

## Warm Up (Offline)

These warmup ideas are great for a training session that will involve drills and activities which include change of direction; sudden reaction movements to stimulus; body contact; the use of vision and awareness and any other non-specific or immediate reactionary movements.

Create a square using 4 cones. This could be a rectangle. The distance to be varied. Usually between 5 – 20 metres.

Activities could include:

- Quick feet. Players stand on their start line. Prior to performing their run through, they perform quick feet on the start line.
- Players start shoulder to shoulder on the start line. On cue, players change direction diagonally to the other end.
- Players start running forward and on cue they run backwards. On cue forwards. On cue backwards.
- Players start by laying on stomach or back. On cue, they get up and run through to the other end.
- Players pair up and are numbered off. On cue (calling out a number) the first player runs to the other end. On the second cue, their partner chases them.

Football could be introduced by coaches/parents at the finish line or each player has hold of a football.