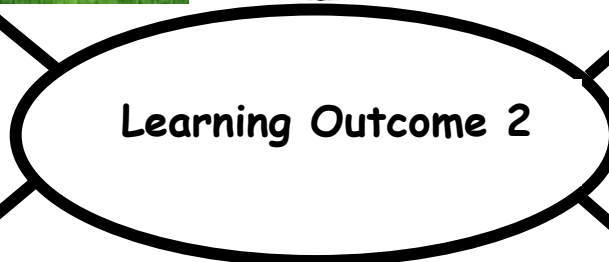


Specific needs



Exam question

Describe 1 physical and 1 psychological benefit of warming up. (2)



Describe 2 specific needs a coach needs to consider when planning a warm-up. (4)

Components of a warm up

- 1)
- 2)
- 3)
- 4)
- 5)

Components of a cool down

- 1)
- 2)

Spider diagram

Spider diagram

