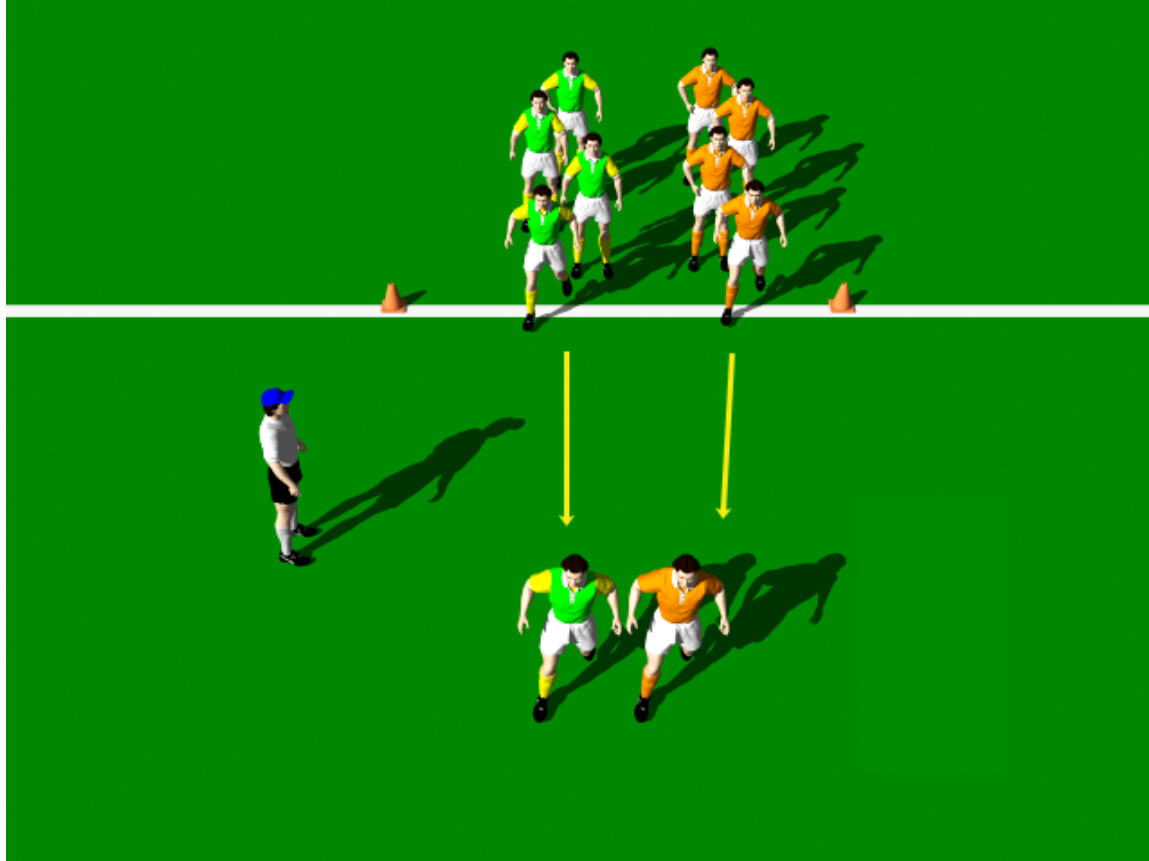


Partner Wars Warm Up



Exercise Objectives:

This is a fun warm up that players perform in pairs. It dynamic stretching, agility and sprint work. This can be utilized for players at any age and skill level.

Warm Up Sequence:

1. In pairs and on coach's command, jump up and down in place, jog forward.
2. In pairs and on coach's command, both players challenge shoulder to shoulder while moving forward.
3. In pairs and on coach's command, both players push on each other's shoulders for resistance while moving forward.
4. In pairs and on coach's command, players jump up and bounce off each other using shoulders.
5. In pairs and on coach's command, players perform groin stretch inside (Close the gate).
6. In pairs and on coach's command, players perform groin stretch outside (open the gate).
7. In pairs and on coach's command, players perform High Kicks.
8. In pairs and on coach's command, players perform Pendulum Stretches.
9. In pairs and on coach's command, players perform Sprints.

Add your own stretches and ideas to the warm up.