



Claremont Football Club Academy
Pre-Training Warm-up Routine

**TO BE COMPLETED BEFORE THE START OF THE
TRAINING SESSION**

- **JOG 1 LIGHT LAP OF THE OVAL** (TAKE A BALL)

- **RUN THROUGHS** (30m LENGTH)
 - HIGH KNEES X2
 - HEEL KICKS X2
 - SIDE TO SIDE X2
 - GRAPE VINE (CARIOKA) X2
 - TOUCH THE GROUND X2
 - HIGH JUMPS X2
 - 50% ACCELERATION
 - 75% ACCELERATION
 - 90% ACCELERATION

- **STATIC STRETCHES** (2X20SECS FOR EACH)
*(STRETCHING IS OPTIONAL)
 - LOWER BACK
 - HAMSTRINGS
 - GLUTES
 - QUADS
 - CALVES
 - HIP FLEXORS
 - TORSO TWISTS

- **LEG SWINGS x10 EACH LEG (FRONT TO BACK & SIDE TO SIDE)**

- **KICKING PRACTICE**