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Warm up ppt

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Heat and cool heating and cold heating and cooling will improve performance level players and accelerate the necessary recovery process before training or competition. The coach must encourage the player to consider heating and cooling as an essential part of both the training session and the competition itself. The heating of the functional foundation must be gradual the heating session must start with low intensity general activities and progress more specific and intense activities. The correct heat has exceptional effects in increasing players' performance (balance, agility etc.), air conditioning and prevention of injurers. Increasing the speed of the contraction and the relaxation of heated muscles get a greater economy of movement due to the viscous resistance lowered within the heated muscles facilitate the use of oxygen with heated muscles because hemoglobin releases oxygen more easily at temperatures Higher muscles facilitate nervous transmission and muscle metabolism at nerve temperatures; A specific heat can facilitate the recruitment of the engine unit needed in the subsequent activity of all the increase in blood flow through active tissues as local vascular beds, increasing metabolism and muscle temperatures reduce muscle rigidity through dynamic exercises Beneficial factors a Appropriate heating is heated and extending flexibility is a futsal component that players often overlook. A ç å,~ à ç If performed on a coherent basis, a heating and stretching routine provides better coordination, awareness and greater efficiency of muscle contractions. A ç å,~ à ç It is essential to earn enough flexibility to reach and increase your progress. This is called functional flexibility. A ç å,~ à ç There are 3 phases to improve your functional flexibility. Elements of good extension Flexibility Flexibility Phase 1 -static-Active Flexibility (also called active flexibility) is the ability to take and maintain extended positions without external assistance. (For example, lifting the leg and keep it high helps increase the length of the step to make you faster) Phase 2 - Static - passive flexibility is the ability to take extended positions and then keep them using the weight, support of yours Arts, or some other support. (For example, placing the leg on a bench or a sitting touch) Phase 3 - Dynamic stretching is the ability of muscles to move through a range of movement, (for example, sitting windmills, leg oscillations, of the Lungs Straight leg walks) Relax is very important to relax during the final word of stretching routine: stretching does not Be painful. Pain indicates an incorrect technique or a medical problem. In case of doubt, ask a qualified health professional. What is muscle rigidity? A ç å,~ à ç The relationship between the change in muscle resistance and the change of muscle length A ç å,~ à ç muscle rigidity is directly related to the risk of muscle lesions and therefore it is important to reduce muscle rigidity as Part of a heating A ç å,~ à ç Dynamic traits - slow slow controlled through the full range of motion - decrease muscle stiffness. DURATION A routine warm-up for players should be between 25-30 min. Players will be motivated to work hard and keep these principles in mind: Start with light stretching Step 1 - General warm-up General warm-up 2 - The specific warm-up can be used to provide a very useful training effect. Step 1 - GENERAL ARM This step raises your body temperature: à ç Run lightly, pass and stretch static à ç Perform 10 movements of the ankles, knees, hips, trunk, shoulders and neck. à ç Then perform activities such as jumping, side steps, forward à ç and movements to back to increase blood flow to the muscles. Other effective methods for general heating These allow the joints to move more easily (lubricate the whole joint with synovial fluid) Step 2 - SPECIFIC WARM UP Agility runs Link to session Mental body connection The use of the agility scale or cones of different sizes is also a productive way of warm up and implement specific movements of Futsal. Initially, it is important that players move slowly through the scale so that they can focus on proper movement patterns and emphasize the quality of work instead of speed. As they progress, they must be taught to look up and to be aware of the correct positioning of the body. For advanced players, passing exercises can be embedded between 2 rows of scale. Incorporate soccer techniques as they cross the stairs. This develops the best reaction time, speed in the technique and is very specific Futsal. SPECIFIC ARM UP Stimulate the nervous system for the body to perform faster and more explosive, especially for Futsal. The training jump increases the working ability, the speed of the foot and hand, and increases the temperature of the body. SPECIFIC ARM UP Production Methods Warming with Jump Training Highly Recommended Specific jumps and agility exercises are beneficial for Futsal players If instead you are planning a practice session that focuses on defense, then your warm-up activities should emphasize your activities. Defensive. WARM UP Link Do the Warm Up Session as Part of Your Practice In most circumstances, a practice session would include the full range of motion for the Mind-Body connection FutsalWARM UP à ç As a player takes a hit, the mind sends a signal through the central nervous system (CNS) to the muscles to perform the movement. à ç By performing repetitive movements, the CNS develops the mental-muscle connection to respond more efficiently. à ç This is useful when performing techniques. à ç Now the player is ready to participate in the main part of the session in efficient. Is the Cool Down Orwhy Cooling Down? An adequate reduction in cooling: à ç aid to dissipate waste products such as lactic acid. à ç Reduce the potential for DOMS *. à ç Reduce the probabilities of vertigo or fainting caused by from venous blood accumulation at the ends. • Reduce the level of adrenaline in the blood. * Late muscle soreness (DOMS)COOL DOWN • Production of training session waste products • It is important to do an active refresh after sessions that increases heart rate. This circulates blood and waste products away from the muscles. • Stretching after a session is useful. • Static strokes are the best facts at this stage as they help to stretch the muscles to their state at the beginning of the session. COOL DOWN Composed of: • 5 to 7 minutes of jogging/walking - to decrease body temperature and remove waste products from work muscles. • Static stretching exercises from 5 to 7 minutes - help your muscles relax and increase the range of movement. Thanks to you, ALI FUTSAL COACH EDUCATION . TARGHOLIZA Report this resource to let us know if it violates our terms and conditions. Our customer support team will review your report and contact you. Description This Literacy Warm-up PowerPoint Foundation is aligned to the Australian curriculum and is a great way to introduce, strengthen and practice a range of literacy skills. Includes 204 slides to choose from. You can edit, duplicate and dismantle slides to meet your students' learning needs. See below Some of the concepts / skills covered in this resource include: Initial sound words words not sense syllable words renominng words families of words decode Fluency Practise Grammar Nouns, Words, adjectives tell Sentence Creation Narrative Network Narrative Writing Oral Language Topics

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