

Mirroring Activity



Injury Prevention

TIMING: 15-20 mins
WHAT: Movement Activity
WHEN: Warm Up
WHO: Group

SET-UP AND GEAR

- Open space
- Whistle

INTENDED OUTCOMES

By the end of the activity, players should have a good idea of the different muscle groups to focus on during a warm-up and have a bank of different types of movements and stretches they can do.

ACTIVITY SUMMARY

This mirroring game is designed to help build the habit of thorough warm-ups. It encourages your group of players to work together and helps build up their sense of team spirit.

Activity Outline

2 mins (set-up) The coach outlines the activity to their players and divides them into small groups of approximately 4.

5 mins The coach gives each group a body part to focus on (e.g., legs, arms, shoulders, back, neck, hips etc.). Players are asked to work together to come up with 4 different stretches or movements they could do as a warm-up for that body part. Each player will be asked to demonstrate one stretch to their small group.

Depending on the group, you can suggest ideas such as shoulder shrugs, lunges, windmill arms, single-leg hops, pogo jumps, etc. Ideally include a combination of different types of exercises.

10 mins The coach then asks the players to form a wide circle. Moving around the circle, each player must lead a stretch and the other players must mirror them (each stretch should last at least 30 seconds).

Tips & Tricks

- This is a warm-up technique you can do over and over again, and usually it gets easier the more times you do it as everyone becomes more confident with the exercises and comfortable leading the group.
- As players grow in confidence there might not be a need to divide them into groups; you can move directly into the circle and ask players to suggest a stretch on the spot.

PILLAR INSIGHTS

Building good practices in sports starts with a fundamental practice - warming up. For young players early in their sporting journey, developing the habit of a thorough warm-up is not just a routine, it is a skill that can help prevent niggles and injuries.



BIOLOGICAL

Warming up not only physically prepares the body but also mentally prepares young people for playing and training. It's an important habit to build into their exercise routine. Learning about the different areas of the body to stretch at an early stage helps with injury prevention.



SOCIAL

While some players will instantly love this warm-up game, others might find it challenging. Encourage your players to support each other if someone gets stuck for ideas. This is a brilliant opportunity to experience leading a group (even if it is only for 20 seconds) and helps build their confidence.