

**Touch Football Warm-Up Program**

*Tim Whitton, Physiotherapist*

Focus	Time	Exercise/Drills	Repetitions
Pre-hab exercises	5-10 minutes	Player Specific	-
Spine Mobility	5 minutes	Childs pose to cobra	5
		Archer	5 each side
		T-kicks	5 each side
		Scorpions	5 each side
Running 20m lines	5-10 minutes	Forwards	20m
		Backwards	20m
		Side Shuffle L + R	20m
		Grapevine L + R	20m
		Open the gate	20m
		Close the gate	20m
		High knees	20m
		Butt kicks	20m
		Forward 10 back 5	20m
		Hands to ground	20m
		Weaving	20m
Cutting	20m		
Dynamic stretching	5 minutes	Forward leg swings	10 each side
		Side leg swings	10 each side
		Lunge to hip flexor stretch	20m
		Lunge with rotation	20m
		Sumo squat to side lunge	20m
		Calf pumps	20
Plyometrics	5 minutes	Squat jump	3
		Lunge jump	2 each leg
		Double leg 180 degree turns	2 each side
		Single leg line crossover	10 each leg
		Double leg bounding jumps for distance	3
		Slalom jumps	3 each leg
High speed run throughs	2 minutes	@ 80/90/100%	1 each speed
Agility run throughs		@ 80/90/10%	1 each speed