

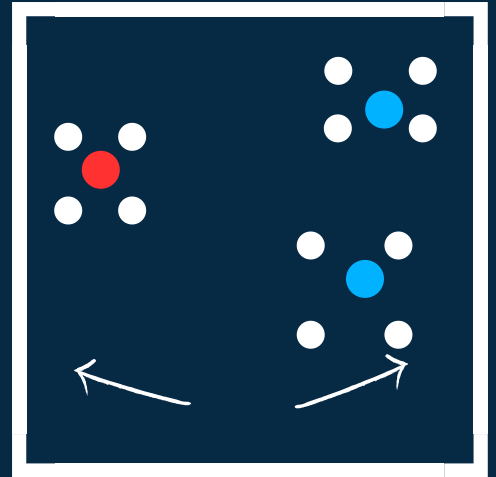
THE SET UP -

Cone structure -

- Cones will be set out in squares for players to perform exercises in.

Instruction to players -

- As the players arrive they join a field.
- Instruct the players to take 4 cones and set up a square grid for them to perform the strength exercise in during the warm up.



STRENGTH EXERCISES

A variety of dynamic movements to active muscle groups

The plank -

- Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.
- Lift your body up, supported by your forearms, pull your stomach in, then hold the position for 20-30 seconds. Body should be in a straight line.
- 3 sets



Sideways plank-

- Line on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.
- Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line.
- Hold for 20-30 seconds.
- 3 sets each side.

STRENGTH EXERCISES

Front to Back Leg Swing – hamstrings, glutes, quads

- Begin by supporting yourself with one arm while swinging your opposite leg forward then backward.
- Keep your leg straight as it moves forward and stretches the hamstrings then as it comes back try to kick yourself in the butt to stretch the quads. With each swing you should take the stretch a bit further.
- 20 reps on each leg.



Sideways Leg Swing – abductors, adductors

- While facing a wall place both hands against it for support. Swing one leg at a time from side to side in front of your other leg.
- Try not to let your torso rotate as you do this stretch.
- Stretch both legs 20 reps each.

Lunge with Rotation – glutes, hip flexors, calves

- Lunge forward with either foot, keeping your knee over your toes, and rotate your body toward the forward legs.
- Stand back up and repeat with the other leg.
- 10 reps each side.

- Scorpion – low back, hip flexors

- Lie on your stomach with your arms stretched out. Kick your right foot towards your left arm and then your left foot towards your right arm.
- Use slow controlled movements with this stretch.
- repeat 10 times.