



New Zealand Football

FastSTART Warmup



Performance & Prevention

Be better prepared for your game with the FastSTART Warmup.

A warm up specifically designed and tested for futsal and social football.



Scan here to go directly to the FastSTART video



1. RUNNING



60 SECONDS

MED TO HIGH INTENSITY

1 SET

2. HIGH KNEES & HEEL FLICKS



REPS 10X EACH LEG

HIGH INTENSITY

1 SET

3. OPENING & CLOSING THE HIPS

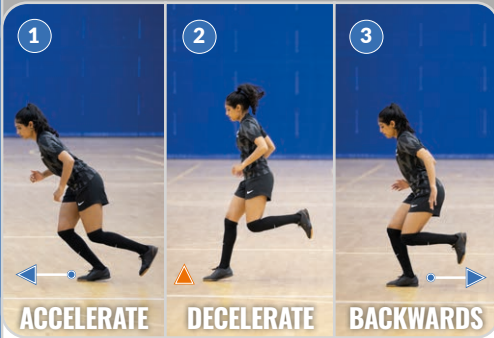


REPS 3X EACH LEG

LOW TO MED INTENSITY

1 SET

4. FORWARD & BACKWARDS



REPS 3X EACH LEG

HIGH INTENSITY

1 SET

5. LATERAL HOPS



REPS 3X EACH LEG

HIGH INTENSITY

1 SET

6. SQUAT TO CALF RAISE



REPS 10X

MED INTENSITY

1 SET

7. PLANT & CUT



REPS 3-5X EACH LEG

HIGH INTENSITY

1 SET

8. SPRINT



REPS 3-5X

HIGH INTENSITY

1 SET

PASSING & SHOOTING



COACHING TIP:

Once players have warmed up, continue with one or two passing and shooting drills.