

## Eltham Wildcats active warm up routine



- Set out 3 cones over 20m at 0m, 10m and 20m
- From cone 0-10m perform the prescribed exercise
  - From Cone 10m-20m jog at 50-60% and then jog back to cone 0m
- Get the players to run back to the cone and repeat the run throughs x2 for each exercise
- Once this has been performed commence active ball/skills warm up on the court

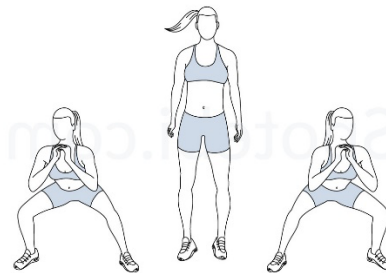
### *Exercises*

#### 1. Hamstring sweeps



Stepping out with 1 foot, bend and sweep your hands down along your legs towards your toes before returning to a standing position and repeating on the other side

#### 2. Side step and squat



With all players facing to the left, stand with feet hip width apart with a slight bend in the knees. Side step with right foot so you are now standing slightly further than shoulder width apart. Perform a squat and then bring the left foot in, back to a hip width stand. Turn to face the right and repeat, with the left foot leading.

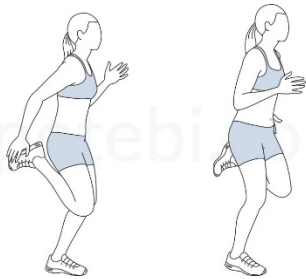
#### 3. High Knees



Stand with your feet hip-width apart. Lift your left knee to your chest.

Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a sprinting or running pace.

**4. Bum Flicks**



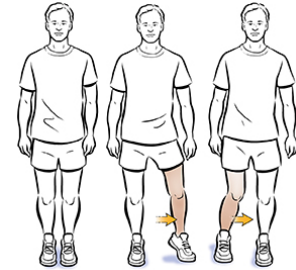
Stand with your feet hip width apart. Kick your left heel towards your bum, bending from your knee. Return your foot to the ground and repeat with the right leg. Continue the movement at a running pace.

**5. Arabesque Walks**



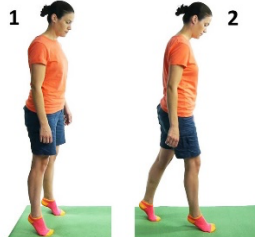
Standing with a slight bend in the knees, lean forward from the hip while your left legs moves up and away. Keep your lower back straight and once parallel, return to standing and repeat on the right leg. (no weight)

**6. Side Stepping**



Standing with feet together, step your left leg away from the right and then bring the right leg back in to meet the left. Repeat at a quick pace.

**7. Toe walking**



Stand on your tip toes with feet hip width apart. Begin walking, enduring to control your movement and maintain the tip toe position.

**8. 70% running**



**9. 80% running**



**10. 90% running**



**100% running**

