

Active for Life: Warm Up #7

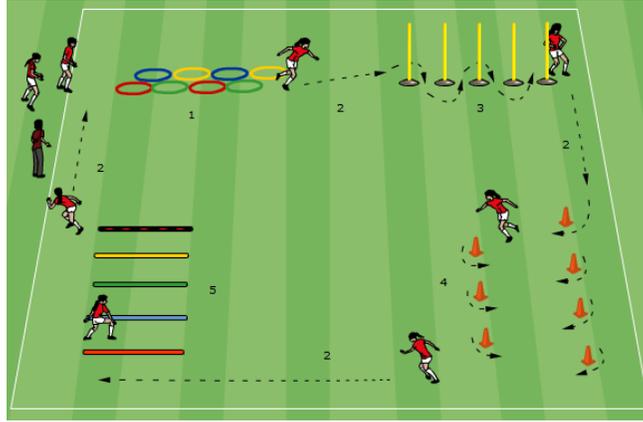
Warm-Up:

General Movement

15-20 minutes

Organization:

- Set up an obstacle course inside a 25x25m. area, as shown.
- Repeat the exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body (ie, use of right and left leg alternately).

Description:

1. The players start at the first station and move in a clockwise direction around the course carrying out the exercises shown below:
 1. Step in each hoop with one foot only.
 2. Jog between stations.
 3. Zig-zag in and out of the poles.
 4. Run forward to, and around, the advanced cone, and backward to and around the rear cone.
 5. Sideway skipping between the sticks.

Variations:

1. Two footed jumps into each hoop.
2. Skipping between stations.
3. Zig-zag backwards through the flags poles.
4. Run forward and do "step-over" at each marker.
5. Run forward-use short steps between sticks.

Progression: Do the course in the reverse direction

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