



March 2013

UNDER 13-17'S

Game Day Warm-Up



IN ROOMS

Jog on the spot

Three sets of 20 seconds

Sitting/Standing Stretches

Stretches: quads,
hamstring, glutes, calf, back
rolls



Tuck jumps

Two sets of 10



Burpie

Two sets of 10



Push ups

Two sets of 10



Squats & Lunges

One sets of 15
Two sets of 10 Left and
Right



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ON GROUND

Jog around square/oval

Two Laps

Run throughs

Five sets of 75% x 50meters



Legs swings and flicks

Ten each side



Bumps and Tackles

Five each

Skills

- Handball cross-cross,
- Hand ball end to end,
- Ground level ball
- End to end kick



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