**Naomh Olaf Warm Up**

denotes a cone **Time:** 12-15mins including hand/kick passing drill

* Start at the end line in groups of four
* Complete exercise between end line and 14/21
* Jog back up the sides to the end line and continue for stage one exercises
* For stage two pick up the pace coming back up the sides
* After this is completed move onto hand passing and kick passing for 5 mins

**End line** **14/21 (depending on age of team)**

**Stage 1**

1) Jog (x 2)

2) Knees up (x 2)

3) Heels up (x 2)

4) Skipping – right knee to left elbow and visa versa (x 2)

5) Side to side – face left (x 1)

6) Side to side – face right (x 1)

7) Backwards (x 2)

**Stage 2**

1) Squats – fast feet in between (x 2)  
2) Walking lunges (x 2)

3) Plyometric squat – squat into landing (x 2)

4) Single leg squat left – make sure to stick landing and then move on (x 1)

5) Single leg squat right – make sure to stick landing and then move on (x 1)

6) Plyometric lunges (x 2)

7) Swinging legs straight out – with partner, left by 10, right by 10

8) Swinging legs pendulum – with partner, across front of body, left by 10, right by 10