

GENERIC WARM UP

Running Warm up

50m Skips x 2

Athletes to skip to 50m and walk/jog back

- Concentrate on opposite arms opposite legs when skipping

25m High Knees x 2

Athletes to do high knees to 25m (roughly) and walk/jog back

- Concentrate on using arms
- Opposite arm opposite leg

HIGH KNEES



25m Heel Flicks (kicking bottoms) x 2

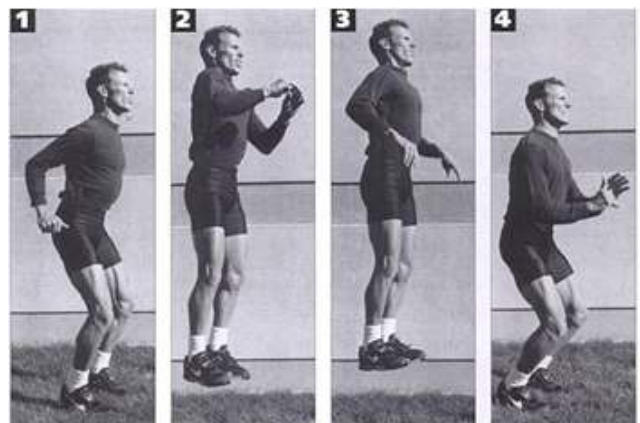
Athlete to kick their heels back to lightly touch their bottoms whilst on the move and jog back

- Concentrate on using arms as quick as possible - helps to warm them up
- Again opposite arm opposite leg

10m Pogos x 2

Athletes to perform continuous jumps on two feet with a gentle knee bend and straight legs in the air to explode off

- Concentrate on landing on the ball of your foot (front part)
- Use your arms to help you



Practice run/Sprint

Athletes who sprint, do a quick run for 50m and walk back x 2

Athletes for longer distance, jog for 100m and jog back x 2

Jumping Warm Up

50m Skips x 2

Athletes to skip to 50m and walk/jog back

- Concentrate on opposite arms opposite legs when skipping

25m High Knees x 2

Athletes to do high knees to 25m (roughly) and walk/jog back

- Concentrate on using arms
- Opposite arm opposite leg

HIGH KNEES



25m Skips for Height x 2

Athletes to skip 25m (roughly) however they are concentrating on pushing up rather than the first set of skips which has not much effort at all

- Concentrate on pushing up with the lead leg
- Use your arms to help you push up



25m Skips for Distance x 2

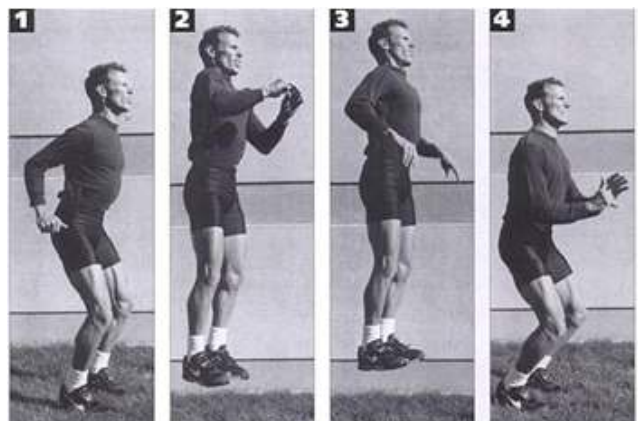
Athletes to skip 25m (roughly) however they are concentrating on pushing forwards, using their arms for momentum.

- Opposite arms opposite legs
- Concentrate on pushing forwards with the lead leg

10m Pogos x 2

Athletes to perform continuous jumps on two feet with a gentle knee bend and straight legs in the air to explode off

- Concentrate on landing on the ball of your foot (front part)
- Use your arms to help you



Throwing Warm up

25m Skips with forward arm circles x 2

Athletes to skip to 50m whilst rotating arms in circles and walk/jog back

- Concentrate on opposite arms opposite legs when lifting up

25m Skips with backward arm circles x 2

Athletes to skip to 50m whilst rotating arms in circles and walk/jog back

- Concentrate on opposite arms opposite legs when lifting up



25m Forward Lunging x 2

Athletes to lunge forward, alternating legs with a few steps in between each lunge. Make sure athletes balance for the lunges.

- Hands on hips first round
- Hands in the air above head for second round
- Technique tip - straight back, tight core



Squat Jumps x 4

Athletes to stand shoulder width apart and squat down, then explode up. Can do it in a row, or take a break in between each explode up.

- Use your arms to help you explode up

