



PREVENTION. CARE. RECOVERY.

Te Kaporeihana Awhina Hunga Whara

# PLAY SMART. GO THE DISTANCE.

Your guide to the ACC SportSmart Warm Up.



**ACC**  
**SportSmart**

[www.ACCSportSmart.co.nz/WarmUp](http://www.ACCSportSmart.co.nz/WarmUp)

ACC SportSmart Warm Up is a complete warm up that helps improve your performance. Athletes become fitter, faster, stronger and there's a lot of science to back that up.

It's tested and proven that teams that perform this warm up at least twice a week have 30-50% fewer injured players.

This warm up is based on the FIFA 11+ programme and fits under ACC SportSmart principle 2 – Physical conditioning.

### Two ways to warm up

You can use the ACC SportSmart Warm Up two ways:

- Pre-training warm up
- Game day warm up

The pre-training warm up has a total of 15 exercises. Do it in the specified sequence at the beginning of each training session. We recommend doing this twice a week to get the greatest benefit. It will take 20 – 30 minutes to complete.

The game day warm up consists of 9 exercises. Do it in the specified sequence before your game. It should take 10 – 20 minutes to complete. You can identify the game day exercises by the star icon.

Some of the exercises have different levels (beginner, intermediate and advanced) depending on your level of experience, fitness and competency. We recommend everyone starting at the beginner level. You can identify the different levels by the icons (B) (I) or (A).

### What you'll need

To complete the exercises, you'll need a length of 40 metres.

For teams, we recommend:

1. set up a course of six pairs of parallel cones, approximately 5 – 6 metres apart
2. two players start at the same time from the first pair of cones, jog along the inside of the cones and do the various exercises on the way
3. after the last cone - run back along the outside.

If you're an individual player or don't have cones, you can still complete the exercises with just the 40 metres length.

### Key



Game day exercises



Number of exercise repetitions



Beginner level



Intermediate level



Advanced level

**Play smart and go the distance with ACC SportSmart Warm Up.**

01



## RUNNING STRAIGHT AHEAD

### Purpose:

Running in the correct position will help with your rhythm and technique.

### Exercise:

Jog to the last cone and back. Keeping your upper body straight, your hips, knees and feet should be aligned.

### Tips:

- Don't let your knees buckle inwards.
- Put in a bit more effort on the way back.

02



## RUNNING HIP OUT

### Purpose:

Running with your hip out helps to stretch your thighs and increase mobility.

### Exercise:

Walk or jog to the first cone. Stop and lift your knee forwards. Rotate your knee to the side and put your foot down. Keep your pelvis horizontal and engage your core.

### Tips:

- Keep your hip, knee and foot of the supporting leg aligned.
- Alternate legs at each cone.

03



## RUNNING HIP IN

### Purpose:

Running with your hip in is another hip-flexing exercise to help avoid injury.

### Exercise:

Walk or jog to the first cone. Stop and lift your knee to the side. Rotate it forwards and put your foot down. Keep your pelvis horizontal and your core engaged.

### Tips:

- Keep your hip, knee and foot of the supporting leg aligned.
- Alternate legs at each cone.

04



## RUNNING CIRCLING PARTNER

### Purpose:

This helps to work your adductors and abductors, while warming up your legs.

### Exercise:

Run as a pair to the first cones. Shuffle sideways at a 90-degree angle towards your partner, shuffle a circle around one another, looking straight ahead. Then back to the first cone.

### Tips:

- Bend your hips and knees slightly.
- Carry your bodyweight on the balls of your feet.

05



## RUNNING SHOULDER CONTACT

### Purpose:

Dynamically warming up your legs is important for the biggest muscles in our bodies.

### Exercise:

Jog to the first cone. Shuffle sideways at a 90-degree angle to your partner. In the middle, jump sideways to make shoulder-to-shoulder contact. Land on both feet with hips and knees bent, then shuffle back to the first cone.

### Tips:

- Don't let your knees buckle inwards.

06



## RUNNING QUICK FORWARDS AND BACKWARDS SPRINTS

### Purpose:

Practicing acceleration and deceleration when sprinting is key to avoiding injury.

### Exercise:

As a pair, run quickly to the second cone then run backwards to the first cone. Keep your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards.

### Tips:

- Make sure you keep your upper body straight.
- Your hips, knees and feet should be aligned.

**07a****X3****B****THE BENCH STATIC****Purpose:**

Strengthening your core muscles ensures stability of the body in all movements.

**Exercise:**

Lie on your front, supported on forearms and feet. Lift upper body, pelvis and legs. Draw shoulder blades in, and pull in stomach and gluteal muscles for 20-30 sec.

**Tips:**

- Body should be in a straight line from head to feet.
- Elbows should be directly under shoulders.

**07b****X3****I****THE BENCH ALTERNATE LEGS****Purpose:**

A strong core is the platform for all movements.

**Exercise:**

Lie on your forearms and feet. Lift upper body, pelvis and legs. Draw shoulder blades in, pull in stomach and gluteal muscles. Lift each leg in turn for 2 sec. Continue for 40-60 sec.

**Tips:**

- Keep body in straight line from head to feet.
- Keep elbows directly under shoulders.
- Keep pelvis stable, do not tilt.

**07c****X3****A****THE BENCH LIFT AND HOLD****Purpose:**

Strengthening your core ensures stability.

**Exercise:**

Support yourself on forearms and feet. Lift upper body, pelvis and legs. Draw shoulder blades in and pull in stomach and gluteal muscles. Lift one leg 10-15 cm high, hold for 20-30 sec. Rest and repeat with other leg.

**Tips:**

- Keep body in straight line from head to feet.
- Keep elbows directly under shoulders.
- Keep pelvis stable, do not tilt.

**08a****X3****B****SIDWAYS BENCH STATIC****Purpose:**

Strengthening your lateral core muscles stabilises your body.

**Exercise:**

Lie on side with knee of lower leg bent to 90 degrees, supported with forearm. Lift pelvis and uppermost leg so they form a straight line with shoulder. Hold for 20-30 sec. Rest and repeat on other side.

**Tips:**

- Keep upper shoulder, hip and upper leg in straight line.
- Do not rest head on your shoulder.

**08b****X3****I****SIDWAYS BENCH RAISE AND LOWER HIP****Purpose:**

Strengthening your lateral core muscles stabilises your body.

**Exercise:**

Lie on side with legs straight, on forearm. Raise pelvis and legs to form straight line from shoulder to foot. Only the outside of lower foot is on the ground. Lower hips and raise, repeating for 20-30 sec. Change sides and repeat.

**Tips:**

- Body viewed from front and above should be in a straight line.
- Your elbow should be directly under your shoulder.

**08c****X3****A****SIDWAYS BENCH WITH LEG LIFT****Purpose:**

Strengthening your lateral core muscles stabilises your body.

**Exercise:**

Lie on side with legs straight, on forearm. Raise pelvis and legs to form straight line from shoulder to foot. Only the outside of lower foot is on ground. Lift upper leg and slowly lower. Repeat for 20-30 sec. Change sides and repeat.

**Tips:**

- Body viewed from front and above should be in a straight line.
- Your elbow should be directly under your shoulder.

**09a****X1****B****HAMSTRINGS BEGINNER****Purpose:**

Strengthening your rear thigh muscles helps avoid injury.

**Exercise:**

Kneel with knees hip-width apart, arms crossed across chest. Your partner grips your lower legs behind you, above the ankles. Slowly lean forward, try to hold the position with your hamstrings. When you can't, fall into a press-up position. Do 3-5 reps.

**Tips:**

- Partner keeps lower legs firmly on the ground.
- The movement is only in the knee-joints.
- Do not bend at your hips.

**09b****X1****I****HAMSTRINGS INTERMEDIATE****Purpose:**

Strengthening your rear thigh muscles helps avoid injury.

**Exercise:**

Kneel with knees hip-width apart, arms crossed across chest. Your partner grips your lower legs behind you, above the ankles. Slowly lean forward, try to hold the position with your hamstrings. When you can't, fall into a press-up position. Do 7-10 reps.

**Tips:**

- Partner keeps lower legs firmly on the ground.
- The movement is only in the knee-joints.
- Do not bend at your hips.

**09c****X1****A****HAMSTRINGS ADVANCED****Purpose:**

Strengthening your rear thigh muscles helps avoid injury.

**Exercise:**

Kneel with knees hip-width apart, arms crossed across chest. Your partner grips your lower legs behind you, above the ankles. Slowly lean forward, try to hold the position with your hamstrings. When you can't, fall into a press-up position. Do 12-15 reps.

**Tips:**

- Partner keeps lower legs firmly on the ground.
- The movement is only in the knee-joints.
- Do not bend at your hips.

**10a****X2****B****SINGLE LEG STANCE HOLD THE BALL****Purpose:**

A good warm up includes leg muscle coordination and balance.

**Exercise:**

Stand on one leg, hold ball in both hands. Bend knee and hip a little, with upper body leaning slightly forwards. Put raised leg behind supporting leg, and hold body weight on the ball of foot for 30 sec. Change legs and repeat.

**Tips:**

- Keep hip, knee and foot of supporting leg in straight line.
- Lift heel for more challenge.

**10b****X2****I****SINGLE LEG STANCE THROWING BALL WITH PARTNER****Purpose:**

A good warm up includes leg muscle coordination and balance.

**Exercise:**

Stand on one leg, 2-3m apart from partner. Bend knee and hip so upper body leans slightly forwards, and raised leg is behind supporting leg. Hold in stomach and keep weight on ball of foot. Throw ball to each other for 30 sec. Change legs and repeat.

**Tips:**

- Keep hip, knee and foot of supporting leg in straight line.
- Lift heel for more challenge.

**10c****X2****A****SINGLE LEG STANCE TEST YOUR PARTNER****Purpose:**

A good warm up includes leg muscle coordination and balance.

**Exercise:**

Stand on one leg, at arm's length from partner. Bend knee and hip so upper body leans slightly forwards, and raised leg is behind supporting leg. Try push each other off balance in different directions and return to start position for 30 sec. Change legs, repeat.

**Tips:**

- Keep hip, knee and foot of supporting leg in straight line.
- Keep weight on ball of foot.

**11a****X2****B****SQUATS WITH TOE RAISE****Purpose:**

Strengthening hamstrings and calf muscles improves movement control.

**Exercise:**

Stand with feet hip-width apart, hands on hips. Bend hips, knees and ankles until knees are flexed to 90 degrees. Lean upper body forwards. Then straighten upper body, hips and knees. When straight again, stand up on toes and lower yourself. Repeat for 30 sec.

**Tips:**

- Hip, knee and feet should be in two straight parallel lines.
- Keep back straight.

**11b****X2****I****SQUATS WALKING LUNGES****Purpose:**

Strengthening hamstrings and calf muscles improves movement control.

**Exercise:**

Stand with feet hip-width apart, hands on hips. Lunge forwards slowly at an even pace, bending your hips and knees until your leading knee is flexed to 90 degrees. Do 10 lunges on each leg.

**Tips:**

- Your bent knee should not extend beyond the toes.
- Keep upper body straight and pelvis horizontal.

**11c****X2****A****SQUATS ONE-LEG****Purpose:**

Strengthening hamstrings and calf muscles improves movement control.

**Exercise:**

Stand on one leg next to your partner, and hold on to each other. With the raised leg slightly behind the supporting leg, bend your knee to 90 degrees and straighten up again. Repeat on other side, 10 squats on each leg.

**Tips:**

- Your bent knee should not extend beyond the toes.
- Keep upper body straight and pelvis horizontal.

**12a****X2****B****JUMPING VERTICAL JUMPS****Purpose:**

Improve your jumping power and movement control.

**Exercise:**

Stand with feet hip-width apart, hands on hips. Bend hips, knees and ankles until knees are flexed to 90 degrees. Lean upper body forwards, then jump and straighten your body. Land on the balls of your feet, bending hips, knees and ankles. Repeat for 30 sec.

**Tips:**

- A cushioned landing and a powerful take-off are more important than how high you jump.

**12b****X2****I****JUMPING LATERAL JUMPS****Purpose:**

Improve your jumping power and movement control on one leg.

**Exercise:**

Stand on one leg. Bend hips, knee and ankle and lean upper body forwards. Jump a metre to the side, from one leg to the other. Land gently on the ball of your foot. Bend hips, knee and ankle. Hold and then jump onto other leg. Repeat for 30 seconds.

**Tips:**

- Keep upper body stable and facing forwards with pelvis horizontal.

**12c****X2****A****JUMPING BOX JUMPS****Purpose:**

Quick movements in different directions improve your body stability.

**Exercise:**

Stand with feet hip-width apart. Imagine a cross marked under you. Bend hips, knees and ankles and from this position alternate jumping forwards, backwards, side to side, and diagonally. Repeat for 30 seconds.

**Tips:**

- Jump as quickly as possible, but land gently on the balls of your feet.
- Bend your hips, knees and ankles on landing, feet hip-width apart.

13



14



15



X2



## RUNNING ACROSS THE PITCH

### Purpose:

A quick cardio warm up that can help prevent sports injury.

### Exercise:

Run about 40 metres across the pitch at 75 -80% effort, then jog the rest of the way. Make sure you keep your upper body straight. Jog back at an easy pace.

### Tips:

- Your hips, knees and feet should be aligned.

X2



## RUNNING BOUNDING

### Purpose:

A great way to dynamically warm up your legs before a match.

### Exercise:

Take a few warm up steps, then 6-8 bounding steps. Jog the rest of the way. With each bound, lift knee high and swing the opposite arm across body. Land on the ball of your foot with knee bent. Jog back at easy pace.

### Tips:

- Exaggerate the swing, but don't let leg cross midline of body.
- Keep upper body straight.

X2



## RUNNING PLANT AND CUT

### Purpose:

Preparing your body for doing the same movements in a match.

### Exercise:

Jog 4-5 steps. Plant on the right leg and cut to change direction to the left and accelerate again. Sprint for 5-7 steps at 80-90% of maximum pace. Then decelerate and plant on the left foot, and change direction to the right. Jog back.

### Tips:

- Keep your upper body straight.
- Your hips, knees and feet should be aligned.