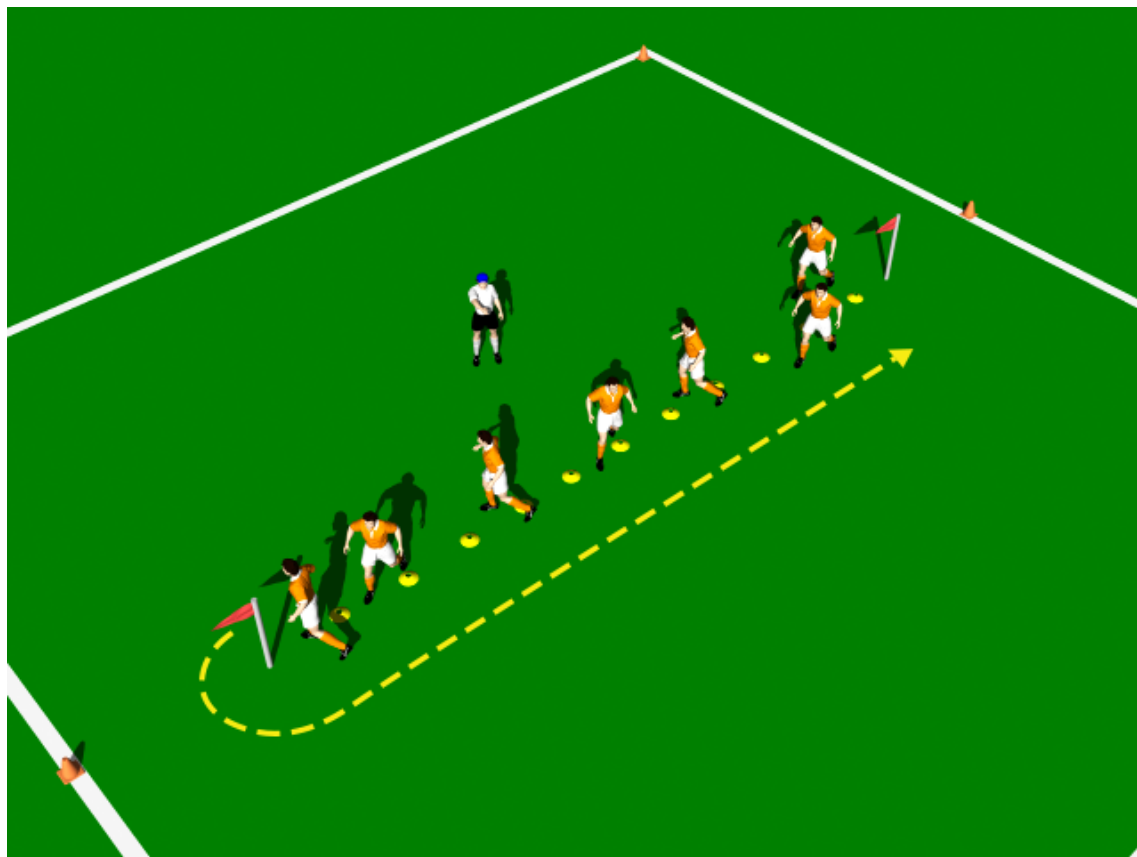


## Tottenham Warm Up



### **Exercise Objectives:**

The Tottenham warm up encompasses dynamic stretching and agility exercises.

### **Coaching Pointers:**

Place cones in a line approximately 10 yards in length (as in the diagram above).

**The warm up is performed in the following sequence.**

- Slow jog around flag poles.
- Touch inside of ankles.
- Touch heels.
- High Knees.
- Tip Toe Stretch.
- Carioca's
- Groin stretch inside (close the gate)
- Groin stretch outside (open the gate)
- High Kicks
- Touch heels and clap.
- Forward and backwards through cones.
- Zig Zag in and out through cones.
- Bunny hops (two footed) through cones.
- Rainbows through cones.
- Jockey backwards through cones.
- Jockey forward through cones.