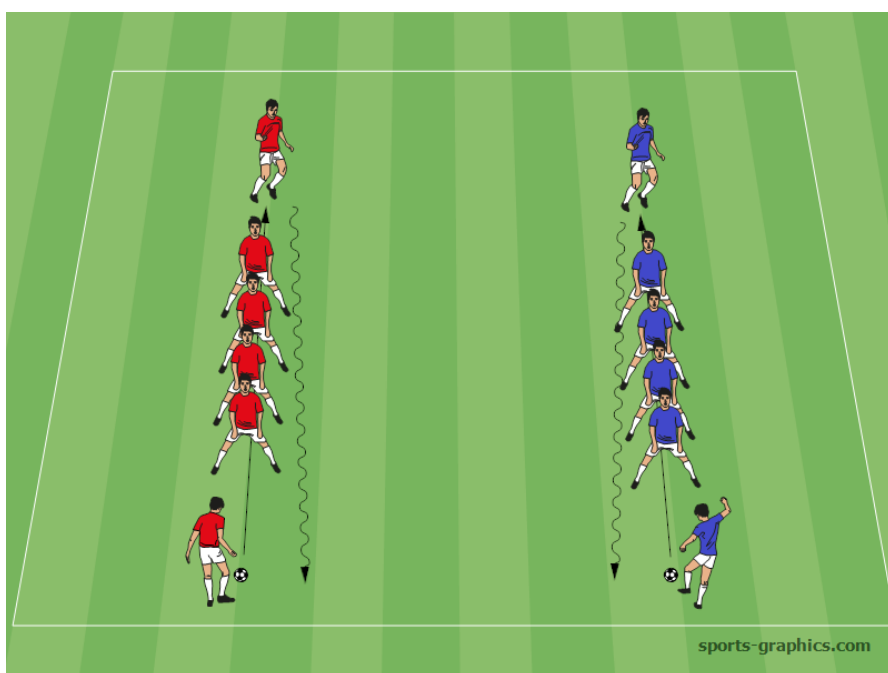
UNDER THE BRIDGE WARM UP

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

PHYSICAL

Warm Up

Dynamic Movement



Create a 20x15 playing area or modify depending on the number of players. Split the players into teams of up to six. Spread the players out in lines according to their passing ability (better passers require longer lines).

One player starts at the front of the line with a ball and another player waits at the back.

The rest of the players form a tunnel. This can be done in different ways eg. bridging with hands or standing with feet in a straddle position.

The first player passes the ball through the tunnel to the last player.

The first player joins the start of the tunnel while the last player dribbles to the front. The player now at the back of the tunnel receives the next pass.

The game continues until each player has passed the ball.

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

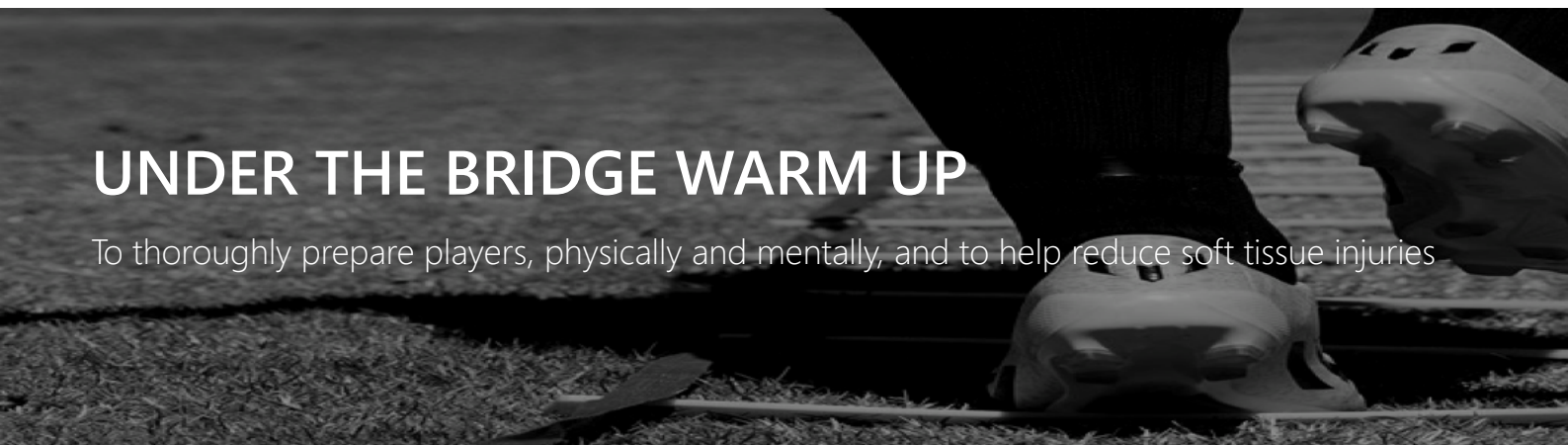
- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Good communication
- Increase intensity
- Monitor players performance and application to the task
- Start gradually

FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Allow players to hydrate to maintain efficiency levels.
- Demand good technique with passing and receiving.
- Increase intensity to raise heart rate and muscle temperature.
- Players should be busy and communicating while passing the ball in the group.
- Should always be progressive.
- Warm ups should be fun and realistic/relevant to the main session when possible.



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