

Staged Movements

Aim/Focus:

- Insures players are properly warmed up.

How to Play:

- Set up the warm up as shown.
- Players are in groups of 4.
- Cones are set 10m apart, each section has a specific movement.
- Players begin with heel flicks for 10m and move through all the movements before finishing with lunges.
- When they have completed the lunges they split, 2 players turn left and jog back to the start, 2 turn right and do the same.
- This jog should progress to $\frac{3}{4}$ pace and then onto a sprint as the warm up progresses.

Progression

Equipment

- Cones
- Whistle
- Stopwatch