



Dynamic Warm-up

Required Time: 15 – 20 minutes

Setup:

- 3-5 players per line
- 3 Cones / Line (Starting Cones, 30 Foot Cones, 90 Foot Cones)

1. Slow Jog – 1 pole along the warning track (there & back)

30 Feet

2. Jog, Around, Jog x2
3. Sprint, Around, Back Peddle x2
4. Shuffle, Around, Shuffle x2
5. Carioca, Around, Carioca
6. Straight Leg Kicks
7. Hamstring Sweeps
8. Forward Lunge with Shoulder Rotations
9. Lateral Lunges with Pivot
10. Butt Kicks @ 50% & @ 100%
11. High Knees @ 50% & @ 100%
12. Forward Skips w/fwd arm circles
13. Backward Skips w/bwd arm circles

Spread Out Lines

14. Trunk Rotations
15. Trunk Circles
16. Overhead Reaches

Shoulder Prep

17. Arm Circles (Palms Up – Forward & Backward)
18. Arm Circles (Palms Down – Forward & Backward)
19. Lateral Arm Swings (Shoulder Height)
20. Tug-O-Wars
21. Prayers
22. Goal Post Rotations

90 Feet – movement/spring work

23. 90 Ft. Sprint (75%)
24. Shuffles (cover as much ground with each stride)
25. Carioca – with knee drive from trail leg
26. Back Peddle (Slow – Medium)
27. Accelerated Sprint
28. 90 Ft. Sprint (90%)

Pick-up Cones

