



## Practical session: Reconceptualizing the Warm-up

The warm-up is arguably the most neglected part of training and practice. It is often the portion of training where coaches and teachers rush through using the same movements day in and day out, progressing through mundane exercises and drills. The immense value of this period is often missed, with emphasis placed on "getting loose." In this session, experience for yourself a warm-up that is *alive* and one that inspires ownership, creativity, and exploration!