

## RAMP (Raise, Activate, Movement, Potentiate) Warm Up

With all warm ups, start with lowest intensity and easiest skill levels, gradually moving to high intensity and more complex skills (suitable for group and planned activity).

Ideally the warm up blends into the session but may be returned to during the session. On colder days warming the body and keeping it warm are essential to benefit gained from the session and the welfare of the athletes. Do not hesitate to go back to raise activities or to include them as "active rest" during a main activity.

### Raise

Raise the body temperature of athletes (suggestions, progressing from easiest skill level and lowest intensity):

Jogging (but not with arms crossing the body),

Normal Skipping (light on the feet),

Side Skips (feet mustn't touch and must be side on),

Line Weave (down a line left foot – right side, right foot – left side),

High Knee Skipping (knees raised parallel to the hips),

Grapevine- Carioca- Cross over Step.

### Activate and Movement

Making sure the athletes' muscles are ready through ensuring movement range and have been used.

Ideas for sprints/endurance/jumps : Arm swings, Lunges, Squats, Hinges, Bands, Ankles (high heels, toes in, toes out), fast feet, Shrug up, Toe touches, leg swings.

Ideas for throws: Round the worlds, tick tocks, wood choppers, Good mornings, Standing Russian Twists.

A range of appropriate skills and drills relating directly to the main session objective can be used here and in "potentiate".

## Potentiate

Generally steady increase in intensity to high level focussing on the activity about to be undertaken.

The easiest way to potentiate is to mimic the main sessions activity gradually increasing the intensity... ie

- 1) leaning starts but gradually falling further and pushing harder to 20m, 2
- 2) slam downs and med ball throws (with increasing intensity and skill demand),
- 3) jumps in place (or jumps up – reduced landing stresses) and progress standing long jumps (start near line and increase distance) or two feet to single leg hops (single leg landing is double the load).

Many activities used in preparation for one event are transferable to other events. Multithrows and Multijumps are conditioning for all events and can be used for parts of RAMP warm ups including Potentiation.

There are many different combinations of exercises to use for warm ups...

The RAMP progression is a useful guide and the principle of starting with low intensity and easy skill to the higher intensity more complex skills is the best way to avoid injury.