

# Quick Feet

## **Aim/Focus:**

- Insures player's are properly warmed up.

## **How to Play:**

- Set up the warm up as shown – 3 groups each with a speed ladder, 4 small hurdles and a cone at either end.
- Players move forward through the ladders then onto the hurdles and jog to the end cone.
- Ensure that sideways movements are also used through the ladders and hurdles.
- Increase the intensity as the warm up progresses e.g. once players pass the last hurdle they run at  $\frac{3}{4}$  pace to the end cone, and then they progress to a sprint.
- Use different exercises through the ladders e.g. 1 foot in each rung, 2 feet in each rung, high knees, sideways etc.

## **Progression**

- Increase the difficulty of the ladder exercises
- Punish mistakes through the ladders – this emphasises technique over speed.

## **Equipment**

- Ladders
- Cones
- Hurdles
- Stopwatch & Whistle
-