



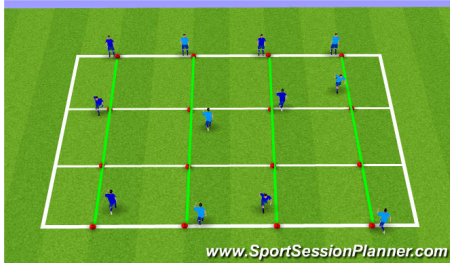
# COE u7-u10 - Movement Prep - Setup

Category: Warm-ups  
Difficulty: Beginner

Tom Mitch, Harrisonburg, United States of America  
Individual-Adult Member

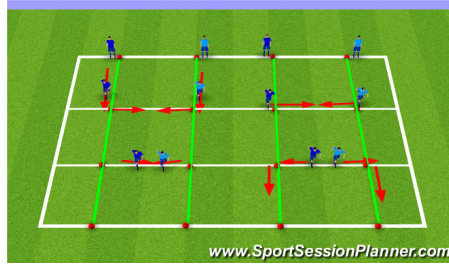
## Description

### Standard Setup (15 mins)



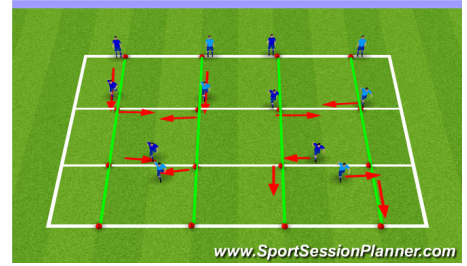
- Movement Prep - Standard Setup
- 15m in Length, 4 Cones (5m between cones)
  - Sufficient # of Lines for 2-3 Players per Line
  - Ideally Even # of Lines for Partner Activities

### Partner Bumps (5 mins)



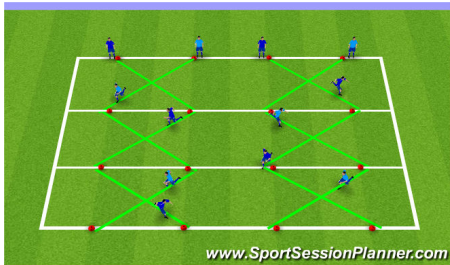
- Movement Prep - Partner Bumps
- Run > Shuffle > Shoulder Bump > Shuffle > Run
  - Progression: No Jump, Low Jump, High Jump
  - 2 Bumps Out, 2 Bumps Back

### Partner Circles



- Movement Prep - Partner Circles
- Run > Shuffle/Back Pedal/Forward/ Shuffle > Run
  - 2 Circles Out, 2 Circle Back

### Z-Cuts



- Movement Prep - Z-Cuts Organization
- 2 Cuts per Length (1 Right / 1 Left)
  - Wait for group to get to the end, then 2 Cuts back to the Start