

## Bruce Lee warm ups

**Bruce Lee was a famous martial artist and film star. He was also an accomplished dancer. To prepare himself for exercise, and in particular body movements that would enable him to beat opponents by avoiding contact, he would use dance moves. In this article we emulate some of his moves and add in some of our own!**

### 1 Flat feet

The player places their feet wider than their shoulders. They then have to move their hips frontward, backwards and sideways as far out from their normal position as possible. The feet must stay firmly on the floor. Arms should be used to counter balance.

Add a ball, either being held and then stretching out to the furthest limit. Develop further by passing. Again the key is to keep the feet firmly rooted to the floor.

As the players become more developed in this skill, they should move their feet closer together. Eventually, they should be able to have a full range of movement, essentially with the hips moving the most, with both feet on the floor, heel and toe, and together.

### 2 Rolling feet

Repeat the flat feet exercises, but now allow the players to "roll" their feet. This can be side to side, forward and back, i.e. onto the heels and then onto the toes. Though the ankles are a focus of the rolling feet, the whole body should be moving. Use the knees to move one way and the hips another. The players are now beginning to shape their bodies to avoid contact.

### 3 Karate kid

Players start by placing one foot flat on the floor and the other

leg is bent out in front of them. Use the arms for balance. The player first has to lower themselves towards the ground by bending the knee of the leg with the grounded foot. After a couple of attempts, the foot should be changed over.

More skillful players will be able to bounce up off the floor, kick with the non floored foot and land in a balanced position on the original foot. 🍀

### Static touch

**Split into two teams.** One team has two balls. Players stand in a very small area. The coach blows the whistle and the teams jog around. When the whistle goes again, everyone stops where they are. The team with the ball must try to touch as many of the opposition as possible. This is done by touching the upper body from the hips up whilst holding the ball.

The ball can be passed, but no player from either side can move their feet. If the ball is dropped then that ball becomes dead.

If a player is touched they must sit down. The team has 30 seconds to complete the task.

## Speed games rules/ideas

**Speed, a player moving faster across the ground, is normally best improved off season. In season, speed levels need to be maintained. Speed games can be used to help all the players. These work well if you follow these simple rules/ideas:**

1 Start from different physical situations. For example, two feet together, lying on the floor, press up position.

2 Don't say "Ready, steady, go" – it leads to many false starts. One shout of "go" when you think the players are ready.

3 Handicap players by getting them to carry a ball, in one hand or both hands.

4 Speed games can include changes in direction. Some of

the most popular sprint tests have a player changing direction at least twice.

5 Relays rarely work – rugby players like to take short cuts, so don't give the chance to do so.

*And finally – emphasise technique as the route to success. Drive with the arms, relax the top half of the body after the first 10 paces and everything should be flowing forwards.*

**Western Samoa's first international was against Fiji in 1924 and kicked off at 7am so the Samoans could go to work afterwards. The match was also unusual in that it was played in a local park with a tree in the centre of the pitch.** *Stuart Brown, Scintillating Rugby Facts. [www.firstscience.com](http://www.firstscience.com)*