

PROGRESSIVE
WARM – UP
PROGRESSIONS

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WARM – UP CHECKLIST

- BIOLOGICAL AGE OF ATHLETE
- TRAINING AGE OF ATHLETE
- SKILL LEVEL OF ATHLETE
- TYPE OF WORKOUT
- WORKOUT VS COMPETITION
- TIME OF DAY
- CONDITIONS

WARM – UP GOALS

- INCREASE CORE TEMPERATURE
- INCREASE HEART RATE
- INCREASE TEMPERATURE
- CHANGE AROUSAL LEVEL
- BECOME FAMILIAR W/ARENA

WARM – UP GOALS II

- INCREASE JAZZ LEVEL
- PREPARE FOR THE WORKOUT
 - SPEED
 - STRENGTH
 - AGILITY
 - COMPETITION
 - BALANCE

WARM –UP KEYS

- GENERAL TO SPECIFIC
- SLOW TO FAST
- HIGH TO LOW
- INSIDE OUT/OUTSIDE IN
- TOP TO BOTTOM/BOTTOM TO TOP
- PREPARE FOR THE WORKOUT

WARM – UP COMPONENTS

- MOVEMENT
 - IN PLACE
 - LATERAL
 - LINEAR
 - HIGH
 - LOW
 - CHANGE OF DIRECTION
 - MULTIPLANER

WARM – UP COMPONENTS

- NEURAL INNERVATION
 - SQUEEZE/BREAK ABD/ADD DRILLS
 - RUBBER BANDS
 - ROLLERS/BELTS
 - PELVIS PROJECTION DRILLS
 - STABILITY DRILLS
 - PHYSIOBALLS
 - PADS/DISKS
 - BAREFOOT

WARM – UP COMPONENTS

FLEXIBILITY

- LOOSENING
- DYNAMIC/STATIC
- MULTIPLANER
- INJURY PREVENTION
 - MANUAL NECK
 - KNEE HUGS/TIN SOLDIER
 - LUNGE TWISTS
 - BUILD - UPS

WARM – UP HOW

MOVE

- INCREASE
 - CORE TEMPERATURE
 - HEART RATE
 - RESPIRATION

WARM – UP HOW

- JAZZ LEVEL – ANYTHING THAT IS QUICK AND RHYTHMIC
 - LADDERS
 - JUMP ROPES
 - TRACK DRILLS
 - PLATFORM STEP - UPS

WARM – UP HOW

- PREPARE FOR SPEED WORKOUT
 - BUILD – UP TO SPEED
 - TRAIN AT 85 – 95% OF FULL SPEED
 - MAKE SURE THE
PSOAS/HAMSTRING
GROUPS ARE LOOSE
 - MAKE SURE THE S – I JOINT IS
MOVING

WARM – UP HOW

- STRENGTH
 - RANGE OF MOTION/AMPLITUDE OF MOVEMENT
 - SLOW – STRENGTH OR SPEED – STRENGTH
 - AGE OF ATHLETE
 - BIOLOGICAL
 - CHRONOLOGICAL

WARM – UP HOW

- AGILITY/MOBILITY
 - SPEED ANGLES/SHUTTLES/COMPETITION
- SLOW TO FAST MOVEMENTS
- MULTIPLANER
- HIGH TO LOW MOVEMENTS
- HIP/KNEE/ANKLE BEND/ROTATION

WARM – UP HOW

- BALANCE
 - TWO FEET
 - ONE FOOT
 - INVERTED
 - WITH IMPLEMENTS

WARM – UP HOW

- **COMPETITION**

- **TYPE OF COMPETITION**

- **EMOTIONAL VS UNEMOTIONAL**
 - **TECHNICAL OR GROSS MOTOR SKILL**
 - **INDIVIDUAL OR TEAM**
 - **VERSUS SELF OR OPPONANT**
 - **SPEED VS ENDURANCE**

WARM – UP TYPES

- CONTINUOUS
- INTERMITTANT
- INDIVIDUAL DIRECTED
- COACH DIRECTED

CONTINUOUS

- NON – STOP
- CIRCULAR VS BACK & FORTH
- OPEN OR CLOSED

INTERMITTANT

- STOP AND START
- CHANGES IN DRILLS
- CHANGES IN TEMPOS

INDIVIDUAL DIRECTED

- ATHLETE/CLIENT DIRECTS
- MEMORIZED
- ON WARM – UP BOARD
- ON SHEET

COACH DIRECTED

- LEADER DIRECTS
- FROM SHEET/TEACHING PLAN
- SETS TEMPO
- SETS TONE

THANK YOU

- COACHES
- TRAINERS
- THERAPISTS
- TEACHERS