



Active Warm Up



with WSC & West Adelaide FC physiotherapist Luke Dixon (notes from his March 2009 presentation)

Aims of Active Warm-up

- Increase **blood flow** to muscles to be used in the sport
- Increase in **body temperature** to allow easier release of oxygen from red blood cells
- Restore **flexibility** of joints and muscles by moving them through full normal range
- Activate (wake up) **coordination** patterns specific to the sport, reducing reaction times
- Practice each **skill** required for the sport
- Gradually increase exercise intensity to **game intensity**



Plan

- Passive stretching – finish *at least* 15mins before active warm up starts, 15 sec holds 3 times, aim to regain normal muscle length and symmetry
- **Shuttle** 15m, 4 each of – forwards, backwards, sideways, grapevine, zig zag, ball pick up
- **Dynamic stretching** 5 on each side of – swinging kicks, hip rotations, calf walking, back rotations on front then back, squats, walk lunges, arm circles
- **Plyometric drills** – high knees, bum flicks, 2 leg bounding, skipping, stride outs
- **Competitive drills** – tackles, red rover
- **Skill practice** – handball and kicking drills



More info

SMA – www.sma.asn.au

Australian Sports Commission – www.ausport.gov.au

Wakefield Sports Clinic – www.wakefieldsports.com.au

