

# Dynamic Warm up/ Stretching Routine

This routine is designed to eliminate loss of muscle strength (up to 50%) caused by static stretching. The routine can be tailored to groups depending on the required outcome by changing the intensity, distance they are performed over or time spent performing the routine.

It is recommended that they are performed over a distance of **10 – 15 metres**, either in two lines or all at once. The routine is progressive and aims to warm and stretch the muscles through dynamic movement therefore each position should be held for no longer than **2 – 3 seconds!**

As a guide, elite athletes would normally spend approximately 30 minutes performing this routine prior to any skill based warm up.

1. Walk
2. Light Calf Raise
3. Extended Calf Raise
4. Skipping Calf Raise
5. Forward Lunge
6. Forward Lunge with shoulder twist
7. Sumo Squats
8. Hamstrings (hands back to front)
9. Hamstrings (hands front to back)
10. Russian Walk
11. Sprint Leg Knees (each leg separately)
12. Sprint Legs Heel Kicks (each leg separately)
13. Cross overs

## Extended Activities for increasing Pulse/ Reactions

(Pick any two from the following activities)

### 1. Hi/ Lows

In pairs facing each other. Side stepping while changing the body position from high to low and vice versa. One of the pair leads while the other follows. The lead should shout 'Hi' or 'Low' with the appropriate movement and their partner should respond as quickly as possible both in their body position and with the shout.

### 2. Paired Spin and Sprint

With their backs facing the direction to go in, players sprint on the spot. One of the pair shouts 'go', both turn and sprint 10/15m.

### 3. Paired Right/ Left Spin and Sprint

Same as above except third party shouts 'left' or 'right'. The players must turn in that direction and sprint 10/15m.

### 4. Forward, Back, Jump and Sprint

3 quick steps forward then 3 step backwards. The player then jumps straight into the air, when they land they sprint 10/15m.