

The ACC logo consists of the letters 'ACC' in a stylized, white, bold font on a blue background.

PREVENTION. CARE. RECOVERY.

Te Kaporeihana Awhina Hunga Whara

WARM UP GUIDE

The game doesn't start with the whistle – it starts by warming up.

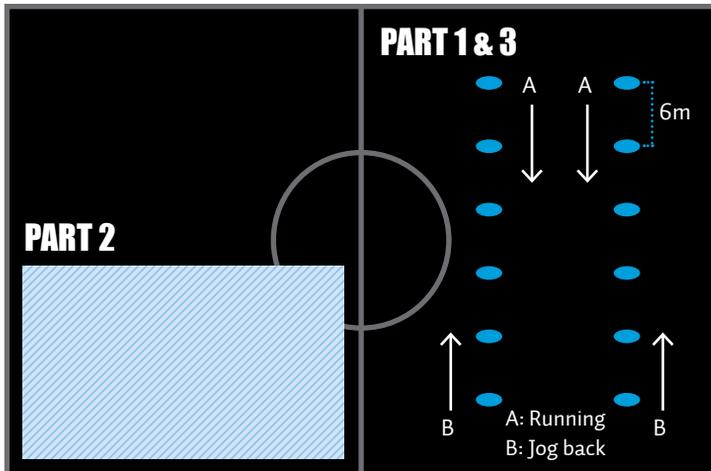


ACC
SportSmart

accsportsmart.co.nz/warmup

WHAT YOU'LL NEED

Set-up:



Key:

- X** Number of exercise repetitions
- ★** Game day exercises
- B** Beginner level
- A** Advanced level
- I** Intermediate level

To complete the warm up sessions you'll need:

- a length of 30 metres
- 6 pairs of cones
- 1 ball per 2 athletes. This is only required for the pre-training warm up and can be any ball of your choice.

For teams we recommend:

- setting up a course of 6 pairs of parallel cones, approximately 5-6 metres apart
- two athletes start at the same time from the first pair of cones, jog along the inside of the cones, do the various exercises on the way
- after the last cone run back along the outside.

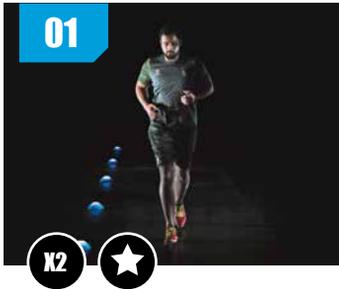
PART 1

RUNNING

- 01 STRAIGHT AHEAD
- 02 HIP OUT
- 03 HIP IN
- 04 CIRCLING PARTNER
- 05 JUMPING WITH SHOULDER CONTACT
- 06 QUICK FORWARDS AND BACKWARDS



RUNNING



STRAIGHT AHEAD

Exercise: Jog to the last cone and back. Run slightly quicker on the way back.



HIP OUT

Exercise: Jog to first cone. Stop and lift your knee forwards. Rotate your knee to the side and put your foot down. Jog to the next cone and repeat on the other leg. Jog back.



HIP IN

Exercise: Jog to first cone. Stop and lift knee to the side. Rotate your knee forwards and put your foot down. Jog to the next cone and repeat on the other leg. Complete course, jog back.

Tips:

- Don't let knees buckle inwards.
- Keep upper body straight.
- Hips, knees and feet should be aligned.

Tips:

- Keep hip, knee and foot of supporting leg aligned.
- Alternate legs at each cone.
- Keep pelvis horizontal and engage core.

Tips:

- Keep hip, knee and foot of supporting leg aligned.
- Keep pelvis horizontal and engage core.
- Don't let knee of supporting leg buckle inwards.

04



X2



CIRCLING PARTNER

Exercise: Jog together to first cones. Shuffle sideways at a 90-degree angle towards your partner, then shuffle a circle around one another, looking straight ahead, then back to cone. Jog to next cone and repeat.

05



X2



SHOULDER CONTACT

Exercise: Jog to first cone. Shuffle sideways at a 90-degree angle towards your partner. Jump sideways, making shoulder-to-shoulder contact. Land with hips and knees bent, shuffle back to cone. Jog to next cone and repeat.

06



X2



QUICK FORWARDS AND BACKWARDS

Exercise: Run quickly together to the second cone, then backwards, quickly, to the first cone. Bend hips and knees slightly. Repeat, running two cones forwards and one cone backwards. Finish the course, jog back.

Tips:

- Bend hips and knees slightly.
- Carry bodyweight on balls of feet.
- Don't let knees buckle inwards.

Tips:

- Land on both feet with hips and knees bent.
- Don't let knees buckle inwards.

Tips:

- Keep upper body straight.
- Hips, knees and feet should be aligned.
- Don't let knees buckle inwards.

PART 2

STRENGTH, PLYOMETRICS & BALANCE

07 THE BENCH
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LEG LIFT AND HOLD

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BOX JUMPS



07a



X3

B

STATIC

Exercise: Lie front down, supported on forearms and feet. Lift upper-body, pelvis, and legs into a straight line. Draw shoulder blades towards spine. Pull in stomach and glutes, hold for 20-30 sec. Take a break, repeat.

Tips:

- Don't tilt head backwards.
- Don't raise buttocks.
- Keep elbows under shoulders.
- Don't sway or arch back.

07b



X3

I

ALTERNATIVE LEGS

Exercise: Lie front down, supported on forearms and feet. Lift upper-body, pelvis, and legs into a straight line. Draw shoulder blades towards spine. Pull in stomach and glutes. Lift each leg, for two sec. each. Continue for 40-60 sec. Take a break, repeat.

Tips:

- Don't tilt head backwards.
- Don't raise buttocks.
- Don't sway or arch back.
- Keep pelvis stable.
- Keep elbows under shoulders.

07c



X3

A

LIFT AND HOLD

Exercise: Lie front down, supported on forearms and feet. Lift upper-body, pelvis, and legs into a straight line. Draw shoulder blades towards spine. Pull in stomach and glutes. Lift one leg 10-15 cm, hold for 20-30 sec. Return to start position. Take a break and switch legs. Repeat three times on each side.

Tips:

- Don't tilt head backwards.
- Don't sway or arch back.
- Don't raise buttocks.
- Keep pelvis stable.
- Keep elbows under shoulders.

SIDEWAYS BENCH



08a



X3

B

STATIC

Exercise: Lie on side with knee of lowermost leg bent 90 degrees, supporting with forearm. Lift pelvis and uppermost leg to make a straight line with shoulder. Hold for 20-30 sec. Return to start position. Take a break, repeat on other side. Complete three times each side.

Tips:

- Shoulders, pelvis and both knees should be in a straight line.
- Keep elbow of supporting arm under shoulder.
- Keep your pelvis stable and don't let it tilt downwards.

08b



X3

I

RAISE AND LOWER HIP

Exercise: Start by lying on your side with both legs straight and supporting yourself on your forearm. Raise your pelvis and legs until your body forms a straight line. Now lower your hips to the ground and raise them back up again. Repeat for 20-30 sec. Complete three times each side.

Tips:

- Shoulders, pelvis and both knees should be in a straight line.
- Don't rest your head on your shoulder.
- Don't tilt your shoulders, pelvis or legs forwards or backwards.

08c



X3

A

LEG LIFT

Exercise: Start by lying on your side with both legs straight and supporting yourself on your forearm. Now raise your pelvis and legs until your body forms a straight line. Now lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Complete three times each side.

Tips:

- Don't rest your head on your shoulder.
- Keep your pelvis stable and don't let it tilt downwards.
- Don't tilt your shoulders, pelvis or legs forwards or backwards.

HAMSTRINGS

09a



X1

B

BEGINNER

Exercise: Kneel on a soft surface with knees hip-width apart, arms crossed across your chest. Your partner kneels behind and grips your legs just above the ankles, pushing them to the ground. Your body should be completely straight, slowly lean forwards. When you can no longer hold it, gently fall into a press-up position. **Do 3-5 reps.**

Tips:

- The movement is only in the knee joints.
- Don't bend at your hips.

09b



X1

I

INTERMEDIATE

Exercise: Kneel on a soft surface with knees hip-width apart, arms crossed across your chest. Your partner kneels behind and grips your legs just above the ankles, pushing them to the ground. Your body should be completely straight, slowly lean forwards. When you can no longer hold it, gently fall into a press-up position. **Do 7-10 reps.**

Tips:

- The movement is only in the knee joints.
- Don't bend at your hips.

09c



X1

A

ADVANCED

Exercise: Kneel on a soft surface with knees hip-width apart, arms crossed across your chest. Your partner kneels behind and grips your legs just above the ankles, pushing them to the ground. Your body should be completely straight, slowly lean forwards. When you can no longer hold it, gently fall into a press-up position. **Do 12-15 reps.**

Tips:

- The movement is only in the knee joints.
- Don't bend at your hips.

SINGLE LEG STANCE



HOLD THE BALL

Exercise: Start by standing on one leg and holding the ball in front. Bend your knee and hip so your upper body leans slightly forwards. Now hold your raised leg slightly. Hold your bodyweight on the ball of your foot for 30 sec. Change legs and repeat.

Tips:

- Keep your weight on the ball of your foot.
- Keep your upper body stable and facing forwards.
- Keep your pelvis horizontal.
- Don't let your knees buckle inwards.



THROWING BALL WITH PARTNER

Exercise: Start by standing on one leg, 2-3 m away from your partner, with one of you holding the ball. Bend your knee and hip so your upper body leans slightly forwards. Hold your raised leg slightly. Hold your bodyweight on the ball of your foot for 30 sec. Change legs and repeat.

Tips:

- Always keep the hip and knee of your supporting leg slightly bent.
- Keep your weight on the ball of your foot.
- Keep your upper body stable and facing forwards.



TEST YOUR PARTNER

Exercise: Start by standing on one leg, 2-3 m away from your partner, with one of you holding the ball. Bend your knee and hip so your upper body leans slightly forwards. Hold your raised leg slightly. Keep your balance while you and your partner try to push the other off balance. Continue for 30 sec. Change legs and repeat.

Tips:

- Always keep the hip and knee of your supporting leg slightly bent.
- Keep your weight on the ball of your foot.
- Keep your upper body stable and facing forwards.

SQUATS



WITH TOE RAISE

Exercise: Stand with your feet hip-width apart and hands on your hips. Bend your hips until your knees are flexed to 90 degrees. Lean your upper body forwards. Then straighten upper body, hips and knees. When knees are completely straight, stand up on your toes and then slowly lower yourself down. Straighten up more quickly. Repeat for 30 sec.

Tips:

- Keep your pelvis horizontal.
- Don't let your knees buckle inwards.
- Don't tilt your head backwards.



WALKING LUNGES

Exercise: Start by standing with your feet hip-width apart and your hands on your hips. Lunge forwards slowly at an even pace. As you lunge, bend your hips and knees until your leading knee is flexed to 90 degrees. Keep your upper body straight and your pelvis horizontal. Do 10 lunges on each leg.

Tips:

- Keep your upper body upright.
- Your bent knee should not extend beyond your toes.
- Don't let your leading knee buckle inwards.



ONE-LEG

Exercise: Start by standing on one leg next to your partner so that you can both loosely hold on to each other. Slowly bend your knee to 90 degrees and straighten up again. Bend your knee slowly then straighten it slightly more quickly. Repeat the exercise on the other side, doing 10 squats on each leg.

Tips:

- Keep your pelvis horizontal.
- Don't let your knees buckle inwards.
- Don't twist or tilt your pelvis to the side.

JUMPING



VERTICAL JUMPS

Exercise: Start by standing with your feet hip-width apart and hands on your hips. Bend your hips, knees and ankles until your knees are flexed to 90 degrees. Hold this position for one second then jump as high as you can. Land softly on the balls of your feet and slowly bend your hips as far as possible. Repeat for 30 sec.

Tips:

- Jump off both feet.
- Don't let your knees buckle inwards.
- Don't land with extended knees.

LATERAL JUMPS

Exercise: Start by standing on one leg. Bend your hips, knee and ankle slightly and lean your upper body forwards. Jump approximately one metre to the side from your supporting leg onto your other leg. Land gently on the ball of your foot. Hold this position for a second and then jump onto the other leg. Repeat for 30 sec.

Tips:

- Don't let your knee buckle inwards.
- Don't turn your upper body.
- Don't twist or tilt your pelvis to the side.

BOX JUMPS

Exercise: Start by standing with feet hip-width apart and imagine there is a cross marked under you. Bend your hips, knees and ankles and from this position alternate between jumping forwards and backwards, from side to side, and diagonally. Jump as explosively as possible but land gently. Repeat the exercise for 30 sec.

Tips:

- Hip, knee and foot of both legs should be in two straight parallel lines.
- Bend your hips, knees and ankles on landing.
- Never let your knees meet and don't let them buckle inwards.

PART 3 RUNNING

- 13 ACROSS THE PITCH**
- 14 BOUNDING**
- 15 PLANT AND CUT**



RUNNING

13



x2



ACROSS THE PITCH

Exercise: Run about 30 m across the pitch at about 75-80% effort and then jog the rest of the way. Make sure you keep your upper body straight. Your hips, knees and feet should be aligned. Jog back at an easy pace.

14



x2



BOUNDRING

Exercise: Take a few warm up steps then take 6-8 bounding steps with a high knee-lift and jog the rest of the way. With each bound, try to lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Jog back.

15



x2



PLANT AND CUT

Exercise: Jog 4 to 5 steps straight ahead. Plant on the right leg and cut to change direction to the left and accelerate again. Sprint for 5 to 7 steps at about 80-90% of maximum pace. Decelerate and plant on the left foot and cut to change direction to the right. Repeat until you reach the other side of the pitch. Jog back.

Tips:

- Make sure you keep your upper body straight.
- Your hips, knees and feet should be aligned.
- Don't let your knees buckle inwards.

Tips:

- Make sure you keep your upper body straight.
- Land on the ball of the leading foot.
- Don't let your knees buckle inwards.

Tips:

- Your hips, knees and feet should be aligned.
- Don't let your knees buckle inwards.

TEAMS THAT PREPARE WELL, PLAY WELL

Join us and coach your athletes to warm up smart. The ACC SportSmart warm up team will show you how it's done.

The ACC SportSmart warm up team talent includes:



Annalie Longo
Football Fern



Erin Nayler
Football Fern



Portia Woodman
Black Fern



Sonny Bill Williams
All Black



Tiana Metuarau
Emerging netball star



Samantha Sinclair
Kia Magic



Charlie Gubb
New Zealand Warriors



Konrad Hurrell
New Zealand Warriors



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