

TRAFFIC LIGHTS WARM UP

Equipment

Cones: 6

Aim

To warm players up physically and mentally

To select and apply skills and tactics with a range of movement skills incorporating spatial awareness

To understand fitness and health by becoming aware of the benefits of participating in a warm up game to prepare for physical activity

Organisation

Players work in 3 lines, initially jogging on the spot; they then must react to commands as soon as possible

Adaptation/variation

Add an additional line

Change colour command for team name or number

Players to use side steps, hopping, skipping when swapping lines

Add mobility exercises

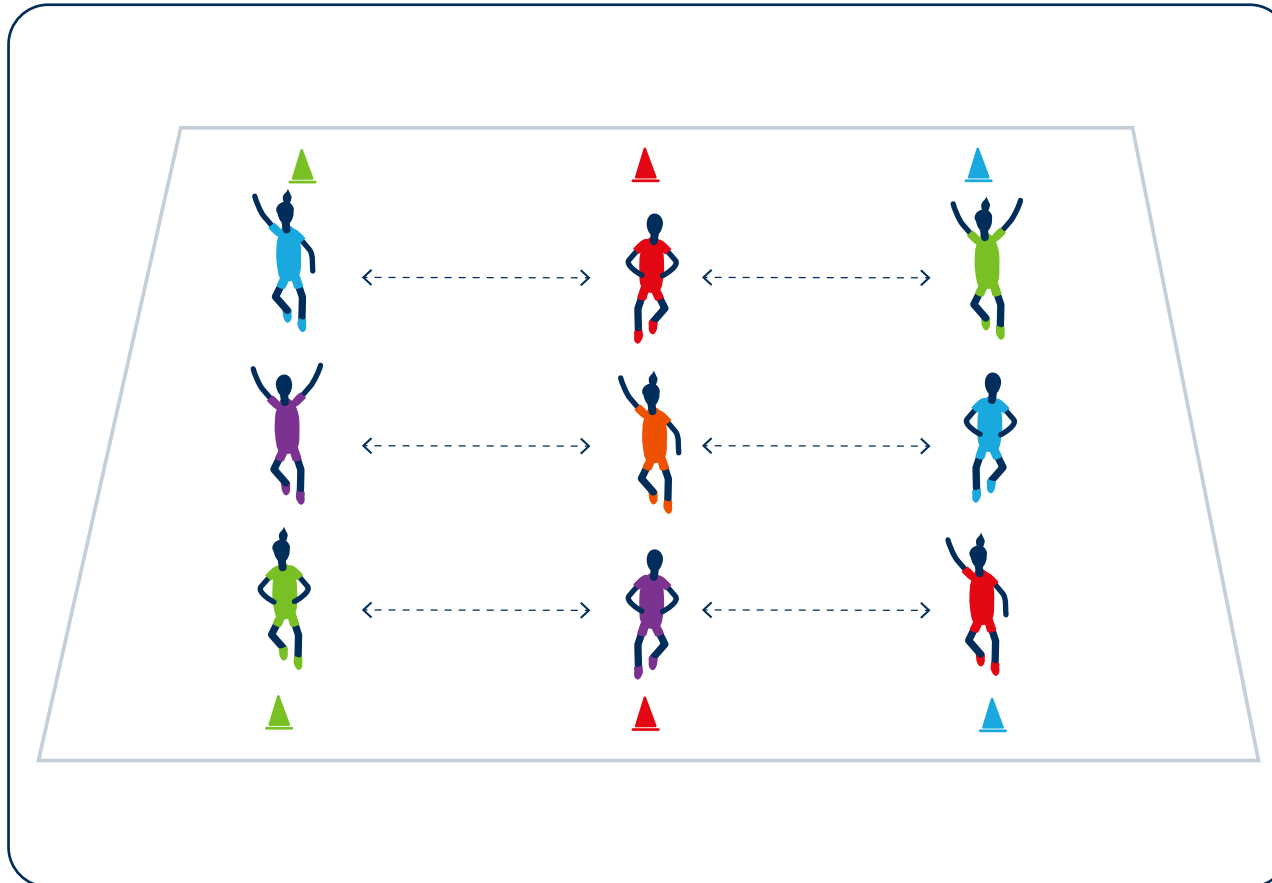
If used as a cool down:

Perform at a slower pace

Add static stretches

Reflect on session

Players to re-hydrate



icoachcricket.ecb.co.uk

Download **icoachcricket** for free now on Android and iOS.