

WARM-UP:

# POINTS OF PERFORMANCE

Each exercise in a warm-up typically incorporates two or three of the following 'Points of Performance'. While each exercise may have specific teaching points for coaches/players to focus on, there are also general tips that apply to many exercises to keep players in safe positions which can help reduce the risk of injury. These tips are designed to help players maintain good posture and control.

## Good v Poor movement examples

Try using these cues to correct movement.

### "CHEST UP"

GOOD



POOR



### "PINCH SHOULDER BLADES TOGETHER"

GOOD



POOR



**“HEAD NEUTRAL /  
LIFTED”**

**“SHOULDERS LEVEL  
WITH HIPS”**

GOOD



POOR



**“SOFT KNEES”**

**“BRACE THROUGH THE  
TRUNK”**

GOOD



POOR



**“HIP, KNEE AND ANKLE  
IN LINE”**

GOOD



POOR



**“LAND SOFTLY,  
KNEES OUT”**

GOOD



POOR



**“KNEES TRACKING IN  
LINE WITH TOES”**

GOOD



POOR

