Warm-up and Cool-down

1. Sideways Hopping

Jump from side to side over a line or a cone with both feet together engaging the core and lower body. This will enhance explosive strength and neuromuscular co-ordination.

2. Lateral Shuffle

Lateral shuffle is a fast footwork drill done on an agility ladder. Step in with one foot, then the other, and step out laterally, repeating a shuffle pattern.
This improves coordination, speed, and sense of rhythm.

3. Skiers

With feet together, jump from side to side as if skiing, keeping knees slightly bent. This targets lower body explosiveness and cardiovascular endurance.

4. High Knee Jump with Object

Stand tall with feet hip-width apart. Hold a small object in front of the chest using both hands as shown in the figure. Begin performing high knees, lifting each knee toward the chest. Aim to tap both knees to the object alternatively. This engages the core muscles. Avoid leaning back or swinging the torso.

5. Seated Ball Toss with Partner

Start with both partners seated facing each other with their knees bent in front. The first partner holds a ball with both hands and tosses it over to the second partner. The second partner catches the ball and throws it back to the first partner. They perform alternate tosses.

6. Progressive Vertical Reach Jumps

Stand tall with feet shoulder-width apart, arms relaxed and knees bent with hips in a mid-squat position. Swing the arms upwards while jumping as high as possible. Land softly on the toes and immediately perform the next jump. This helps in the development of explosive strength.

7. Shuttle Run

A shuttle run is a drill in which a person runs to a point, touches or reaches an object, and then returns. This improves cardiovascular fitness, agility, and reaction time.
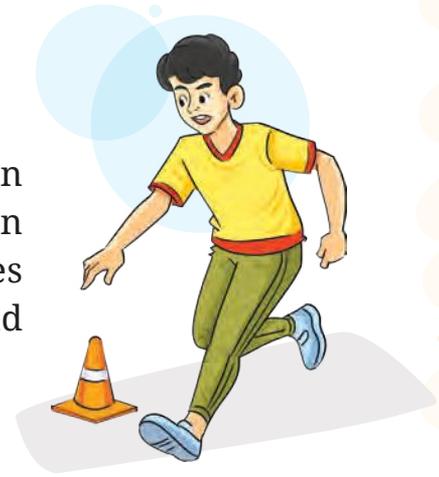
8. Twist with Ball

In a seated V-position as shown in the figure below, hold a weighted ball and twist the torso to tap the ball on each side. This strengthens abdominal muscles and enhances rotational core stability.

9. Figure-8 Waist Mobility Drill

Move a ball or an object in a figure-8 pattern around the waist. This promotes dynamic mobility in the trunk and improves flexibility.
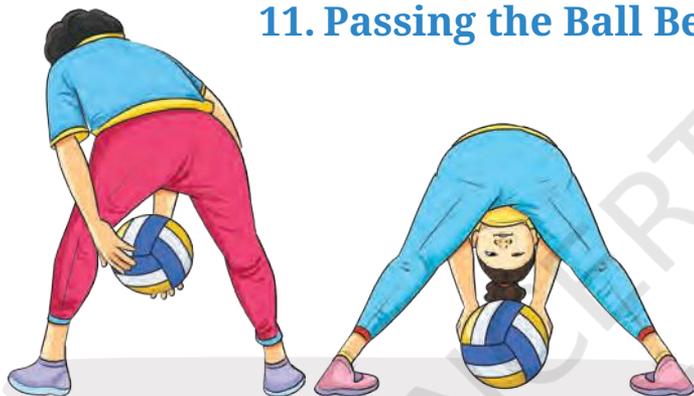
10. Scapular Retraction

Stand and squeeze the shoulder blades together without lifting the shoulders with the use of resistance, such as resistance bands or towels as show in the figure. This strengthens the upper back muscles.
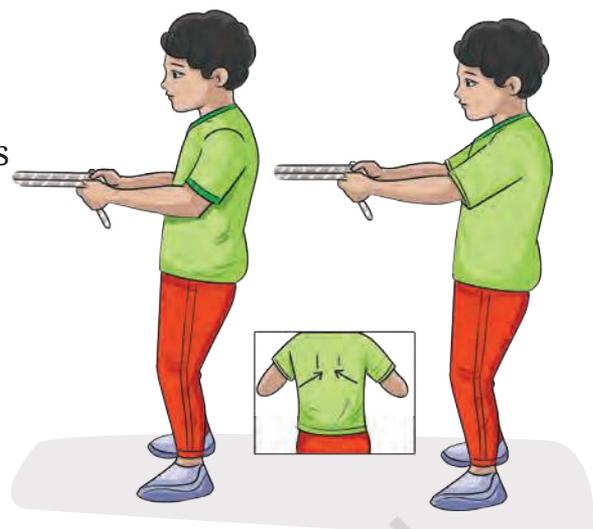
11. Passing the Ball Between the Knees

Stand and pass a ball around and between the knees in a controlled pattern. This improves coordination, core engagement, and hip mobility.

12. Star with Cloth

Place a cloth or a marker at each point of an imaginary star on the floor. Step or reach at each point using legs or hands. This enhances balance, and motor control.

13. Neck Exercise with a Cloth

Use a cloth for gentle resistance around the head and perform slow neck movements in various directions. This strengthens the neck muscles.

14. Resistive Wrist Exercises

Use a band or an object to perform wrist flexion and extensions along with radial or ulna deviation against resistance (as shown in the figure). This helps to develop forearm and wrist strength.
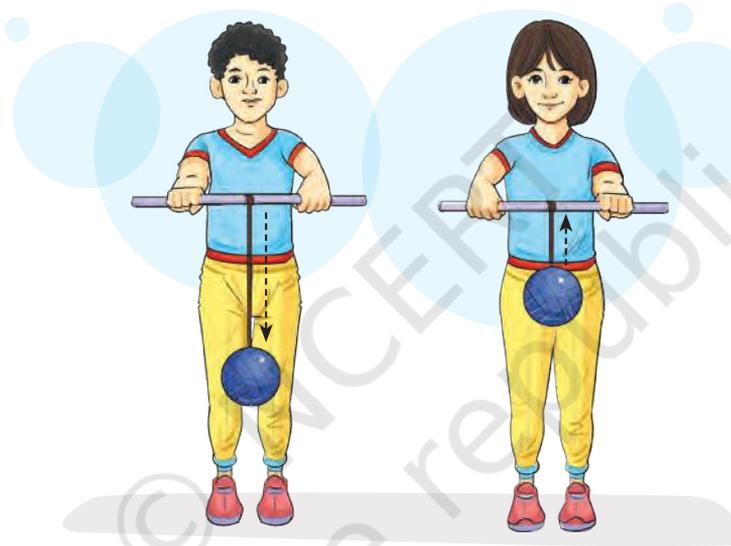
15. Perturbation

This is a partner activity in which a Partner B will stand behind a Partner A, as shown in the figure. Partner B will apply an external force such as a gentle push (a rough push may result in injury) in all the directions, in a step-by-step manner. Partner A will try to hold their position. This enhances proprioception (sense of joint), neuromuscular control and balance.

A   B

16. Supine Kicks

Lie on the back, lift legs slightly off the ground, and perform flutter kicks. This activates the lower abdominal muscles and improves musculoskeletal endurance.

Activity

In the previous classes, you have learned about different forms of exercise. Recall them, and create your own warm-up circuit and cool-down. Also enlist or discuss the benefits and major muscles involved. Also, ponder on when not to do warm-up and cool-down and why?