

Warming up

It is a process by which all muscle fiber can, be tune up mentally preparation of maximum performance of human body.

Types of warming up

Two types.

- Psychological warming up
- Physiological warming up.

Psychological warming up

- Psychological warming up makes the athlete mentally ready to bear stress.

Psychological preparation of sportsmen is important aspect for better performance

Psychological effect

1. Positive the athletes.
2. Negative effective can be removed.
3. During warm-up technical and tactical details in advance.
4. Players should be informed about time and date of competition ground, equipment, expected climatic condition, etc.
5. Finally the sportsmen should be mentally ready.

Physiological warming up.

- Physiological warming up makes the body physically ready to bear any competitive type of stress mainly muscular and cardio respiratory systems are given some initial physical work out which makes the body ready to bear stress.

General Type of warming up.

- Active warming up
- Passive warming up
- Active passive warming up
- Passive active warming up

Active warming up is tow type.

- General warming up
- Specific warming up

General warming up

- Striding
- Stretching Cats stretch
- Jogging
- Simple exercises
- exercises
- Wind sprint

Specific warming up

- lay up short before basket ball match.
- smashing before volley ball match.
- in criccate batsman doing bating before going to bat.
- D. Trial jumps are taken in jumping events before the competition in athletics.

Passive warming up

- Massage of the body
- Steam bath
- Sauna bath
- Hot water bath