

## **WARM-UP INSTRUCTIONS**

### **First phase**

- 1) Run forwards to the front line and come back slowly. Do this twice (two times).
- 2) Run two laps slowly (pulse rate: 120-130)
- 3) Run forwards to the centre line of the football pitch (or basketball court, or...) and from there turn and run backwards to the end line. (Do this twice).
- 4) Run sideways to the centre line and from there you turn round to go sideways to the end line. Do this twice.
- 5) Run sideways crossing your legs alternately backwards and forwards (Karaoke).

### **Second phase**

- 6) Run slowly rotating each arm individually and then rotating both arms at the same time.  
\*\* Rotate one arm, the other arm, both at the same time.
- 7) Alternate slow running with joint mobility exercise.
- 8) Bend your trunk (or stomach) so as to touch your toes. Keep your legs straight. (Keep this position for 15 seconds).
- 9) Bend your body from the waist to both sides. (Lateral stretch). (10 times each side).
- 10) Rotate your trunk (or stomach) and head so you face backwards over your left shoulder and then your right (10 times).
- 11) Same as number 10, with hands on hips.
- 12) Bend your knees and make circles with your lower leg.
- 13) Do the same and rotate your ankles.
- 14) Now we are going to stretch our muscles.
- 15) Stretch your (thigh) quads bending your knees behind you and grabbing one foot with your hand. Then do the same with the other foot.
- 16) Stretch the muscles at the back of your thighs (hamstrings). Stand up straight, move your leg forwards and bend your trunk to your knee. (Hold this position for 15 seconds).
- 17) Stretch your calf muscles. Stand up straight, move your leg forwards and bend your trunk to your knee whilst pointing your toes up and keeping your heel on the ground. (Hold this position for 15 seconds).
- 18) Stretch your adductor muscles. Bend one leg and stretch the other one sideways. Put your weight on the bent leg.
- 19) Stretch your abductor muscles. Lie down on the ground, bend your right leg and cross the left leg so that the left ankle is on the right thigh. Take the right thigh with your hands and pull gently towards you.

### **Third phase**

For the third phase we are going to increase the rhythm.

- 20) You have to do three series of skipping.
- 21) You have to do four accelerations.

### **Fourth phase**

You have to simulate the specific activity at two levels: physical and technical.

- 22) Find specific exercises for each level.