

# "General Warm-up" - 15min

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A general warm-up is used at the beginning of any training session or pre-game warm-up, whereby all athletes go through the same routine.

## **2min Light Activity**

- Jog @ 50% up/down the field.

## **2min Structured Shuttle Runs**

- Two lines of five players, standing 20m apart and facing each other in an attack line formation. One line has one ball. Everyone else splits and fills in behind the two lines.
- In a continuous cycle, the line with the ball runs @ 75% and passes down the line, using straight running and quick hands. The last receiver passes to the first receiver in the opposite line.

## **8min Dynamic Stretching Routine**

- All players spread out across one end of the grid. In a continuous cycle, all players perform the stretch, then slowly jog together @ 25% to other side of the grid. Gradually progress from medium intensity exercises through to more intense exercises:
  1. Squats
  2. Calves
  3. Crucifix on Back
  4. Crucifix on Front
  5. Partner Swings (laterally)
  6. Alternate Lunges
  7. Quad Stretch Flick Through
  8. Hamstring Stretch
  9. Back Slaps (i.e. gently bring elbows back, then cross arms in front and gently slap own back)
  10. Neck Stretch

[http://www.coaches.nswrugby.com.au/NSWRugbyCoaches/\\_Downloads/Documents/NSWRU\\_Coaching\\_Resources-\[Dynamic\\_Active\\_Stretching\].pdf](http://www.coaches.nswrugby.com.au/NSWRugbyCoaches/_Downloads/Documents/NSWRU_Coaching_Resources-[Dynamic_Active_Stretching].pdf)

## **2min Footwork**

- As players complete their last slow jog, they split up, turn and sprint @ 100% through a "gates and ladders" course set up on either side of the grid. In a continuous cycle, players sprint forward through three slalom gates formed using marker cones, then turn and slowly jog to the agility ladder(s), then sprint back through the agility ladders (or another slalom course).

## **1min Hydration Break**