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# 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.

**1**

**Please make sure all mics are on mute.**

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**2**

**Type in any questions into the Q&A box**

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**3**

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

# WHAT WE'RE LEARNING TODAY

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Here are the topics we will cover this evening:

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- 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
- Effective 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.

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**IS IT  
REALLY  
WORTH IT?**

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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



# THE TRADITIONAL WARM-UP

How do you warm-up?



# GENERAL WARM-UP

Normally consists of light activities such as jogging

# SPECIFIC WARM-UP

Traditionally consisted of stretching and sport specific movements





# THE USE OF STRETCHING

Perhaps the greatest debate regarding a warm-up!

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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

THE WARM-UP

# **TIME TO TAKE A NEW LOOK**

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



# SO MUCH TO THINK ABOUT



TECHNICAL



TACTICAL



STRENGTH

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SPEED

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AGILITY

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POWER

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FLEXIBILITY



**TIME**



**ENERGY**

THE WARM-UP

# **RAMP UP YOUR WARM-UPS!**

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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

**1**

## **RAISE**

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

**2**

## **ACTIVATE & MOBILISE**

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

**3**

## **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**

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The “RAMP” approach



# PLAN YOUR WARM-UPS

Effective planning of  
warm-ups  
throughout the  
season can provide a  
longer term  
advantage for your  
players



# EFFECTIVE PLANNING LONG TERM BENEFITS

**1**

## **RAISE**

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

**2**

## **ACTIVATE & MOBILISE**

Effective activation and mobilisation activities allow strength and mobility development

**3**

## **POTENTIATE**

An ideal time to carry out speed and agility activities



# HOW TO RAMP UP YOUR WARM-UP

[www.healthyactive.co.uk](http://www.healthyactive.co.uk)





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# ANY QUESTIONS?







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# FEEDBACK







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# THANK YOU

