



U16 Athletic Development Warm-Ups



	Movement	Video Link	Execution	Set Up	Coaching Points
Foundational Movement	Dynamic Movement				
	Reverse Lunge	https://youtu.be/789Gm0u0u0k	x5 reps each side	Players start lined up and complete each movement one after the other	"Big step back and touch your knee off the floor"
	Rotational Squat	https://youtu.be/789Gm0u0u0k	x5 reps each side		"Big step back & big step across your body - point your hips forward"
	Lateral Squat	https://www.youtube.com/watch?v=789Gm0u0u0k	x5 reps each side		"Sit your hips down and back to one side"
	Lateral Slide	https://youtu.be/789Gm0u0u0k	x5 reps each side		"Stay Low - Like theres a roof over your head and slide side-to-side"
	Inchworm walks	https://www.youtube.com/watch?v=789Gm0u0u0k	x4-6 reps		"Legs straight all the time & take smal steps with your hands in & out"
	Single Leg Airplane- Basic	https://youtu.be/789Gm0u0u0k	x5 reps each side		"Reach your head and heel in opposite directions"

Locomotor Skills	Directional Movement				"Land in a low, strong position" "Jump & land back into a strong position"
	Lateral Shuffle & Caricoa	Side Shuffle & Caricoa out for distance (approx 20m)	x1-2 reps	Moving across the pitch covering approx 20m per movement	
	Backward - Run - Slow / Fast	20m Backwards Run - Progress from Slow/Moderate to Fast	x1-2 reps		
	Jump & Land				
	DL Snapdown	https://www.youtube.com/watch?v=789Gm0u0u0k	x3 reps	Players start lined up and react to coaches call	
	DL Snapdown & Jump	https://www.youtube.com/watch?v=789Gm0u0u0k	x3 reps		
	DL Pogo Hops	https://youtu.be/789Gm0u0u0k	x10 reps	Complete x10 reps on the spot	
	Locomotor Devolpment				
	Linear March - Stationary/Moving	https://youtu.be/789Gm0u0u0k	x2-3 reps	Level 1: March/Skip on Spot . Level 2: Once technique has been established progress to marching forward	
Linear Skip - Stationary/Moving	https://youtu.be/789Gm0u0u0k	x2-3 reps			

Purposeful Play	Locomotor Application				
	2-Point Start - 13m				
	Submaximal - Warm-Up efforts - 70-80%	https://youtu.be/789Gm0u0u0k	x1-2 reps	Varied scenario - e.g. Race / Chase Your Partner E.g. Lying Face Up/Down, Seated, Kneeling, etc.	"Get up quickly and across the 13m line as fast as you can"
	Maximal efforts - 100%	https://youtu.be/789Gm0u0u0k	x1-2 reps		
	Acceleration Games				
	Positional Accelerations - 13m - Varied*	https://youtu.be/789Gm0u0u0k	x1-3 reps		