



WARM UP | PREPARE TO PERFORM

Before Every Training + Match – 8-10 minutes (Complete all Exercises)

RUNNING

STRAIGHT AHEAD

The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. As a pair, jog together from the first pair of cones to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets.**



HIP OUT

Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones. **2 sets.**



HIP IN

Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip inwards. Alternate between left and right legs at successive cones. **2 sets.**



CIRCLING PARTNER

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. Shuffle an entire circle around one other and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets.**



SHOULDER CONTACT

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then jump sideways towards each other to make shoulder-to-shoulder contact.

Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land. **2 sets.**



QUICK FORWARDS & BACKWARDS

As a pair, run quickly to the second set of cones then run backwards quickly to the first pair of cones keeping your hips and knees slightly bent. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets.**



BUILDING SPEED

Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets.**



BOUNDING

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets.**



PLANT & CUT

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets.**

