

# Warm-up #1

## **Gross motor movements:**

- Jogging, 1 minute.
- High knee marching, 1 minute.
- Leg flicks (backwards), 1 minute.

## **Stretching:**

### - Static stretches

- Ankles.
- Achilles tendon.
- Gastrocnemius.
- Soleus.
- Tibialis anterior.
- Hamstrings.
- Quadriceps.
- Hip flexors.
- Gluteus maximus.
- Abductors.
- Lower back.

### - Proprioceptive neuromuscular facilitation

#### - *Hamstrings.*

- Person 'A' raises leg to maximum height. Person 'B' holds leg, resists pressure applied by person 'A'.

#### - *Quadriceps.*

- Person 'A' lies prone on floor. Person 'B' straddles person 'A', facing towards the feet. Person 'A' bends nearest knee upwards, person 'B' pushes foot downwards, person 'A' resists.

### - Ballistic stretches

#### - Hamstrings.

- Swing leg backwards & forwards through full range of movement.

All stretches should be held for 20 seconds & repeated twice. Bouncing should be avoided, as it can lead to injury. Stretches should not cause pain. Left & right sides should be stretched evenly.

## **Callisthenics:**

- Tuck jumps, 30 seconds.
- Burpees, 30 seconds.

## **Skill rehearsal:**

- Cycling at 50% of maximum heart rate for 500m.