

PLANNING SAFE WARM-UPS



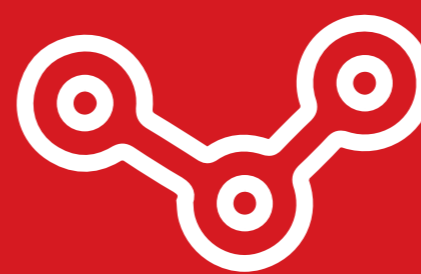
PLAN WARM-UPS TAKING INTO CONSIDERATION:



THE AGE, ABILITY AND SKILL
LEVEL OF THE PLAYERS /
GROUP



LEVEL OF KNOWLEDGE OF
YOUR PLAYERS



THE SESSION OUTCOMES



THE NUMBERS AND SPACE
AVAILABLE TO YOU

DELIVER WARM-UPS IN A SAFE, SUPERVISED ENVIRONMENT ACCOUNTING FOR:



RECOMMENDED MINIMUM
SUPERVISION RATIOS



EQUIPMENT NEEDED



THE SURFACE YOU ARE
USING



THE MIX OF AGES AND
ABILITIES IN THE GROUP



DON'T ALLOW
UNSUPERVISED STICK AND
BALL TIME



WHAT ELSE IS HAPPENING
ON THE PITCH (I.E OTHER
SESSIONS / PEOPLE /ETC)



ACTIVITY RELEVANT TO
SKILL LEVEL



ANY ACTIVITY WHICH
COMPROMISES SAFETY IF
UNSUPERVISED (I.E 'TRICK
SHOTS')

IT IS THE RESPONSIBILITY OF THE DELIVERER OF HOCKEY ACTIVITY TO ENSURE THAT ALL HOCKEY ACTIVITY IS SUPERVISED. ANY ACTIVITY WHICH COMPROMISES SAFETY SHOULD BE STOPPED.