



AFLW MATCHES - PRE-GAME SESSION

AIM

- Designed to help you physically and mentally prepare you for your game the next day
 - Keep your body physically moving before the game
- Opportunity to practice any scenarios or skills before your game to "sharpen the sword"
 - Avoid high volume - keep it simple and concise 20-30 min max

OPTION 1

"I have my own pre-game routine, one works for me, one that best prepares me."

OPTION 2

"I have't quite established what my pre-game routine looks like yet, what is the suggestion?"

- Independent Mobility + Warm Up
 - 30m Building Strides x4-6
 - Multi-Change of Direction
- Fartlek or Steady Run 5-10 min
- Practice any Skills / Scenarios