

Component 1 - C: Warm-ups

International football tournaments are hard on the body. They are normally at the end of a long season, and going deep into the tournament means playing a large number of games in four weeks. If a player gets injured it can really affect the team's chances, because there is not much time to recover.

Watch this footage from the England training camp:

<https://www.youtube.com/embed/VoAxRJeheas?rel=0&start=130>

Now answer the following questions:

1. Which parts of a warm-up did you see? Circle your answers.

A: Pulse Raisers B: Mobilisers C: Preparation Stretches

2. Describe the pulse raisers seen in the footage.

3. What are the effects on the body of the pulse raisers in the footage?

4. What are the benefits of mobilisers for a footballer?

5. What different types of stretches did you see? Circle your answers.

A: Static Stretches **B: Dynamic Stretches**

6. Why are professional footballers likely to use some dynamic stretches?

7. Circle any muscles that you think the stretches targeted.

biceps **triceps** **obliques** **deltoids** **abdominals**
quadriceps **hamstrings** **gluteus maximus** **gastrocnemius**
hip flexors **erector spinae**

8. Was any part of the warm-up adapted for football?

9. Explain how the whole warm-up routine will impact on the England team's sporting performance in the tournament.
