

LeagueSmart

W A R M U P



The LeagueSmart Warmup has been designed to help teams prepare for both games and trainings. It can help reduce the chance of serious injury by up to 50%.

You'll need a length of about 30m so you can set up cones every 5-6m.

1

ACTIVATION

» Preparing the body to move, using passive movements.

» **GLUTE BRIDGE**

Lying flat on your back, feet flat on the ground, knees bent, hands by your side. Drive weight through your feet and raise your hips to the sky and squeeze your butt cheeks.

» **PRONE HOLD**

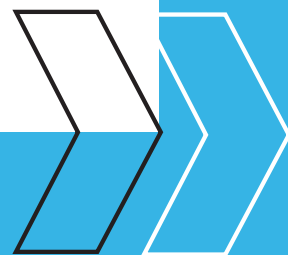
Assume the push up position with hands directly under your shoulders. Hold there while keeping your core strong. Progress this by going on to elbows rather than hands.

» **PUSH UPS**

Assume the push up position. Lower your chest towards the ground and then push back up.

» **HOP STEP**

From a standing position jump forward, landing softly and balanced. Try your best not to wobble. Jump backwards to your starting position. Now jump to your left and return to your starting position as previously. Continue this protocol jumping backwards and to the right. To progress this, hop on one foot.





2

ICE BREAKER

› **A fun activity to ensure the mind and body are working together.**

› **SHOULDER TAPS**

In pairs, players are trying to tap their opponent on the shoulder without being tapped on their own shoulder. Every successful tap equals one point. The player with the lowest score does a forfeit (burpees, press ups).

› **KNEE TAPS**

In pairs, players are trying to tap their opponent on the knees without being tapped on their own knees. Every successful tap equals one point. The player with the lowest score does a forfeit (burpees, press ups).



3

DYNAMIC (*RANGE*)

› **Stretching the muscles of the body through its range of movement.**

› **OVER THE HURDLES**

From a standing position imagine that you are stepping over a hurdle that is at knee height, one leg at a time. Ensure that you slowly and safely move your working joints and muscles through as much range as possible. This can also be done backwards.

› **SUMO SQUATS**

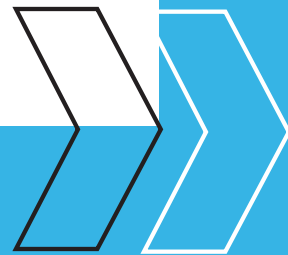
From a standing position and feet at shoulder width or just wider apart squat down as low as possible with good posture. Rise back up and then push through your heel to and hip to one side and then the other. Turn 180 degrees and perform for reps.

› **HAMSTRING SCOOPS**

From a standing position, step forward with one leg and place your heel on the ground while keeping your toes in the air. Bend down and scoop the ground in a forward motion from your back leg forward. You should feel a stretch in the back of the leg of the foot that is in front.

› **QUAD PULL**

From a standing position, grab one foot with the same side arm and bring the heel toward your butt as much as possible. From there, lean forward and keep balanced. You should feel a stretch in the front of the leg that is being held.



4

DYNAMIC (*MOVEMENT*)

› Adding increased movement to the muscles range. Elevating the heart rate and pumping blood through the muscles.

- › **CHARLIES** - Keeping your legs straight, flick your feet in front of you, landing on the balls of your feet and moving forward. Also known as Toe Flicks (as the movement looks like you are flicking your toes while you jog forward). Complete for the prescribed distance.
- › **HIGH KNEES** - While jogging forward, power your knees upward until about hip height, one at a time. Land on the balls of your feet. Pump your arms to help with balance and coordination. Complete for the prescribed distance.
- › **BUTT KICKS** - While jogging forward, flick your heels (one at a time) towards your bum as close as possible. Keep body upright as much as you can. Complete for the prescribed distance.
- › **SIDE SHUFFLES** - Standing side on, move sideways while keeping legs fairly straight, on the balls of your feet and body upright. Complete for the prescribed distance.
- › **KARAOKE** - Standing side-on, cross your right foot over and in front of your left foot with your arms out to your sides. Step open and out to the side with your left foot. Cross your right foot behind your left foot. Continue moving laterally then repeat the movement in the opposite direction.
- › **ICKY RUN** - While moving forward, step out with one foot and then the other. Your opposite foot should step out in the opposite direction immediately after. As the second foot lands the leading leg (the one you started with initially) should move towards the midline of the body. The second foot should follow the lead leg. Continue this pattern as you move forward. Advance your way for the prescribed distance by alternating between the inside and outside feet.
- › **BACKWARDS RUN** - From a standing start, jog backwards for 5 metres and then change direction as quickly as possible powering forward for 10 metres.

5

DYNAMIC (*STATIONARY*)

› Finally we are moving the body through range of movement in a stationary position.

› **LEG SWINGS (front to back and side to side)**

Standing side on, balance on one foot. With the opposite leg, swing it in front of the body from side to side (across the face of the body). Complete for the prescribed number of repetitions.

› **CALF PUMPS**

Starting in a press up position, walk your feet towards your hands until your heels lift off the ground. Then one at a time, drive your heels towards the ground so that you can feel a stretch in your calf muscle. Complete the prescribed number of repetitions.

› **SCORPIONS (on your stomach and on your back)**

Lie face down. Place your hands out to your sides for balance. Keeping your shoulders touching the ground, raise the left foot straight up into the air, bend at the knee and bring your left foot over to your right side. Tap the ground with your toes. Return the left leg to the ground and repeat on the other side. For the back version do the same but lie on your back and bring the leg in front of the body.

› **SHOULDER ROLLS (forward and backwards)**

From a standing position, bend forward at the hips to around 45 degrees and keeping your trunk straight. Start by rolling one arm forward and then the other in a circular fashion. Continue this for the prescribed time or number of reps. Do this also in a backwards motion.

