

REACTION SPEED WARM UPS



Key Information



Warm ups can both reduce injury and improve performance. It is extremely important that exercise professionals use a well-designed warm up if they are to maximise the athletic potential of their athletes.

RAMP Protocol



The RAMP framework allows activities to be easily classified and constructed in the following warm up sequence:



Raise

Body temperature, heart rate, respiration rate, blood flow, and joint viscosity.



Activate & Mobilise

Activate key muscles and mobilise key joints.



Potentiate

Reach the same intensity of subsequent exercise and utilise post activation potentiation if applicable.

Time in Warm Up



A 15 minute warm up 4 times per week over 12 weeks = 12 hours of training time.

Warm Up Effects



Include but are not limited to:

- ↑ Strength and power
- ↑ Rate of force development
- ↑ Reaction time
- ↑ Muscle contraction and relaxation speed
- ↑ Blood to muscles
- ↑ Oxygen delivery

Our Summary



Planning the warm up should be given as much attention as the main training content itself. Warm ups should not only be tailored to each training session or competition, but also to each athlete's highly-specific strengths and weaknesses.

Reaction Speed 15. Passing and Reactions for Speed Work in a 4-Grid Warm Up



Duration
12-15 min

Reps
1-2 min

Sets
4-5

Numbers
Groups
of 3-6

Size (m)
30 x 30

Work
Duration
8-10 min

OBJECTIVE: Passing, awareness, quick reactions, and speed work.

- The players are in groups and are all numbered 1-4. They start by passing to each other in that order 1 → 2 → 3 → 4.
- On the coach's call (**Nº 1 in diagram**), **Player 1** from each of the 4 groups leaves the area, slalom runs through the poles and joins the adjacent group (clockwise).
- The coach can call out any number at any time and can call more than one number.
- Work for the set duration and then do dynamic and static stretching.
- PROGRESSION:** To raise the level of intensity, the players must run around a pole after every pass.

Warm Ups from a World Leading High Performance Expert to Maximise the Performance of Your Players



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