

FACT SHEET

PRE-GAME WARM-UP



SKILL LEVEL: INTERMEDIATE - ADVANCED

SKILL DEVELOPMENT: PRE GAME ROUTINE

PLAYERS REQUIRED: 1

EQUIPMENT REQUIRED: A HORSE, A RACQUET, A BALL AND GOALS

INSTRUCTIONS

- 1 To get your horse ready and warm for game-time, begin by cantering around a few circles.
- 2 When ready, incorporate on-side and offside pickups.
- 3 Once warm, get to halfway and take a ten-yard throw. Collect ball and change direction if needed.
- 4 Gallop at full speed towards the goals, bounce the ball, and trap it again.
- 5 Have a shot on goal.
- 6 Repeat these exercises until you and your horse feel ready to play!

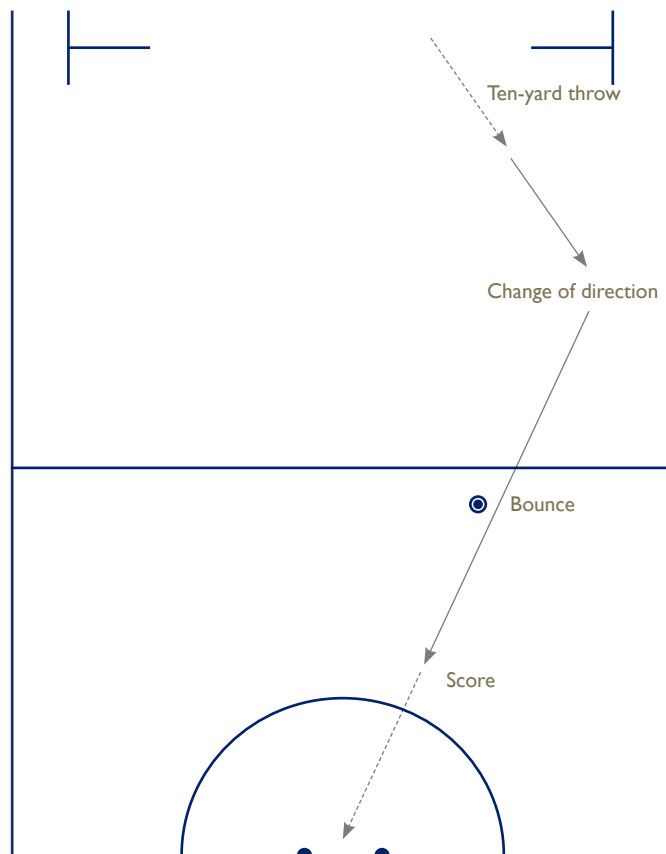
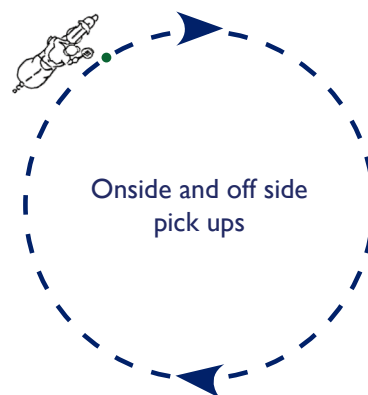


Pro Tips

Take your time in warming yourself and your horse up – don't rush into anything.

By building a pre-game routine you are teaching your body and your brain it is time to perform.

You can extend this to well before you actually get on the horse by using some of our fact sheets to build your routine.



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Scan the QR code below to watch a video of this drill in action.

PLAY
WELL

