

Warming Up and Cooling Down

Warming Up

Warm Up activities incorporate brief, mild exercise which is performed in preparation for more vigorous activity.

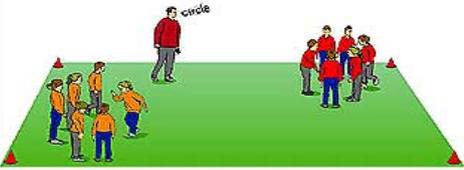
Warming-up typically involves:

- Pulse Raising – e.g. Walking, Jogging, Hopping, Skipping, Jumping
- Mobilisation – Bring the joints through their Range of Movement e.g. Arm Rotations, Hip Rotations etc
- Stretching – Light, short stretches of the Major Muscle groups

It is good practice to warm up dynamically, that is to incorporate the mobilisation and stretching activities into the overall pulse raising activity. Remember, incorporate the ball into warm-up activities where possible.

Note, when incorporating stretching exercises into the pulse raising activities it is not necessary to hold each individual stretch for more than 3-5 seconds.

Here are some examples of Warm Up Games

<h3 style="background-color: #cccccc; padding: 5px;">Daisy Chain Tag</h3> <ul style="list-style-type: none"> Choose a Tagger The other players find a free space On the whistle the Tagger attempts to tag the other players Once tagged, hold the Tagger's hand and work together to tag the other free players When caught, players must join the line but only the players at the ends of the line may tag the remaining free players 	
<h3 style="background-color: #cccccc; padding: 5px;">Copy Cat</h3> <ul style="list-style-type: none"> The coach or a chosen player demonstrates an exercise (e.g. jumping, skipping, hopping, animal shapes) The other players must copy the exercise 	
<h3 style="background-color: #cccccc; padding: 5px;">Get into Shape</h3> <ul style="list-style-type: none"> Divide the players into 2 teams Each team chooses a leader to follow around the space or grid On the whistle a leader calls a specific shape, e.g. circle, square, triangle. The first team to get into the formation earns a point 	
<h3 style="background-color: #cccccc; padding: 5px;">Simon Says</h3> <ul style="list-style-type: none"> The Coach acts as 'Simon' Play the normal game of Simon Says but include Pulse Raising, Mobilisation and Stretching exercises 	
<h3 style="background-color: #cccccc; padding: 5px;">Back to Back</h3> <ul style="list-style-type: none"> The players run about in the space or grid On the whistle each player must attempt to find a partner and stand back to back On each successive whistle the players must find a different partner Require the players to move about the space using different movements between each whistle 	

Here are some examples of Stretching Exercises

Arms Shoulders Chest	
<ul style="list-style-type: none">• Slowly turn the elbows inwards while straightening the arms behind your back• Keeping the chest out and the chin in, lift the arms up until you feel the stretch	
Lower Back	
<ul style="list-style-type: none">• Assume a squat position with arms resting on the floor• Slowly straighten the legs without locking the knees• Hold the stretch and relax	
Quadriceps (Thigh)	
<ul style="list-style-type: none">• Hold the top of the right foot with the left hand and gently pull the heel towards the buttock• Alternatively hold the top of the left foot with the right hand	
Hamstring	
<ul style="list-style-type: none">• On one knee extend the other leg out in front• Place the hands on the thigh of the extended leg and slowly stretch the lower leg until a comfortable tension is felt behind the thigh• Keeping the back straight, lean forward while pointing the toes back towards the upper body to increase the stretch	
Calf	
<ul style="list-style-type: none">• Place the right foot forward with hands on hips• With back straight, lean forward and bend the forward knee while keeping the heel on the ground• Alternate with left foot forward	

Cooling Down

Cooling Down is not very important for young children but it may be used to get players used to the discipline of cooling down, which becomes more important in later years.

Cooling down should incorporate a gradual reduction in activity from intense (i.e. running etc) to moderate (i.e. jogging and walking) activity.

Stretching exercises should be conducted in a more static manner during the cool down, and on the ground where possible. Stretches should be held for 10-15 seconds.