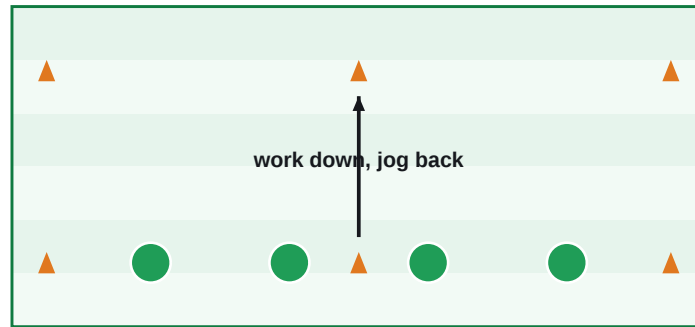


Pardaan

Dynamic Warm-Up Routine Card

A ready-to-run pitch-side dynamic warm-up you can print and take with you.

A good warm-up raises the heart rate, wakes up the muscles and joints through their full range, and gets the players focused. This dynamic routine takes 10-12 minutes and needs nothing more than a 20 m channel marked with cones. Players work down and jog back. Keep it moving, keep it fun, and finish with a few short sprints so they are ready to go.



A 20 m channel: work down, jog back.

The routine

Exercise	What to do	Distance
Jog	Easy jog to start, shake out the arms and legs.	2 x down/back
Heel flicks / high knees	Down on heel flicks, back on high knees.	1 x down/back
Open & close the gate	Rotate the hip out (open) then in (close) each step.	1 x down
Walking lunge with reach	Lunge and reach both arms overhead.	1 x down
Side shuffle	Shuffle facing one way down, the other way back.	1 x down/back
Carioca (grapevine)	Cross one foot over the other, hips rotating.	1 x down/back
Build-up runs	70%, then 85%, then a near-full sprint.	3 x down

Coaching points

Quality of movement matters more than speed. Keep good posture, control each movement through its full range, and build the intensity gradually so the last sprints feel sharp, not shocking.