



Warm-Up

(Take ~15 mins.)



Phase 1 – Activity to ↑ Heart Rate and Break a Light Sweat (5 mins)

Ex: running 3 laps, set of stairs, or game of soccer – split into 2 teams, must play with 3 touch rule before scoring. Finish with 10 burpee push-ups and 10 double leg sit ups.

Phase 2 – Dynamic Stretching: Create 2 lines and follow people in front of you travelling for ~20 metres

1. Large Arm Circles (forwards and backwards)
2. Hip circles (exaggerate hip rotation, pick leg up to side circle in front and step, going backwards – pick leg up in front of body circle to side and step back)
3. Leg Swings (kicking hand in front of the body)
4. Quad Stretch (grab foot with one hand and reach other hand to sky)
5. Forward Lunges (hip flexor stretch with trunk rotation – rotate to both sides)
6. Side Lunges/Sumo Squats (groin stretch)
7. Walking Glute Stretch (Figure 4)
8. “Cele’s” (Place one leg heel on the ground in front of body with knee straight. Reach down towards that heel and “scoop” the ground with the same hand feeling a stretch in the calf muscle)

Phase 3 – Agility, Quick Feet: Everything Done Twice (1st time = full movement, 2nd time = emphasize speed)

1. High Knees (hop like jog with knees trying to get to chest)
2. Butt Kicks (jog like step with focus on heels kicking buttocks)
3. Carioca/Grapevine (lead with right and then left)
4. Low Shuffles (belly button stays facing front, lead with left one time and right second time)
5. Sprints – 3 tuck jumps then run, back pedal back to line (50%, 75%, 100%)

Further Dynamic stretching as chosen by individuals once completed



Cool Down

(Take ~10 mins.)



Part 1 – Light Aerobic Activity (5 mins) –Decreasing Intensity

Ex: jogging 1-2 laps decreasing speed

Phase 2 – Static Stretching: In a circle, one leader. Each stretch held for 20 seconds each side and repeated twice.

1. Pec Stretch (clasp hands behind back and try to reach arms as far behind you as possible) * also can add tricep/deltoid stretches here for more arm stretches
2. Side/Back Stretch (legs spread apart, leaning forward and to the side, reaching as far as you can, bending from the hips)
3. Quad Stretch (standing, holding foot with same side arm)
4. Hip Flexor Stretch (lunge stretch)
5. Hamstring Stretch (sitting on floor, legs together, reaching forward)
6. Sitting Glute Stretch (cross one leg over the other, sitting as tall as possible)
7. Groin Stretch (sitting, legs out to the side reaching as far forward as possible)
8. Groin Stretch (sitting feet together in front of body, trying to press knees down to sides)
9. Calf Stretch (Downward dog, pressing both heels into ground with hips piked)