

OURC Warm up Guidelines

Pre-game

1 Individual (10 minutes at RPE = 2-3/10⁺)

Pass, kick, run...

2 Group (15 minutes at RPE = 3 - 6/10⁺)

Run drills: e.g. Hi knees, back wards, lateral

Dynamic stretches (easy leg, arm and full body movements)

Ball handling: e.g. Passing waves 3-5 players

3 Forwards - backs split (5 minutes at RPE = 6-9/10⁺)

4 Team attack (5 minutes at RPE = 8-9/10⁺)

5 Team defence (5 minutes at RPE = 9-10/10⁺)

Contact with hit shields



Key: Progress intensity (RPE) and become more game related over a reasonable period of time.

Key:

RPE

(Rate of perceived exertion)

Nothing	Very easy	Easy		Moderate		Hard	Very Hard		Maximal		Max ⁺
0	1	2	3	4	5	6	7	8	9	10	10 ⁺