WARM UP STEP 2 - ACTIVATION (10-15 MINUTES)

After mobility work has been completed, athletes need to activate the key muscles required to perform. Strict attention should be paid towards the quality of execution and the muscles that are working during the activation exercises.

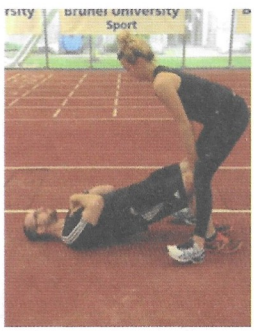
ACTIVATION			
To be completed prior to every court session and strength session.			
EXERCISE	**SETS**	**REPS**	**NOTES**
1. Partner Glute Bridge (Resisted Hip Abduction)	2	12	Hold at the top for a count of 2
2. Glute Bridge Marches	2	10 each side	Make foot weightless before lifting
3. Partner Resisted Eccentric Hip Abduction	2	12 each side	
4. Hamstring Walkouts with Partner Resisted Shoulder Extension	2	30 secs	Only go as far as you feel comfortable
5. Pull Together Plank Hold with Alternate Knee Flexions	2	30 secs	
6. Side Plank with Hip Abduction Partner Resisted	2	30 secs	Maintain good hip and knee alignment

PICTURES OF THE ACTIVATION EXERCISES

1. Partner Glute Bridge- Start



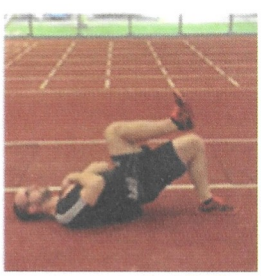
Finish



2. Glute Bridge Marches- Start



Finish



3. Partner Hip Abduction- Start



Finish



4. Partner Hamstring Bridge- Start



Finish



5. Pull Together Plank Hold- Start



Finish



6. Partner Side Plank with Hip Abduction- Start



Finish

