

# Warm-up #3

## **Gross motor movements:**

- Jogging around court, 1 lap.
- High knee running around court, 1 lap.
- Leg flicks around court, 1 lap.
- Running backwards around court, 1 lap.
- Forward lunges, 2 laps.

## **Stretches:**

### - Static stretches

- Ankles.
- Achilles tendons.
- Gastrocnemius.
- Hamstrings.
- Quadriceps.
- Gluteus maximus.
- Abductors.
- Hip flexors.
- Lower back.
- Pecs.
- Lats.
- Deltoids.
- Biceps.
- Triceps.
- Trapezius.

### - 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.
- *Lats, deltoids, pecs.*
  - Person 'A' places arms back, behind shoulders. Person 'B' applies pressure, resisting person 'A'.

### - Ballistic stretches

- *Hamstrings.*
  - Swing leg backwards & forwards through full range of movement.
- *Lower back, hamstrings.*
  - Alternating toe touches, rising after each touch.

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.
- Squats, 30 seconds.

## **Skill rehearsal:**

- Lunges with phantom swings, 2 laps of court.
- Court sprints, 1 minute.
- Bow ties, 1 minute each direction.