

PHYSIO4ALL

Revitalize - Bounce - Be Happy

SET UP

The field should be setup 10 minutes prior to the warm-up. This will allow for a smooth transition between the activities. A sample field set-up is shown in the diagram below. This program should take approximately 15-20 minutes to complete. However, when you first begin the program, it may take slightly longer due to the fact that you must first become well acquainted with the program and the transitions. Alongside each exercise you will notice a box with the approximate amount of time that should be spent on each activity. This will serve as a guide line to you in order to conduct your warm-up in a time efficient manner.



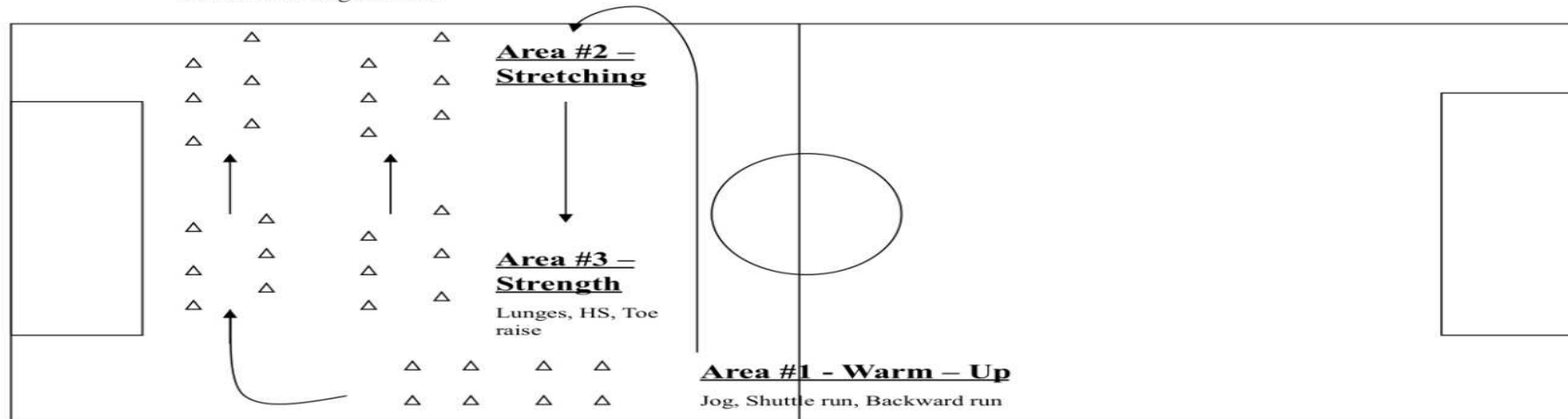
PEP Program: Prevent injury and Enhance Performance

Field Set-Up



Area #5 Agilities

Shuttle Run /Diagonal Run



Area #4 – Plyometrics

Side-to-side/Forward and Backward Hops

Note: Set-up one half of the field with cones 10 minutes prior to practice. This will allow for a smooth transition between exercises.