



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest
in relation to this presentation.

THE WARM-UP

PURPOSE?

Traditional

- Raise core and muscle temperature through general warm-up
 - Attain ROM through general stretching
 - Specific warm-up

RAMP

- Raise body temperature
- Target specific movement patterns & mobilize through full ROM
- Perform sport-specific activities that gradually increase in intensity

THE WARM-UP

TRAPS OF TRADITIONAL METHODS

- Monotony & habituation – same stuff, different day
- Going through the motions
 - Lack of engagement
 - Poor execution

THE WARM-UP

IN 1 YEAR OF DIVISION 1 COLLEGE BASKETBALL

- ~ 150-160 lifts
 - ~ 150 practices
 - ~ 37 games
 - = ~ 337-347 warm-up opportunities
- **Avg. length = 10 minutes**
 - **10 x 337 = 3370 minutes**
 - **= 56.2 hours per year spent on warm-up**

FREESTYLE WARM-UP

PURPOSE

“It is not the strongest nor the most intelligent of the species that survives; it is the most ***adaptable.***”

- Charles Darwin

FREESTYLE WARM-UP

COMPONENTS

- Motor learning & coordination
 - Skill acquisition
- Mental & sensory preparation
 - Creativity
 - Exploration
- Differential learning (variability)
 - Autonomy/choice
 - Games/play
 - Constraints

FREESTYLE WARM-UP

COMPONENTS

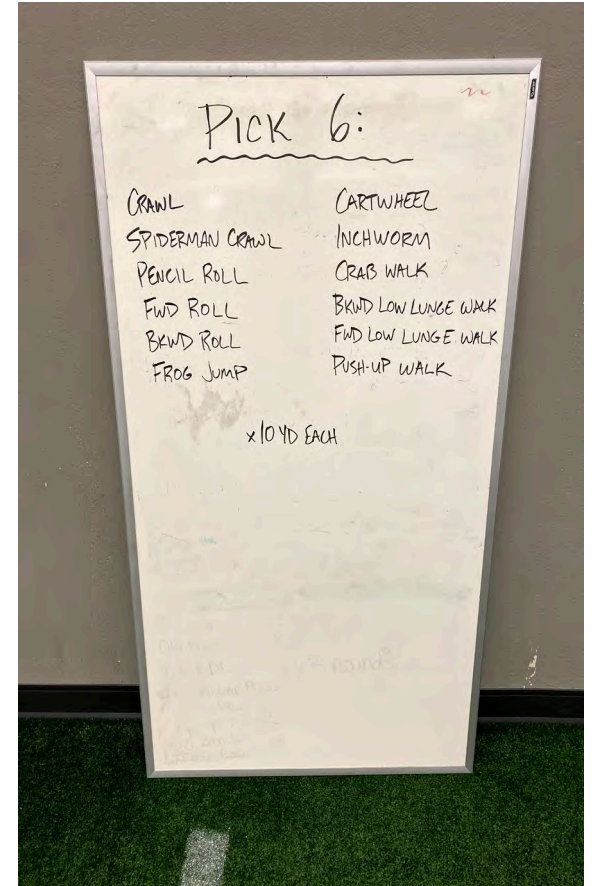
- **Locomotion** – walk, march, skip, hop, shuffle, leap, gallop
 - Manipulate direction, speed, range of motion, combine movements
- **Athletic and coordinative mobility** – squat, lunge, reach, rotate
 - Different directions, ranges of motion, tensions
 - Parkour
- **Ground-based movements** – crab/bear position, crawl, roll, tumble, somersault, cartwheel, animal movements
 - Addresses stability & balance
 - Vestibular system development
 - Connects left and right brain hemispheres
- **Movement skill and connective strength** – variable movement patterning, extensive jump/plyo variations, COD, ballistics, med ball variations
- **Sensory input** – shoes off or barefoot, vision training, infinity walk/run

FREESTYLE WARM-UP

EXAMPLES

FREESTYLE WARM-UP

EXAMPLES



FREESTYLE WARM-UP

IN SUMMARY...

- When used appropriately, the warm-up is a valuable opportunity for long-term development:
 - Athleticism
 - Movement literacy & efficiency
 - Motor control & motor learning
 - Speed/COD/agility
 - General strength/explosive strength/power
 - Creativity
 - Fun/play

FREESTYLE WARM-UP

HELPFUL RESOURCES

- Michael Zweifel – Building Better Athletes – Games Book 3.0
 - James Smith – The U of Strength – Gameplay 2.0
 - Jeremy Frisch
 - Jeff Moyer

FREESTYLE WARM-UP

THANK YOU!



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