



Why do we start a proper Warm up at U13.

To improve performance, aid recovery, prevent injury, teach good habits and athletic development. It is essential as demands on the player's body are increasing. Variation and a planned warm up are very important. The warm up can set the tone for your training session. The RAMP warm up has proven to be the most effective warm up for athletes.

RAMP - Raise, Activate, Mobilise, Potentiate

RAMP is a widely accepted and commonly used protocol to structure the warm-up.

Raise, Activate, Mobilise, Potentiate

A well-designed warm-up should improve performance in the subsequent workout or competition. The RAMP protocol helps to include the elements that have been shown to help improve performance.

1. Raise: This phase is designed to elevate heart rate, breathing rate, body temperature and joint viscosity with lower intensity movements e.g., jogging.

2. Activate and Mobilise: This section focuses on stretching, actively moving through a range of motion, and includes stabilization and motor control elements e.g., movement patterns and dynamic flexibility.

3. Potentiate: This last section increases the intensity of movement, bringing it up to the level needed for performance. This is especially helpful when the subsequent training session or competition requires high levels of speed, power, or strength.



Last part of warm up – Potentiate

Some examples

1st session of the week – straight line speed work

Broad Jumps

Double and single leg plyos

3 x 20m at 70%, 80% and 90% from different starting positions, eg on your belly, on your back, walk back to the start

1 x 30m at 100%

2nd session of the week – change of direction, acceleration and deceleration.

Side shuffle out turn and sprint for 10m

Sprint 10m forward, back peddle 5m then accelerate 10m forward.

10m sprints and on coaches call plant foot and change direction to where the coach calls.