

## THE WARM-UP

Much more than just a preparation tool!

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## WEBINAR RULES

While waiting for others to come in, here are some rules and reminders to keep in mind.



Please make sure all mics are on mute.



Type in any questions into the Q&A box



Please complete a feedback form to receive a copy of today's presentation.

### WHAT WE'RE LEARNING TODAY

Here are the topics we will cover this evening:

- Why do we warm up?
- The "traditional" warm-up.
- The use of stretching
- Taking a new look at warm-ups
- Time to "RAMP" up your warm-up
- Efective planning



### ABOUT ME

Hi! My name is Andy. I'm a physical activity specialist, former professional footballer, sports coach, and the owner of Healthy Active

I am an accredited Strength and Conditioning Coach, UEFA B Licensed Football Coach, Level 2 Core Cricket Coach, and dad to 3 boys.

# IS IT REALLY WORTH IT?

Everyone does it, but how important is a warm-up?

## WHY DO WE WARM-UP?

- increase muscle temperature
- increase core temperature
- increase blood flow
- improve performance
- reduce the risk of injury

The goal of the warm-up is to prepare players mentally and physically for exercise or competition





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## SPECIFIC WARM-UP

Normally consists of light activities such as jogging

Traditionally consisted of stretching and sport specific movements



## THE USE OF STRETCHING

Perhaps the greatest debate regarding a warm-up!

Static stretching has become an integral part of many warm-up routines

## MORE HARM THAN GOOD

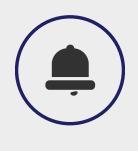
can actually compromise performance

There is little, if any, evidence that stretching before or after a game or training session prevents injury

## TIME TO TAKE A NEW LOOK

The Warm-Up is one of the most powerful tools available to you

### SO MUCH TO THINK ABOUT



STRENGTH



**SPEED** 



**AGILITY** 





POWER



TACTICAL



**FLEXIBILITY** 



TIME

**ENERGY** 

## RAMP UP YOUR WARM-UPS!

The "RAMP" system helps provide coaches with a method by which warm-up activities can be classified and structured

### 3 KEY PHASES OF EFFECTIVE WARM-UPS







### RAISE

Raising body temperature, heart rate, breathing rate, blood flow and joint viscosity.

### **ACTIVATE & MOBILISE**

To activate key muscle groups
To mobilise key joints and ranges of
motion used in football.

### **POTENTIATE**

Activities that will improve the effectiveness of performance in a game or training session

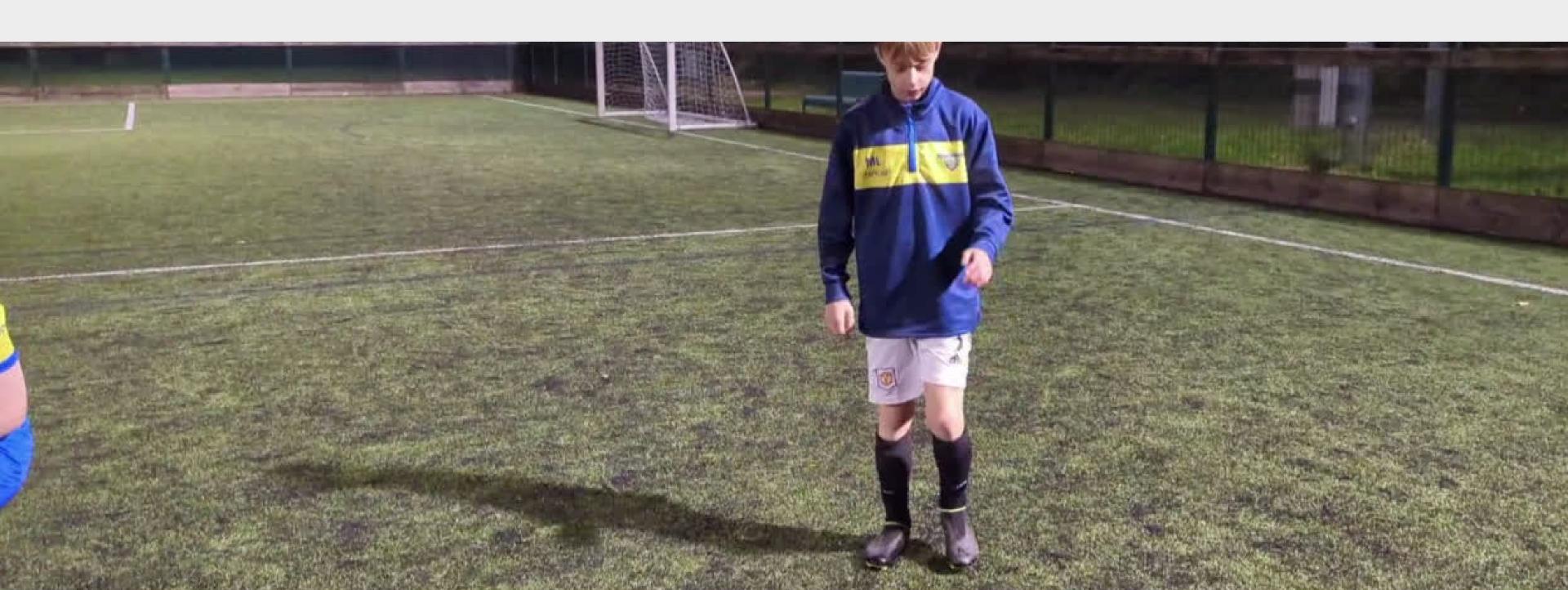


### RAISE

Effective movement or skill based activities allow for a great deal of skill or movement development

### ACTIVATE & MOBILISE

Effective activation and mobilisation activities allow strength and mobility development





### POTENTIATE

An ideal time to carry out game speed activities

# A FRAMEWORK FOR EFFECTIVE AND TIME EFFICIENT WARM-UPS

## PLAN YOUR WARM-UPS



### EFFECTIVE PLANNING LONG TERM BENFITS



### RAISE

Effective movement or skill based activities allow for a great deal of skill or movement development



### **ACTIVATE & MOBILISE**

Effective activation and mobilisation activities allow strength and mobility development



### **POTENTIATE**

An ideal time to carry out speed and agility activities





### ANY QUESTIONS?







### FEEDBACK





### THANKYOU

