

THE

RAINER

PLAYER COACH RESOURCE PACK

WARM UP

CONE DRILLS

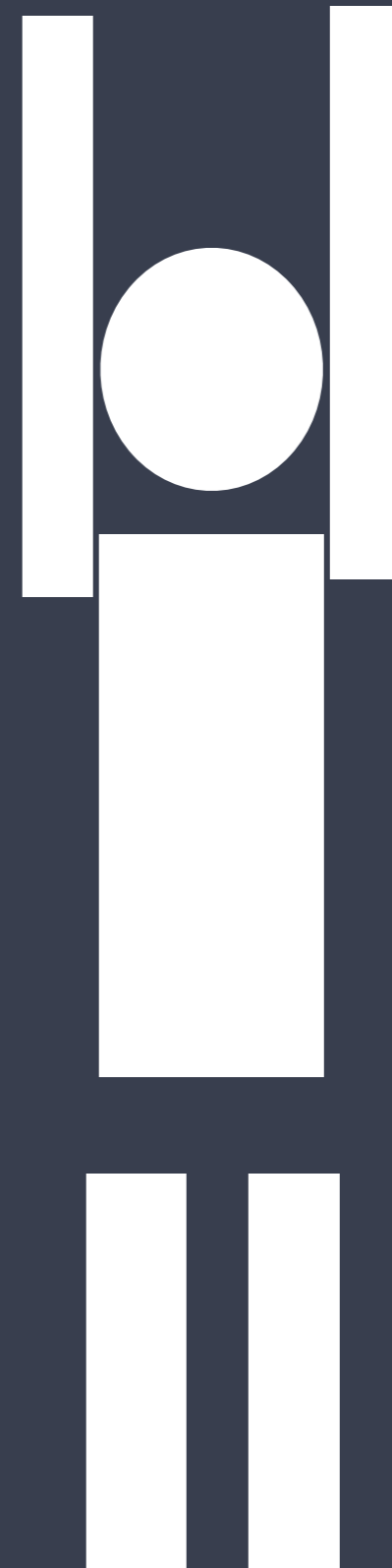
COOL DOWN

**INFORMATION ON THESE KEY AREAS TO HELP
IMPROVE COACHING OUTCOMES AND PLAYER
PERFORMANCE.**

STEPHEN GREEN FITNESS CONSULTANCY

WARMING UP & DYNAMIC MOBILITY ROUTINE

Developing a simple warm up and dynamic mobility routine.



THE EASY 8 WARM UP

The easy 8 warm up is a simple way in which young players can learn to develop good habits for sport. Routine is key if this work is to be effective. When planning a session it is important to build in time for a good warm up. This routine has been designed to take between ten to fifteen minutes. Positive aspects of its use include a greater readiness by the sports athlete at the start of the session, both physically and mentally. Lower risk of injury, improvements in movement, awareness, reactions. A regular routine will also help to improve posture, balance and general body awareness. Carry out between 10 and 20 reps of each exercise

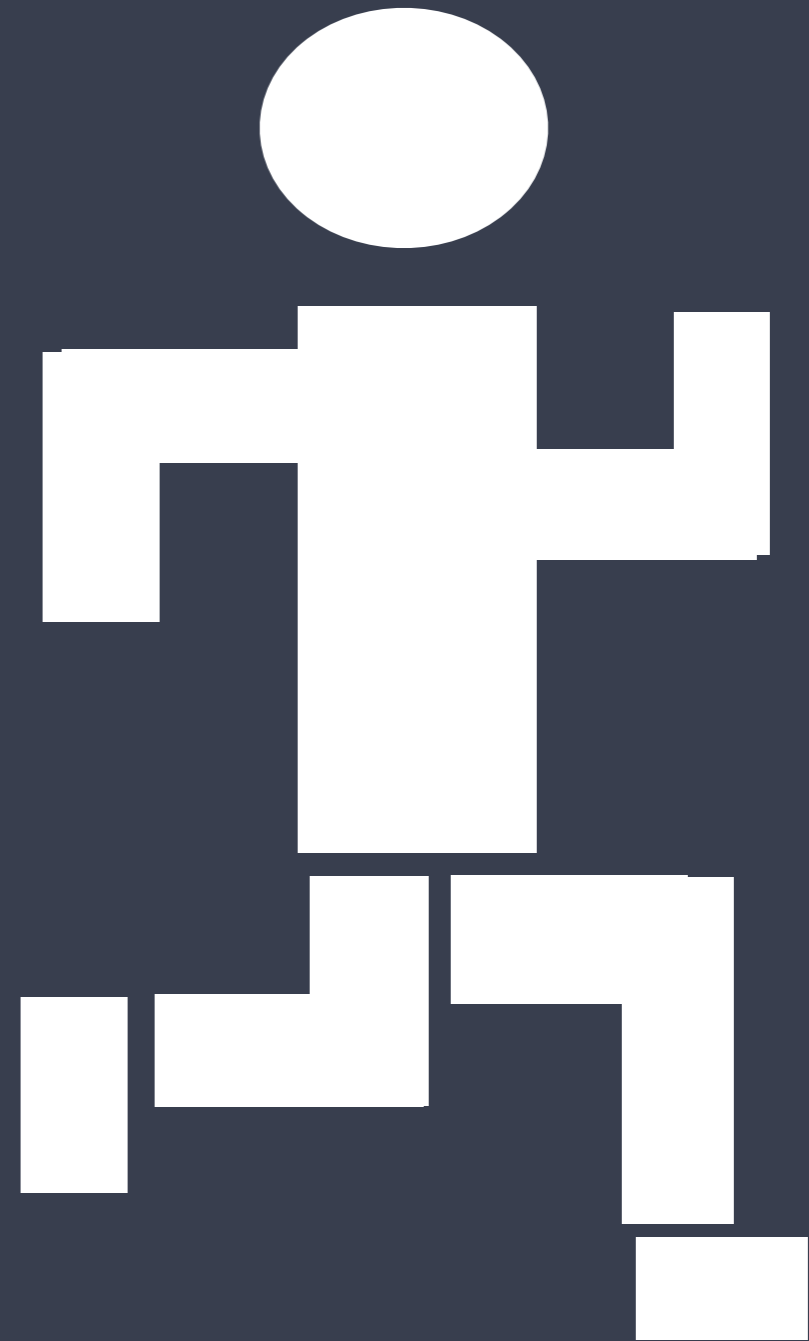
If you have any questions regarding this information please email me

[sgreenfitness@ hotmail.com](mailto:sgreenfitness@hotmail.com)



GETTING WARM

- Wear a tracksuit. Jog steadily for between five to ten minutes.
- Leave your tracksuit on whilst you carry out the following dynamic mobility routine.

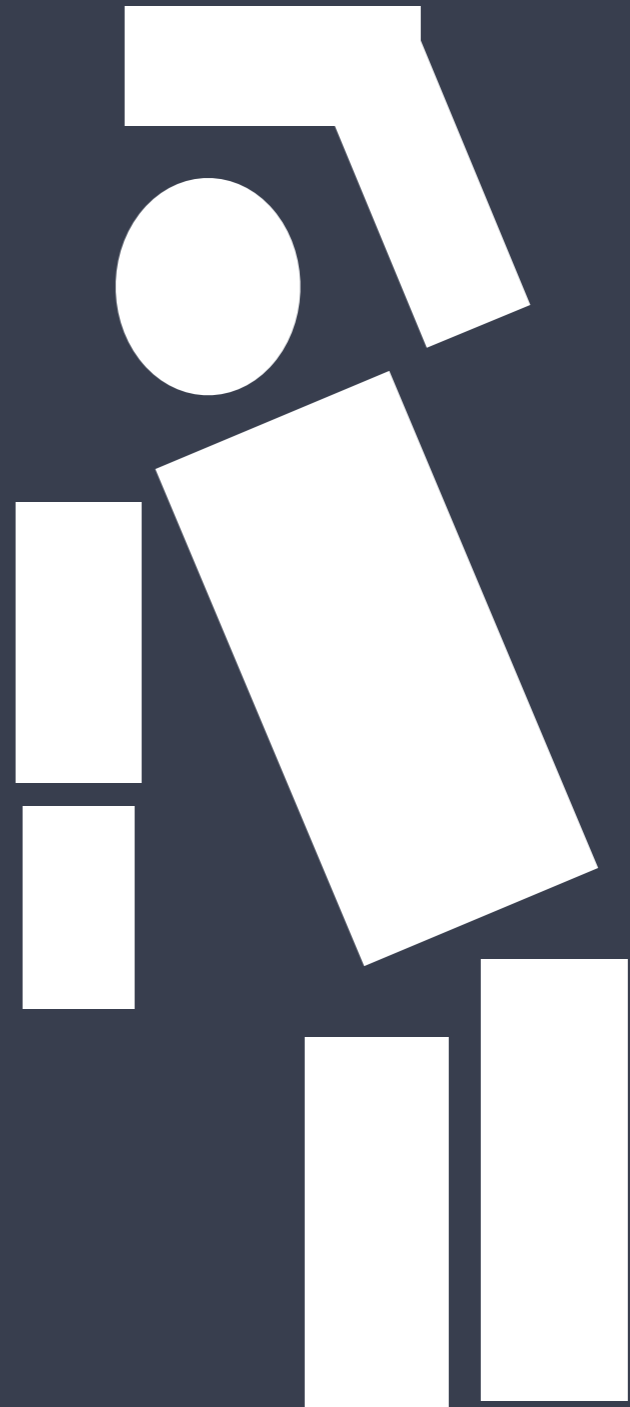


JOG

ARM CIRCLES



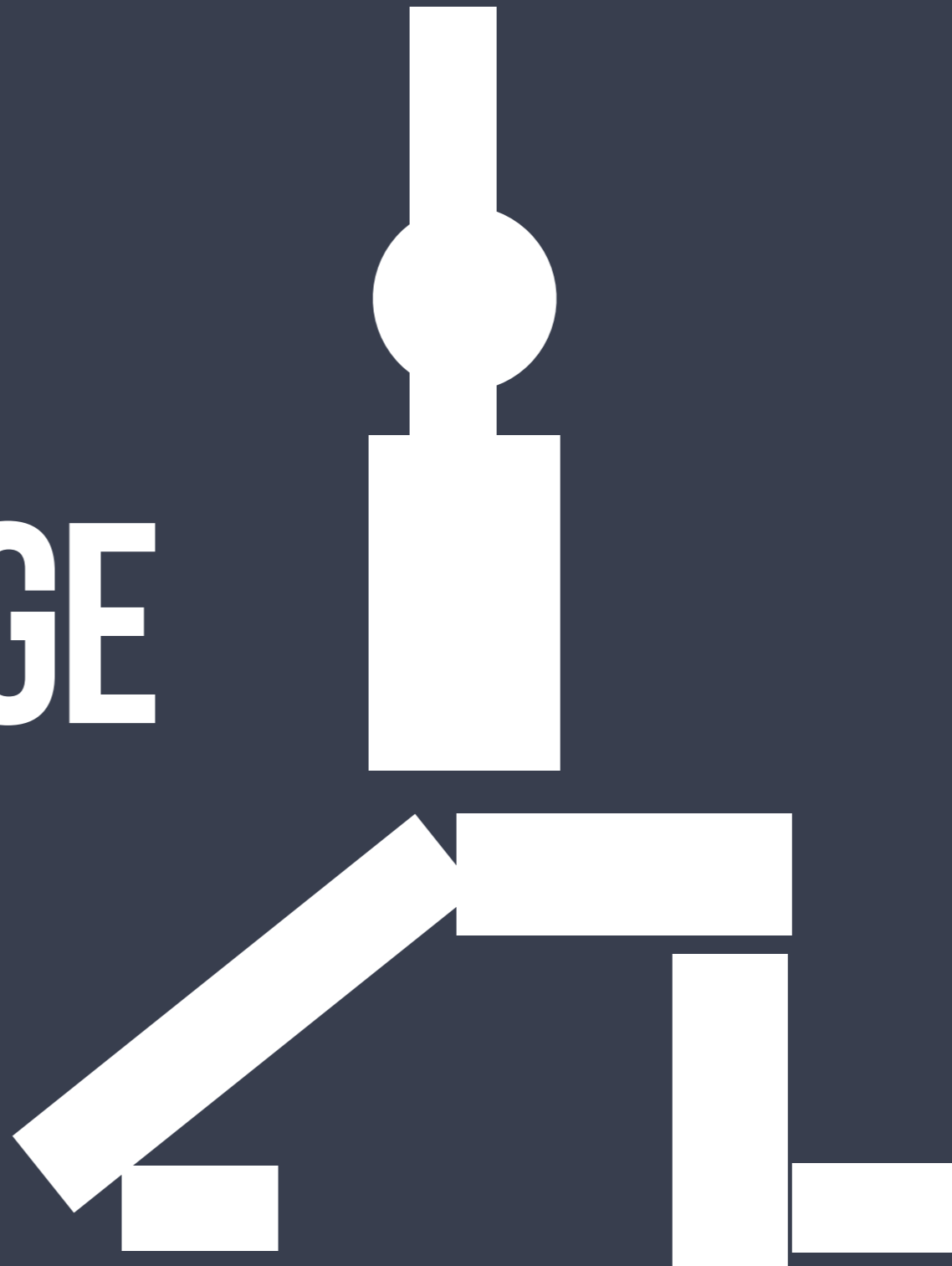
SIDE BEND



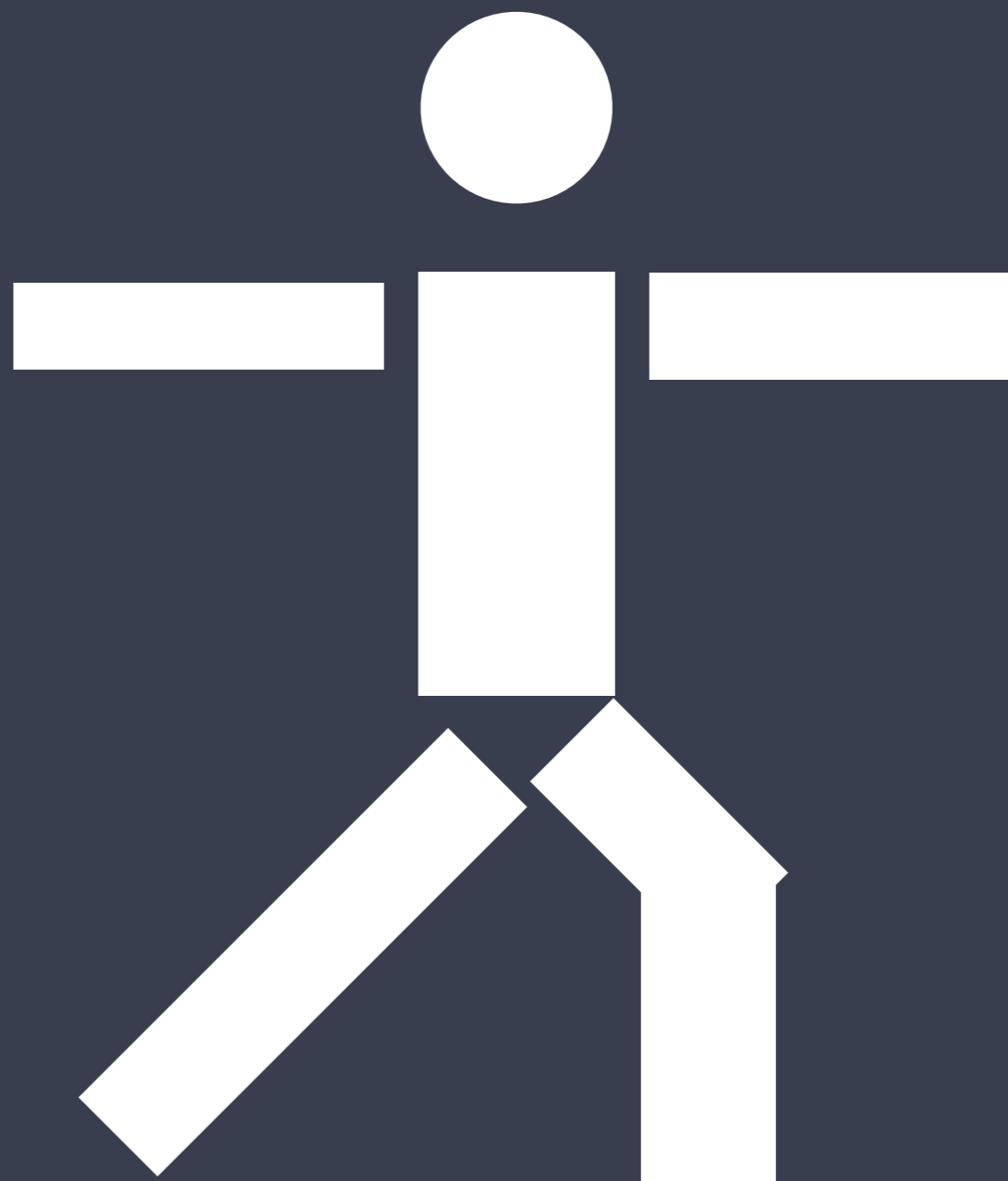
DEEP SQUAT



FRONT LUNGE



SIDE LUNGE



WALKING HIGH KNEES



FAST SKIPPING



NOW YOU ARE READY



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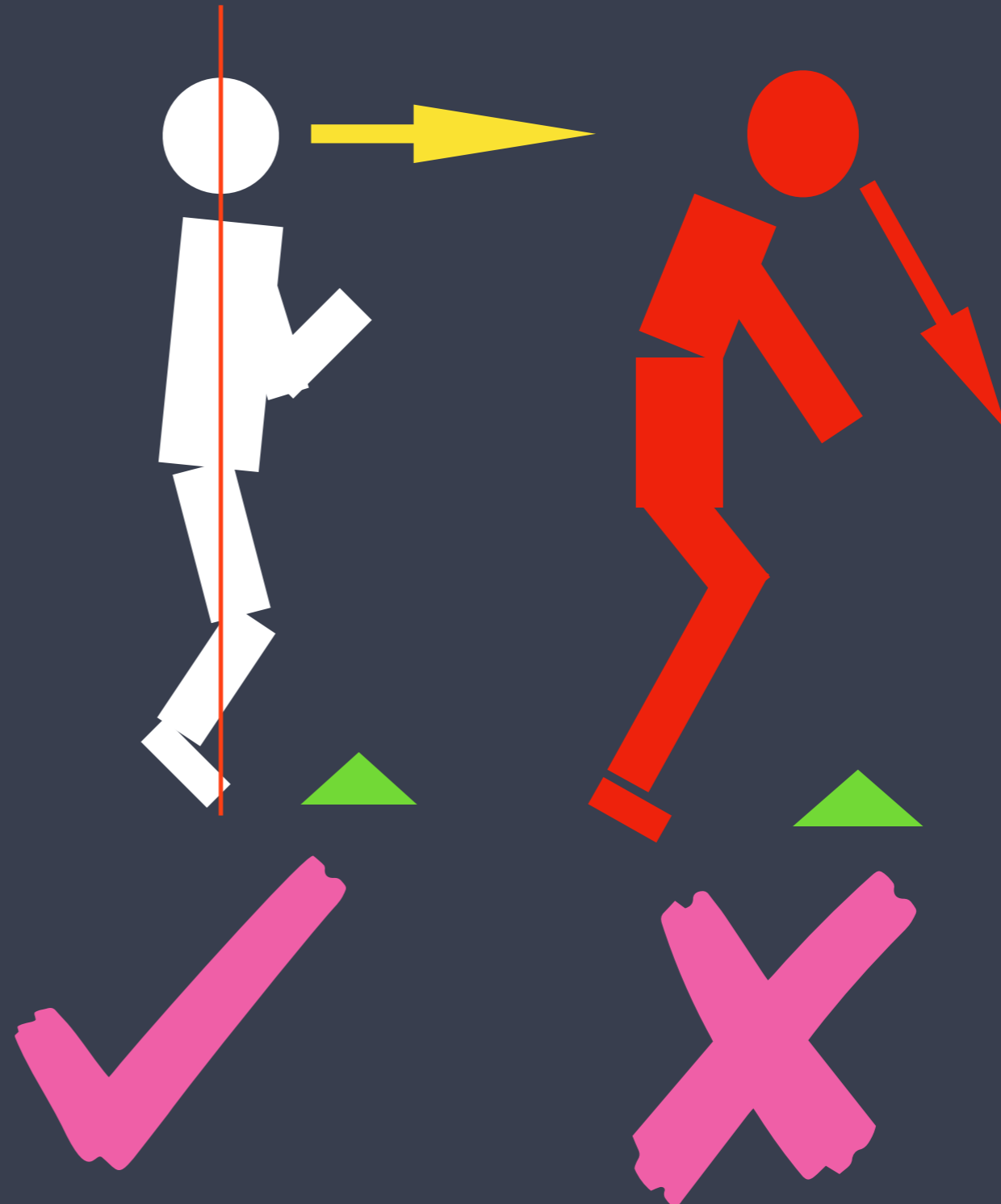
FOOTWORK

A simple guide to adding footwork drills to the warm up section of your training session.



POSTURE

- When using cones , ladders or even shadowing drills it can be very easy to concentrate on what the feet are doing. There is good reason to change your coaching focus to the central pillar that runs through the entire bony from the top of the head straight down to the floor. This will in effect focus on head and eye position extending and opening out the trunk and changing the centre of gravity

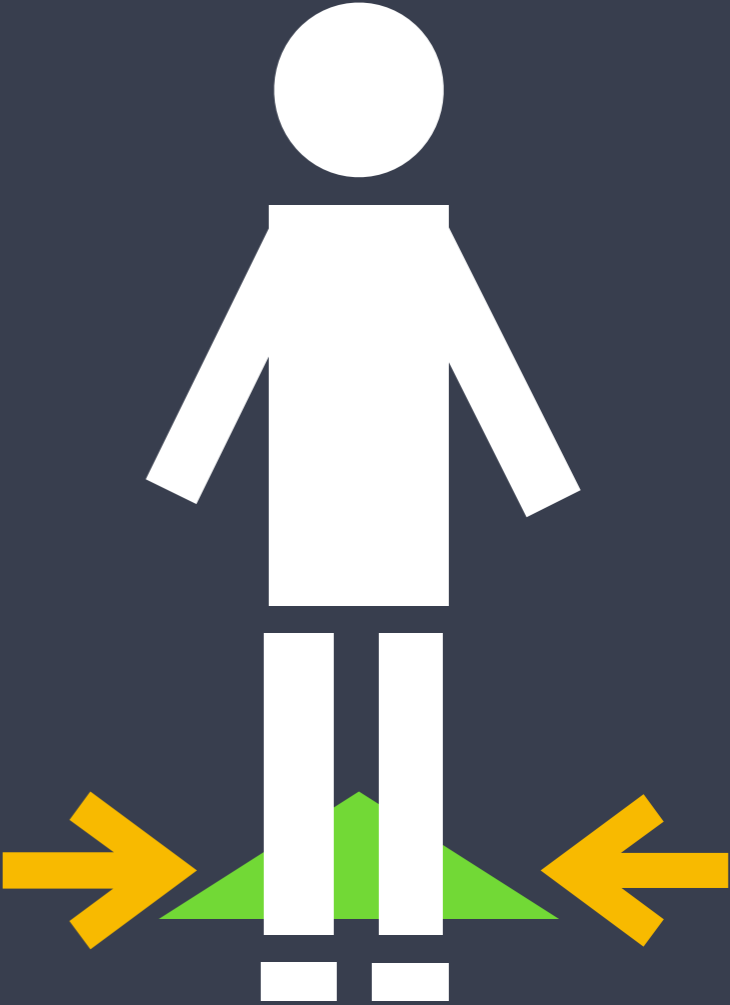


Carry out each footwork drill
over 10 cones x 3 sets. Take a
walk back recovery between
reps.

HIGH KNEES



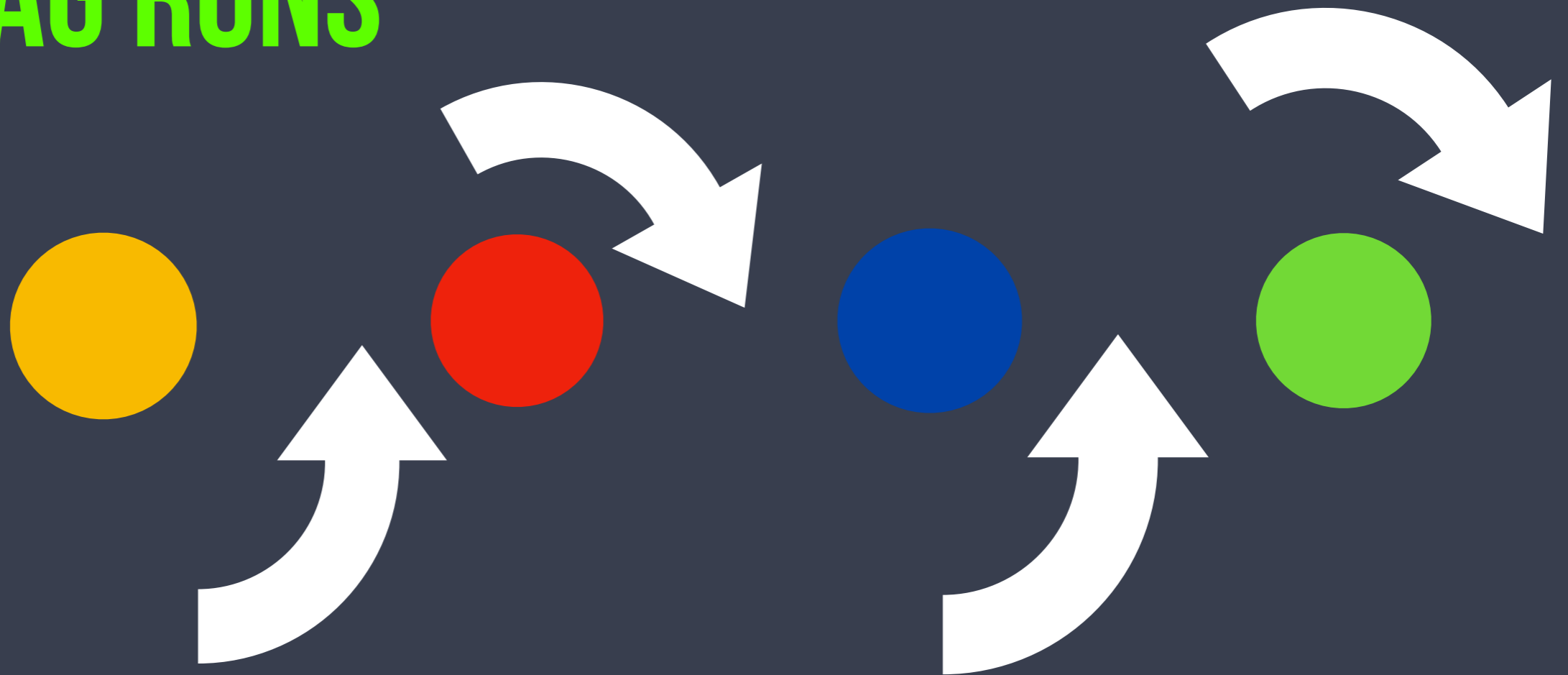
SPLIT STEP



CALF SPRING



ZIG ZAG RUNS

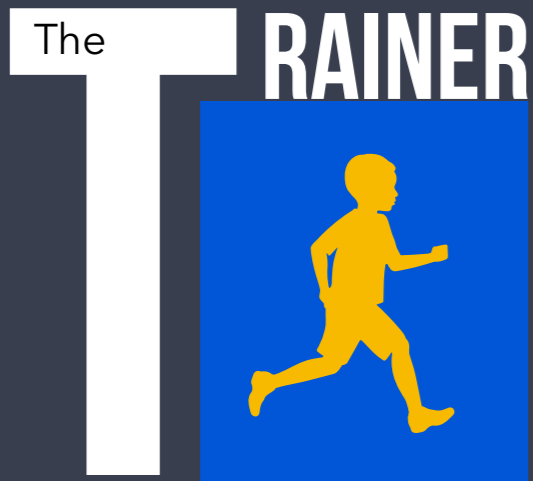
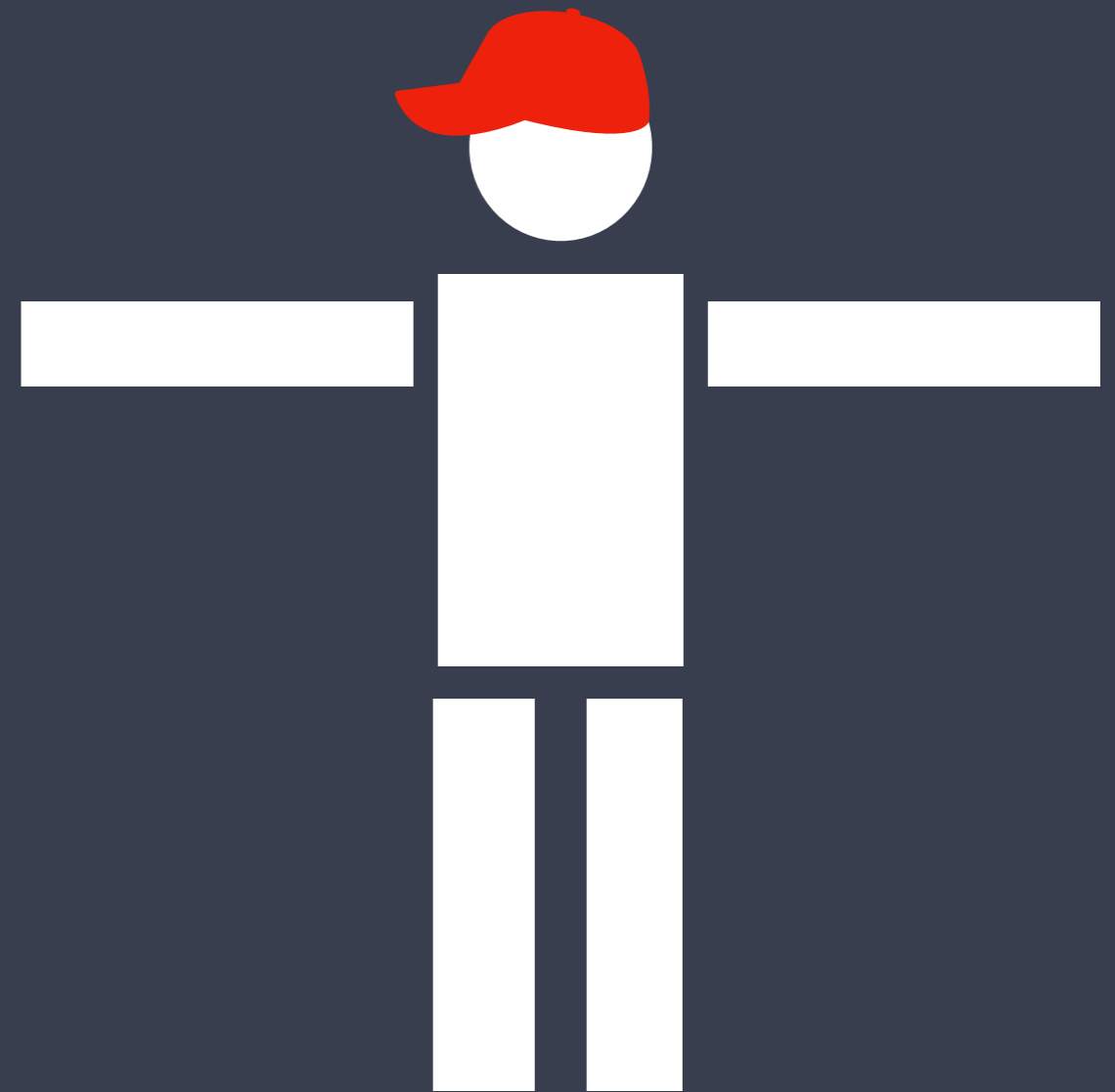


HOPPING



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COOLING DOWN



Full tracksuit on and

SLOW JOG

- At the end of a training Session or competition it is important to cool down properly.
- This assists recovery ,thus enabling the young sports athlete to approach the following days training without being stiff.
- It is also an excellent time to work on static stretching. This increases flexibility and helps to prevent injury.



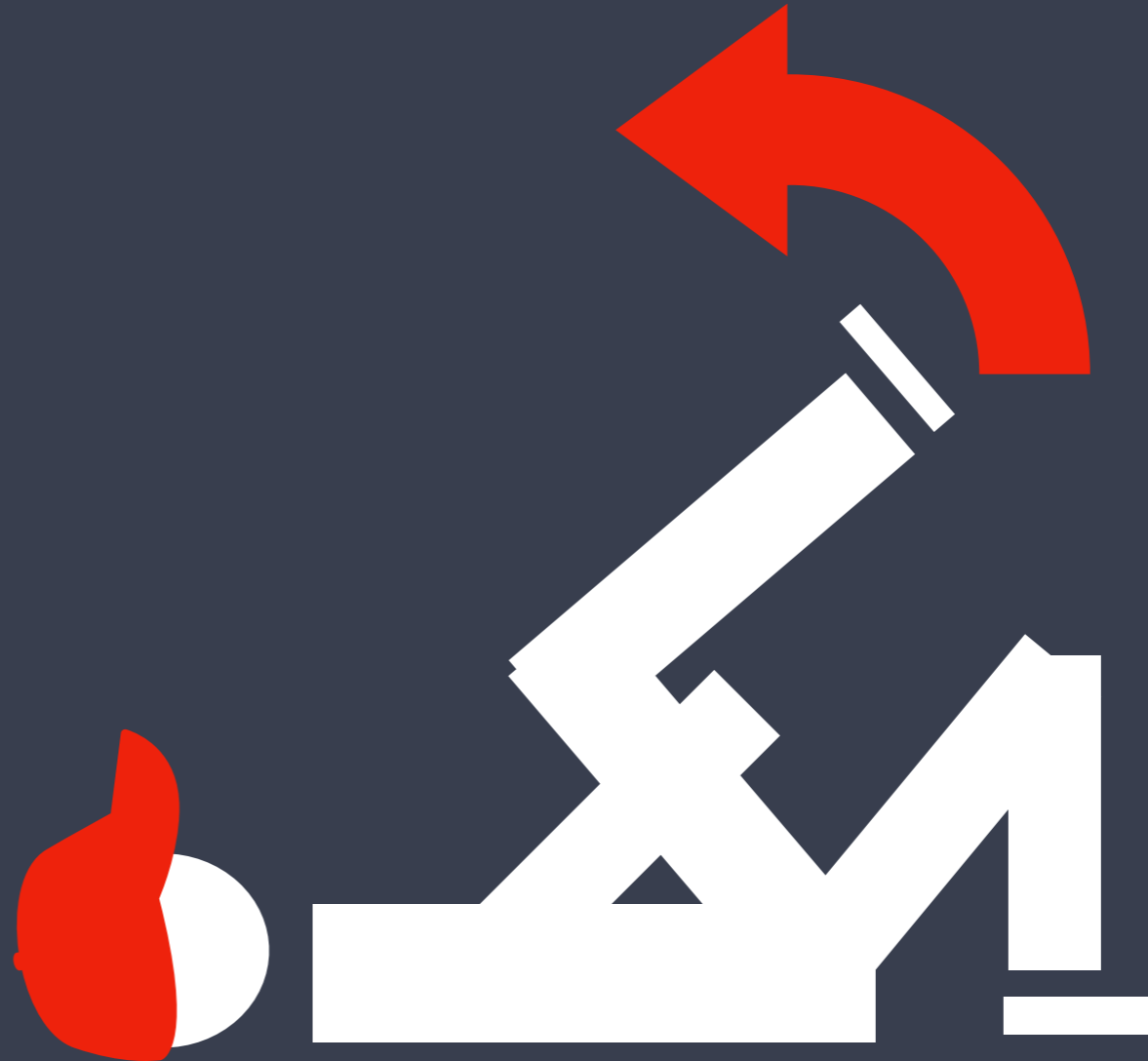
5 TO 10 MINUTES

**NOW STATIC STRETCHING.
HOLD EACH STRETCH FOR
A SLOW COUNT OF 10**

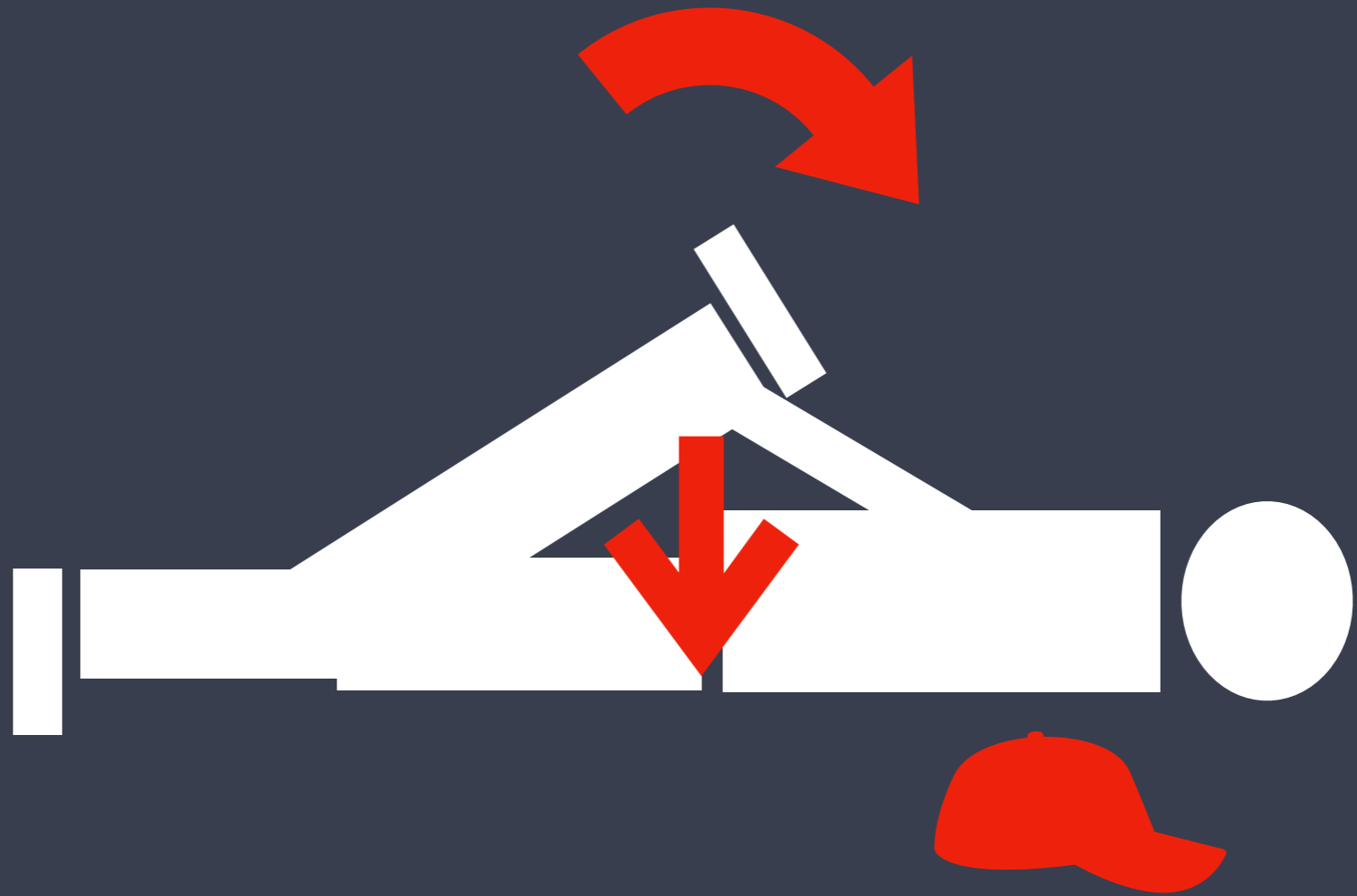
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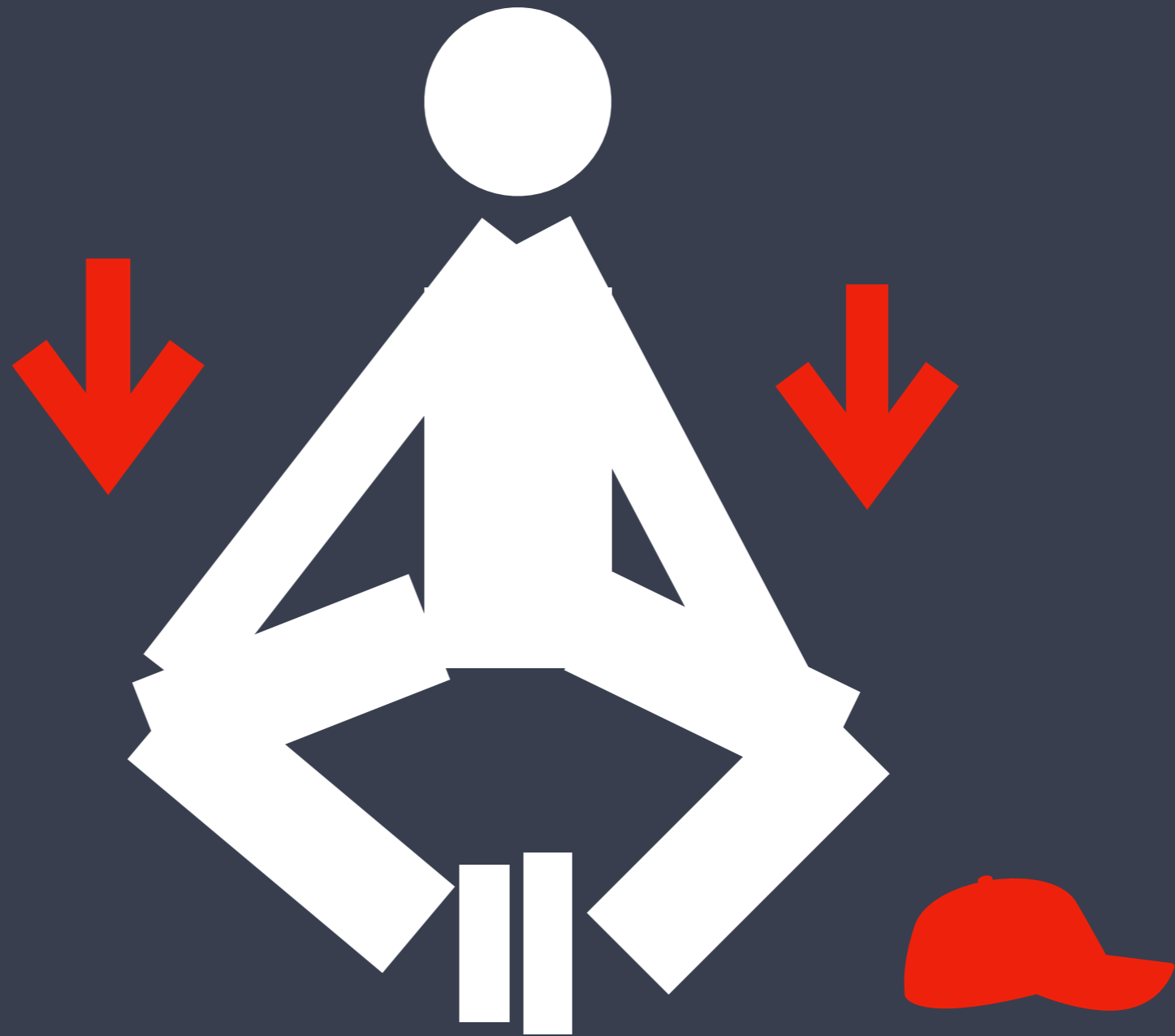
HAMSTRING



QUAD



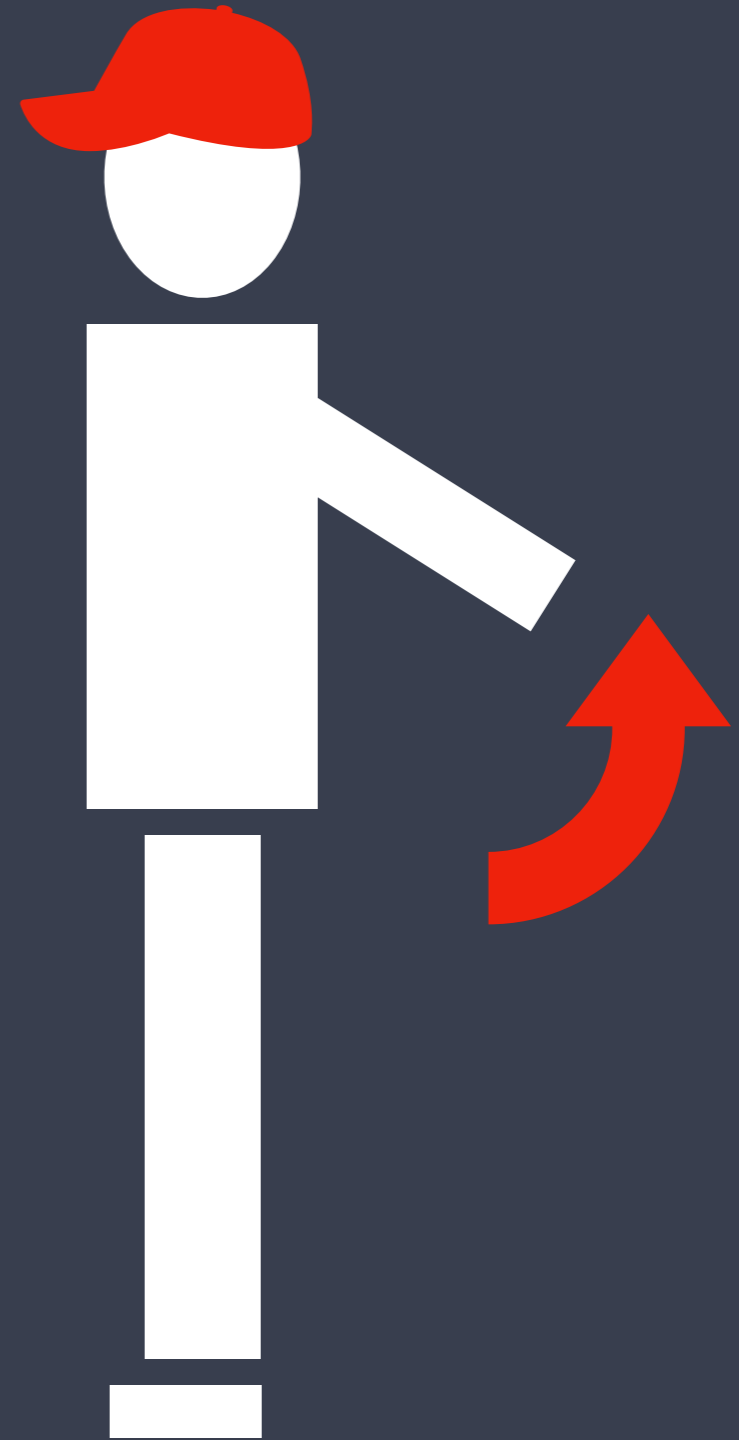
GROIN



SIDE BEND



SHOULDERS



**SHOWER, EAT
NOW YOU ARE
READY FOR
TOMORROW**

