

# Warming Up for Goalball

This is designed as a crib guidance sheet for coaches to utilise alongside for 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