

Topic – Warm up

What?

A coordinated series of activities to prepare both the body and mind for an activity, i.e. training or match

Why? *

- Elevate body temperature
- Increase muscle temperature to improve performance
- Reduce muscle tightness
- Decrease risk of injury
- Rehearse game skills
- Raise arousal level
- Familiarize with the environment

When?

- Before training/match.
- During half-time, a 7 minute re-warm up before start of second half. *
- Before substitutions, re-warm up for substitutes going into play.*
- At intervals within the match for the Goalkeeper whose team is dominating play.
- Immediately after activities, normally termed 'cool down'.

Note:

Players not to be passive for more than 15 minutes between warm-up and actual activity as muscle temperature will drop.*

Who?

For all involved, including substitutes. Specialized and specific activities must be designed for the different positions, e.g. Goalkeepers, strikers

* Reference:

Bangsbo, Mohr, Krusturp

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How?

Movement

- Simple (normal runs) to complex (agility runs, turning, dribbling)
- Slow (jogging) to fast (short sprints)
- With and without the ball

Stretching

- General to specific muscle groups
- Static to dynamic
- Systematic (head to toe)

To increase readiness and prevent fatigue, a reasonable warm up should last 20-25 minutes * without being too intense.

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Parts and Muscles to be stretched

- Lower leg – calf muscles *
- Upper leg – thigh muscles, hamstrings, hip adductor *
- Groin – inner thighs
- Buttock area – gluteus
- Upper body – back, front and shoulder muscles
- Neck – trapezius
- Arm – biceps/triceps

* *Reference: Prof. Tom Reilly
Liverpool John Moores University*