



## A Basic Guide to Warm-up and Cool Down

# Warm-Up

## Warm-up Overview

The activities during training for netball and gameplay are dynamic and ranging in movements and intensities. As such, the participant must be progressed through a suitable warm-up to prepare the body for the activity.

The functions of a warm-up are as follows: -

- To prepare the participant both physiologically and mentally for training or competition
- To increase blood flow to muscle preventing injury and enhancing performance
- Gradual increase in resting heart rate to working rate

### 1. General Warm-up

In order to increase core temperature and blood flow, a general, low intensity warm-up is required. The general warm-up should be conducted directly before the dynamic warm-up and consists of a basic activity that uses movement to raise the heart rate such as 200-400 metre jog.

### 2. Dynamic Warm-up

The dynamic warm-up is to improve joint viscosity, flexibility and to prepare the participants for the drills / game ahead. The following stretches can be completed by moving the limb through the range of motion for 10 repetitions on both sides before progressing to the next movement.

### 3. Sports Specific Warm-up

Following general and dynamic warm-ups, a final section of the warm-up should be reserved for the specific movements of the sport, to increase proprioception, preparedness and to 'sharpen the senses'.

Examples of Sports Specific Netball Warm-up Drills

- Passing drills
- Drop, catch, react
- Dribbling
- Ball stealing
- Agility drills

Specific warm-ups are to be programmed by the coaches depending on the skills and requirements of the team.

## Dynamic Warm-up

### 1. Neck bends and rotation

*With loose shoulders, gently roll the head back and forth, side to side and round in circles whilst keeping the eyes open.*



### 2. Shoulder rolls, back and forth

*Raise the shoulders up and forward, followed by down and backwards, repeat in the opposite direction*



### 3. Shoulder rotations

*Rotate the arm in a circular motion in both directions, repeat for both arms.*



#### 4. Chest hugs

*Close the arms across the chest as if hugging yourself then out wide pulling together your shoulder blades whilst stretching the chest and repeat.*



#### 5. Torso rotations and bends

*Stand tall, lengthening your spine and gently rotate your upper body to the left, then right. Follow this by facing forwards and bending to your sides.*



#### 6. Straight leg march

*Keep the hips square and swing your leg forwards until a gentle stretch is felt through the hamstring, repeat with alternate legs, gently increasing the range of motion.*



#### 7. Lunge and reach

*Take a long step forwards reaching down to touch the ground by your feet. Maintain a straight back and keep knees in line with the toes.*



### **Post Training / Game Cool down / Recovery Phase**

- To gradually return the heart rate and blood pressure to resting levels
- To facilitate removal of waste products from working muscles
- Stretching to maintain/increase mobility and flexibility and help reduce muscle soreness

### **Basic general cool-down**

- To bring heart and respiration rate from game pace 200-400 metre jog or 1 lap of the court jogging followed by one walking.

## Static Stretching cool-down

Hold stretches for 30 seconds at mild discomfort

### 1.1.1 Quadriceps



### 1.1.2 Hamstrings and lower back



### 1.1.3 Gluteals



### 1.1.4 Shoulders



### 1.1.5 Biceps and triceps



### 1.1.6 Back

