

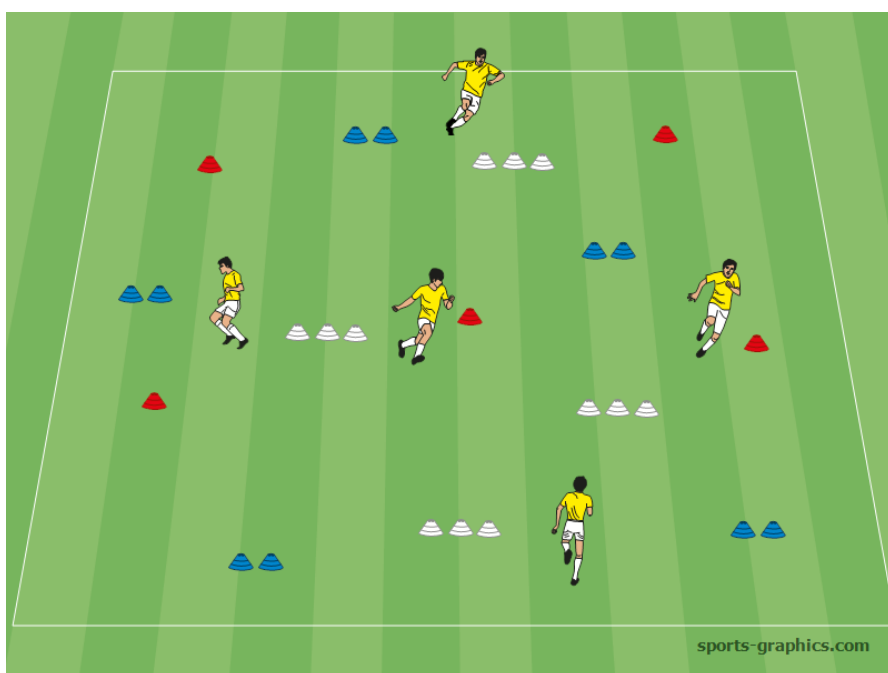
# APPROACH THE CONES DYNAMIC WARM UP

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

PHYSICAL

## Warm Up

## Dynamic Movement



Different coloured cones are spread around a 20x20 playing area at random in ones, twos and threes.

Players are split into small groups.

To begin, players jog around coned area performing dynamic flexibility movements and sequences.

Players progress to performing fast feet movements:

one cone – four lateral hops

two cones – two lateral side steps

three cones – one forward high knees

## 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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