

## Mover sport physical warmup

If you need to be ready for anything, you need to prepare everything.

### General warm-up (all participants):

	BEGINNERS	PROGRESSIONS
1km or 6min jog	all	NA
Jump rope (skipping) 70-100	all	NA
Calf raises	2legs x 20-50	1leg x 20-50/side
Squats	x 30-50	x 50 with ball (med ball/ football)
Walking lunges	5/5 x 2	Arms overhead or with torso twist, or hip abduction/ external rotation
Thoracic windmills	x 10/10	
Squat jumps	x 10-20	Tuck jumps x 10-20

### Shoulders: (very important for throwing and racquet sports)

	BEGINNERS	PROGRESSIONS
Crabs	5m each direction	10m each direction
External shoulder rotation*	Low position x 15/side	Low & high x 30-50/side
1arm overhead flexion*	x 15/side	x 30-50/side
Press-up plus	x 10	x 15

**\*NOTE:** Red tubing for novice or physically immature participants. Green, blue or combinations for adapted/ mature participants

### Dynamic warm-up:

#### All drills over 10m.

1 or 2leg short hops x 2 (/side)

Deadleg high knees-toes x 2/2

Deadleg hamstring pulls x 2/2

Step overs (claws) x 2/2

Pre-turns (with or without carioca/ grapevine) x 2/2

High knee skips x 3

5-10m sprints from a 2pt starting position x 5 (10 reps comprises conditioning)

## Mover sport physical warmup

### CONDITIONING:

#### Agility & footwork:

	REPS, SETS, REST	VARIATIONS/ PROGRESSIONS
Split step - 2legs narrow base to wide base	Baseline to net x 3-5, 30-45s*	Wider or ascending width
Split step - 1leg centred to 2legs wide base	Baseline to net x 2-3/side, 30-45s*	Wider or ascending width
Side hops/ jumps – 2legs or 1leg	Baseline to net x 2-3/side, 30-45s*	Wider or ascending width
2cone 2m figure of 8	10 reps x 5 sets, 30s*	tennis ball pick & drop
2cone 2x1m 'V' recovery step	5/5 x 5, 30s*	timed
2cone 2m linear lunges	5/5 x 5, 30s*	Tennis ball pick & drop
5cone circles across & up	2/2 x 2, 30s*	
2cone 4m shuffle with touch or turn&go wipers	30s x 5, 45s*	Timed, tennis ball pick & drop
4 x 4m box spider (5pts)	x 1-2/direction, 30s*	Timed, tennis ball pick & drop

**\*NOTE:** Shorter rest periods stress the cardiovascular and musculoskeletal systems more greatly but fatigue will induce a drop off in accuracy and form, which is not ideal for novice or immature participants.