

# PLANNING SAFE WARM-UPS



ENGLAND  
HOCKEY

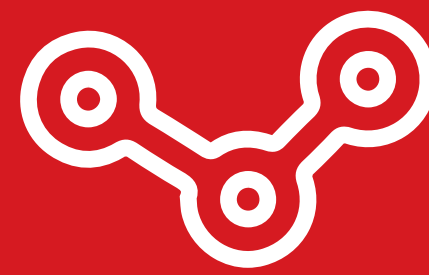
## PLAN WARM-UPS TAKING INTO CONSIDERATION:



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:



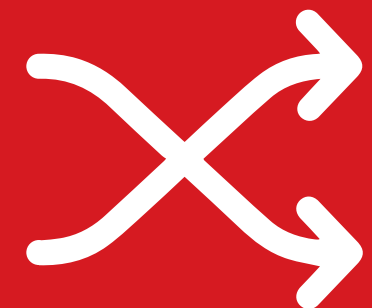
RECOMMENDED MINIMUM  
SUPERVISION RATIOS



EQUIPMENT NEEDED



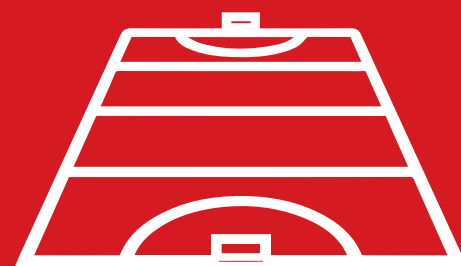
THE SURFACE YOU ARE  
USING



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.