

Dynamic Warmup

Lateral Over/Under with Cones



Exercise Description:

Lateral Over/Under with Cones

Classification:

Dynamic Warmup

Instructions:

- 1) Stand directly behind a bar or hurdle that is 12-18" above the floor.
- 2) On the "go" signal, you will perform a forward step over the bar with the left foot, push off with the right foot, and land in an athletic stance 1 foot on the opposite side of the bar.
- 3) Immediately upon landing squat down into a crouched position and step to the right or left under another bar that is 36" or taller.
- 4) Return to the starting position and repeat with the opposite foot. Focus on quickness and fluid movement.

Lateral Walk Overs



Exercise Description:

Lateral Walk Overs

Classification:

Dynamic Warmup

Instructions:

1. Stand with feet hip-width apart and with the bar to your left or right. Hands and arms should be behind your head.
2. Step over the bar with the closest foot to desired direction (left or right) using a feet together - feet apart motion. Set up bars 18" apart. You can set up as many bars as you'd like. The bars should be 12" or higher. Keep hips and shoulders squared

throughout movement.

3. Repeat in opposite direction according to prescribed repetitions.

High Knee Drill



Exercise Description:

High Knee Drill

Classification:

Dynamic Warmup

Instructions:

1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a moderate to fast jog with minimal ground contact time

Skip (with arms)



Exercise Description:

Skip (with arms)

Classification:

Dynamic Warmup

Instructions:

Start with both feet together and begin by driving your left leg into the air and explode with the right foot so that both feet are off the ground.

Upon landing bring the left foot down and drive the right leg into the air and repeat.

Swing arms back and forth during skipping motion.

Continue this alternating motion until desired repetitions are met.

Skip (A-Rhythm)

**Exercise Description:**

Skip (A-Rhythm)

Classification:

Dynamic Warmup

Instructions:

Start with both feet together and begins by driving your left leg up into the air and explode off the ground using the right ankle (like a toe raise) keeping the right leg straight.

Instead of staying in place extend the right foot so that you land 1-2 feet in front of the starting position with the right foot landing. Place left foot on the ground in a skipping motion.

Now drive the right leg up and extend the left ankle in a skipping motion.

Repeat until desired repetitions or distance is met.

Skip (B-Rhythm)

**Exercise Description:**

Skip (B-Rhythm)

Classification:

Dynamic Warmup

Instructions:

Start with both feet together and begins by driving your left leg up into the air and explode off the ground using the right ankle (like a toe raise) keeping the right leg straight.

Extend the left leg out into an extended horizontal position and then paw down with the foot and dive the hips through.

Instead of staying in place extend the right foot so that you land 1-2 feet in front of the starting position with the right foot landing. Place left foot on the ground in a skipping motion.

Now drive the right leg up and out while extending the left ankle in a skipping motion. Repeat until desired repetitions or distance is met.

Skip



Exercise Description:

Skip

Classification:

Dynamic Warmup

Instructions:

Start with both feet together and begin by driving your left leg into the air and explode with the right ankle so that both feet are off the ground.

Upon landing with the right foot bring the left foot down and drive the right leg into the air and repeat.

Continue this bouncing, alternating motion until desired repetitions are met.

Straight Leg Bounds



Exercise Description:

Straight Leg Bounds

Classification:

Dynamic Warmup

Instructions:

Run keeping your legs straight and the feet neutral with the ground

Focus on minimizing ground contact with the foot and pull through with the leg.

Straight Leg Quick Feet



Exercise Description:

Straight Leg Quick Feet

Classification:

Dynamic Warmup

Instructions:

Run keeping your legs straight and the feet pointed toward the ground

Focus on minimizing ground contact with the foot and pull through with the leg.

Steps should only be approximately 1 foot apart.

Toe Bounce Walks



Exercise Description:

Toe Bounce Walks

Classification:

Dynamic Warmup

Instructions:

Start on the balls of your feet.

Bounce up and down using only your ankles extending to propel you off the ground.

Stay on the balls of your feet at all times.

This should be a light quick bounce to your walk while staying on the balls of your feet.

Over/Under Hurdles



Exercise Description:

Over/Under Hurdles

Classification:

Dynamic Warmup

Instructions:

1. Stand directly behind a bar or hurdle that is 12-18" above the floor.
2. On the "go" signal, you will perform a forward step over the bar with the left foot, push off with the right foot, and land in an athletic stance 1 foot on the opposite side of the bar. You should be facing to the left or to the right when the second foot is down.
3. Immediately upon landing with one foot squat down into a crouched position and step to the right or left with the other foot under another bar that is 36" or taller.
4. Return to the starting position and repeat with the opposite foot. Focus on quickness and fluid movement.

Butt Kick

**Exercise Description:**

Butt Kick

Classification:

Dynamic Warmup

Instructions:

Start with a light jog

Pull the heel of the lower leg up to and bounce off the butt.

Your knee should come forward and up during the movement.

Circles

**Exercise Description:**

Circles

Classification:

Dynamic Warmup

Instructions:

Start Position: Hold medicine ball with your arms extended overhead.

In one continuous motion bring the ball down in a circular motion.

Squat down so that the ball is just off of the ground during the bottom portion of the circle.

Repeat for prescribed repetitions and then reverse the circle.

Figure 8

**Exercise Description:**

Figure 8

Classification:

Dynamic Warmup

Instructions:

Start Position: Hold medicine ball with your arms extended over your right shoulder.

In one continuous motion bring the ball down in front of you like you are chopping wood and the ball should end towards your left foot.

Stand back up and raise the ball straight up over your left shoulder and now bring the ball down towards your right foot.

You will have to bend at your knees to complete this.

Return to starting position and repeat.

Heel to Toe Walks

**Exercise Description:**

Heel to Toe Walks

Classification:

Dynamic Warmup

Instructions:

Walk with an exaggerated heel to toe walk.

During the swing phase of your leg curl your toes up so that you land on the back part of your heel and roll your foot down and up onto your toes. This should be a fluid motion.

Repeat with the other foot.

High Knee Drill



Exercise Description:

High Knee Drill

Classification:

Dynamic Warmup

Instructions:

1. Stand at foot of agility ladder or just stand in place.
2. Drive knee up towards chest and place that foot in first square or back on the ground. Drive other knee up and land in next square and so on down the ladder in a moderate to fast jog with minimal ground contact time.

Hurdle Walks



Exercise Description:

Hurdle Walks

Classification:

Dynamic Warmup

Instructions:

Stand with feet slightly wider than hip width apart with your arms behind your head. Step over first hurdle and place your foot in-between the two hurdles. In one continuous motion step with your other foot over the 2nd hurdle. Continue stepping until the desired repetitions are met. Hurdles should be 12" or higher.

Single Leg Russian Twist

**Exercise Description:**

Single Leg Russian Twist

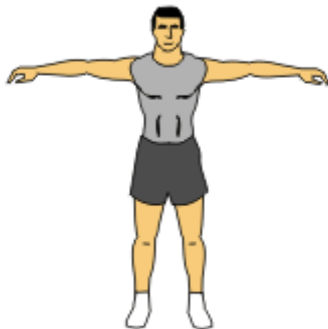
Classification:

Dynamic Warmup

Instructions:

1. Stand with feet hip-width apart.
2. Hold medicine ball with both hands and arms only slightly bent.
3. Swing ball over to the right hip and come up onto right foot. Forcefully swing ball forward and around towards the left side so that you are only standing on left foot. Reverse back in the opposite direction. Keep the stomach drawn in to maximize proper usage of muscle.

Across Body Arm Swings

**Exercise Description:**

Across Body Arm Swings

Classification:

Dynamic Warmup

Instructions:

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion until warm or until recommended time is met.

Forward Backward Leg Swing

**Exercise Description:**

Forward Backward Leg Swing

Classification:

Dynamic Warmup

Instructions:

1. Start by standing with your feet shoulder width apart. You can stand on a small step or on the ground.
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.
3. Do not swing your leg so hard that you can not keep your upper body from moving.
4. Repeat for the recommended repetitions and repeat with the other side.

Large Arm Circles

**Exercise Description:**

Large Arm Circles

Classification:

Dynamic Warmup

Instructions:

1. Stand straight with your arms out to your sides.
2. Start swinging your arms in a large circles going forward and then back.
3. Repeat for the recommended time and then repeat in the other direction.

Lateral Leg Swings

**Exercise Description:**

Lateral Leg Swings

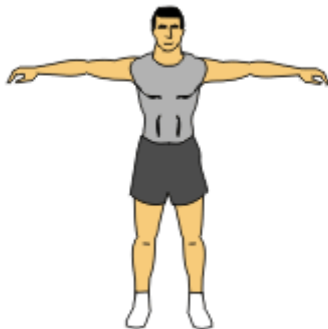
Classification:

Dynamic Warmup

Instructions:

1. Start by holding onto a secure object and raise your outside leg out to the side.
2. In a smooth and continuous motion swing your leg back and forth across the front of your body.
3. Swing through your full range of motion but keep your upper body stable throughout the movement.
4. Repeat for the recommended repetitions and then flip sides and repeat with the other leg.

Small Arm Circle Swings

**Exercise Description:**

Small Arm Circle Swings

Classification:

Dynamic Warmup

Instructions:

1. Start by holding your arms out to the side at shoulder height.
2. Swing your arms in a small circular rotation.
3. Continue for the recommended time and then repeat going the opposite direction.

Lateral Side Bend



Exercise Description:

Lateral Side Bend

Classification:

Dynamic Warmup

Instructions:

1. Stand with your feet parallel and shoulder width apart.
2. Keeping your body in a straight line bend to the side and reach for the floor with your hand.
3. Bend only until you reach a comfortable range of motion.
4. Make sure to not bend forward or backward while completing this movement.
5. Repeat for the desired repetitions.

