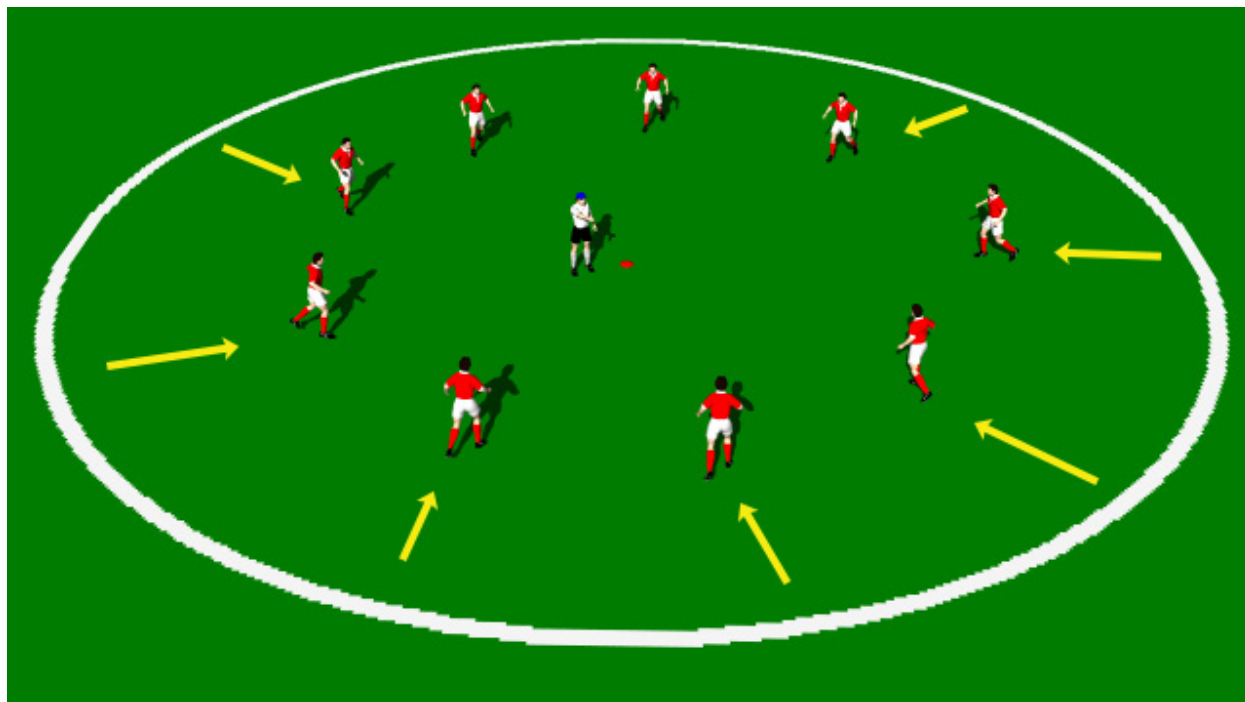


Watford Circle Warm Up



Exercise Objectives:

The Watford Circle warm up emphasizes a variety of dynamic stretching.

Mark a circle with cones approximately 20 yards in diameter.

Warm Up Sequence:

- Start with a slow jog around the circle.
- Players perform High Kicks.
- Players perform High Kicks with a Trunk Twist.
- Players Jog into center, jump up and give a team mate a high five.
- Players perform Groin Stretch – Open the Gate.
- Players perform Groin Stretch – Close the Gate.
- Players Jog into center, jump up shoulder to shoulder with a team mate.
- Players perform Forward and Backward Skips.
- Players perform Rainbows.
- Players jump forward, then backwards and sprint to center.
- Players perform Bunny Hops then sprint to center.
- Players perform head fakes (side on stance) then sprint to center.