

KIA RITE WĀHINE MĀ

Warm-Up Checklist:

Once you're confident with the warm-up, use this checklist as a quick reference guide before training or games. It's time to fire up the playlist! Hit play on the music and set the vibe.



1. FIRE UP (2 minutes)

Move continuously through different exercises guided by either the coach or a nominated player.

E.g., jogging forwards/backwards, side steps, high knees, heel flicks, bear crawl, straight-leg running, skipping, grapevine (carioca), run into the centre then out backwards, down-ups.

- Perimeter movement drill



2. SWITCH ON (3 minutes)

Perform 10 repetitions of each movement before moving on.

- Roll and reach
- Iron cross
- Scorpion
- Arm circles
- Leg swings (10 reps per side for the leg swings)
- Open and close gate



3. STRONG & STEADY (5 minutes)

Complete each exercise over one length, then jog back to your line before starting the next. The final drill, Return to spot pogo' is done in pairs. One player hops on one leg for 15 seconds, then switches to the other leg. After that, the partner takes their turn.

- Walking lunges (half a length). Squats (half a length)
- Snake run
- Zig zag with plant and hold
- Zig zag with cut
- Two forward and one back
- Return to spot pogo (partner up)



4. GAME READY (5 minutes) FOR CONTACT SPECIFIC PREPARATION ONLY

Perform each isometric neck hold for 15 seconds in all directions. Once completed, continue with the remaining drills, spending one minute on each exercise.

- Isometric necks holds: Chin to chest, Eyes to sky, Ear to shoulder L/R, Look over shoulder L/R
- Triangle pulses (groups of 3)
- Partner push up battle or Coach queued push pull
- Pummelling (partner up)
- Multistage tackle drill



Finish strong with intensity sprints. Complete one sprint at each intensity:

50%
✓

75%
✓

100%
✓

WARM UP SET UP:



WARM-UP DURATION:

15-20 MINUTES

EQUIPMENT NEEDED:

2 Rugby Balls **14** Dome Cones **2** *Hit Shields **1** Portable Speakers

**Only needed for contact version*

PURPOSE OF EACH WARM UP COMPONENT

FIRE UP:

Elevate heart rate and increase circulation.

SWITCH ON:

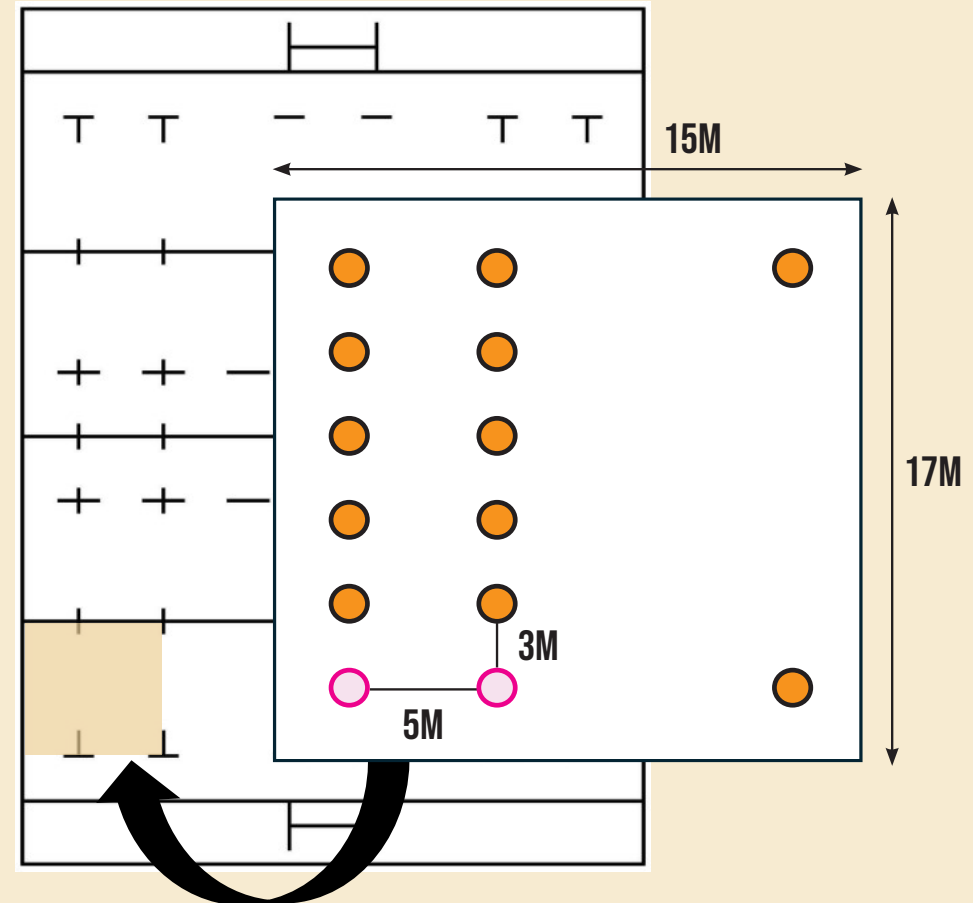
Activate key muscle groups and improve range of motion.

STRONG & STEADY:

Focus on strength, balance, coordination, and body awareness.

GAME READY:

Engage key muscles for contact rugby.



PREPARE STRONG. PLAY STRONG. STAY STRONG.