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| **Supplementary Table .****Phases and exercises for warm-ups** |
| **Phase** | **Subphase** | **Exercises** |
| *Aerobic phase* | Jogging (4 min) | Jogging around the field  |
| Running and mobility (4 min) – two rows of 15 m | RunningSkippingHeel liftSide runBack strokeZigzagZigzag backwardsTurn to the rightTurn to the leftPush with shoulder |
| Dynamic stretching (2 min) | HamstringQuadricepsAdductorsAbductorsCalves |
| *Neuromuscular Phase* | Strengthening (2 min) | Half-squat bilateral 5 repsHalf-squat unilateral 5 repsSide step 5 reps |
| Balance (2 min) | Bilateral jumps and receptions 5 repsUnilateral jumps and receptions 5 reps |
| *Velocity Phase* | Velocity over 5 and 10 m (2 min) | 2 sprints with 30 sec of rest (linear)2 sprints with 30 sec of rest (non-linear) |
| *Ball-specific phase* | Passes (4 min) | Pairs: passes in several distances (from 5 to 35 m) |
| Small-sided game (4 min) | 5 vs. 5 20x20 m, 2 sets of 1 min 30 sec with 1 min of rest |