



DYNAMIC WARM UP RESOURCE CARDS

DESIGNED TO HELP PLAYERS WARM UP
TO REDUCE INJURY RISK AND HELP THEM
PLAY AT THEIR BEST

DYNAMIC WARM UP AT A GLANCE

PART 1 – ACTIVATION & MOBILITY

PRESS UP	x6
FRONT PLANK	15-30 sec x2
SLIDE PLANK	15-30 sec x2
BACK EXTENSION	x6
TOTAL BODY STRETCH	x3 on each side

PART 2 – DYNAMIC PREPARATION

ARM ROTATIONS	20m x 2
RUNNING STRAIGHT	20m x 4
BUTT KICKS & HIGH SKIPPING	20m x 2
SQUAT TO FULL EXTENSION	20m
LUNGES & ROTATION	20m
HIP FLEXION & SINGLE LEG HAMSTRING STRETCH	20m
FORWARDS & ANGLED BACKWARDS RUNNING	20m
ZIG ZAG	20m

PART 3 – BALANCE

SINGLE LEG BALANCE	x6 each leg
SINGLE FOOT LANDING	x6 each leg
LEFT – RIGHT LANDING	x6 each leg

PART 1: ACTIVATION & MOBILITY



PUSH UPS

- Hands on ground shoulder width apart
- Starting on knees or feet
- Push body up remaining in straight line
- Repeat 6 times



FRONT PLANK

- Supporting on hands/forearms and feet
- Lift upper body, hips, and legs so body is straight
- Hold 15-30 sec, repeat 2 times



SIDE PLANK

- Lie on side keeping upper body straight
- Support weight on elbow and stack feet
- Lift pelvis off ground to straighten body
- Hold 15-30 sec, repeat 2 times each side



BACK EXTENSION

- Lie face down
- Arms out to the side with hands over ears
- Lift upper body off ground with control
- Repeat 6 times



TOTAL BODY STRETCH

- Set up in lunge position with back knee on ground
- Place hands on ground
- Thread arm through opposite hand
- Stretch to the side of your front knee
- Repeat 3 times each side



PART 2: DYNAMIC PREPARATION



ARM ROTATIONS

- Walk beginning with both arms above head
- Swing one arm forward and the other arm back doing a full rotation
- Go for 20m then swap direction of arm rotations for another 20m



RUNNING STRAIGHT

- Drive arms forward and back
- Hips, knees, and ankles should be aligned
- Go for 20m, repeat 4 times



BUTT KICKS & HIGH SKIPPING

- Fast feet and intensity (butt kicks)
- Aim for height driving arms (high skipping)
- Keep head and eyes up
- Go for 20m, repeat 2 times



SQUAT TO FULL BODY EXTENSION

- Feet hip width apart
- Sit back into squat
- Move into a calf raise reaching above head
- Step forward and repeat continuing for 20m

PART 2: DYNAMIC PREPARATION



WALKING LUNGES & ROTATION

- Feet hip width apart, step one foot out
- Drop into lunge
- Rotate upper body towards side of front knee
- Stand up and alternate legs
- Do for 20m and jog back to the start



HIP FLEXION & SINGLE LEG HAMSTRING STRETCH

- Run forward a few steps
- Stop with a stable base
- Pull knee up to chest with eyes straight
- Drop forward into a single leg RDL
- Alternate sides over 20m



FORWARDS & ANGLED BACKWARDS RUNNING

- Walk beginning with both arms above head
- Swing one arm forward and the other arm back doing a full rotation
- Go for 20m then swap direction of arm rotations for another 20m



ZIG ZAG

- Take off strongly and quickly
- Move forward 10m then backwards 5m on a
- 45 degree angle with head facing forwards
- Alternate sides when angling back
- Go for 20m and jog back

PART 3: BALANCE



SINGLE LEG BALANCE

- Head up and trunk tall
- Stand on one leg
- Have a teammate pass a ball for you to catch
- Repeat 6 throws each leg



SINGLE FOOT LANDING

- Feet hip width apart
- Jump forward landing on one foot
- Repeat 6 times each leg



LEFT – RIGHT LANDING

- Stand on one foot facing forward
- Hop sideways and land on your raised foot
- Repeat 6 times alternating legs



**SCAN
HERE**

For video support