# **Warming Up for Goalball**

This is designed as a crib guidance sheet for coaches to utilise alongside the video provided at the 2020 Goalball UK Conference.

# **Raise**

Aim: Increase body temperature, heart rate, breathing rate and mental focus

Court based activities:

* Linear court runs 3 x Out & Back
* Linear Skipping 3 x Out & Back
* Side stepping 3 x Out & Back
* Bear Walk 1 x Out & Back

# **Activate**

Aim: Engage the most important muscles required for success in goalball

Court based activities:

* Bodyweight Squats 12 repetitions
* Forward Lunge with twist 6 repetitions each side
* Side Lunge 6 repetitions each side
* Shoulder Taps 2 x 20s repetitions

# **Mobilise**

Aim: Utilise and load the appropriate joints and muscles through the full range of movement

Court based activities:

* Inchworms 6 repetitions
* Single Leg Divers 6 repetitions each side
* Plank Rotations 6 repetitions each side
* Side Plank Rotations 6 repetitions each side

# **Potentiate**

Aim: Increase intensity to accurately mimic game speed and allow effective transition to intense competition.

Court based activities:

* Pogo Jumps 2 x 20 jumps
* Sprint to Stop 3 repetitions
* Stand to Sprint & Stop 3 repetitions