

## **DYNAMIC WARMUP:**

**THIS WARMUP PROGRESSES FROM STANDING DYNAMIC STRETCHING TO LINEAR OR STRAIGHT AHEAD FORM RUNNING. THIS PROPERLY WARMS UP THE LOWER BODY FOR MOVEMENT, RUNNING OR SPRINTING AND ARE DONE IN FORWARD AND REVERSE TO PREPARE TYPICAL MOVEMENT IN THE GAME.**

**PERFORM EACH MOVEMENT FOR 20 YARDS AS DEMONSTRATED**

- 1. HIGH-KNEE WALK (GENTLY GRAB THE SHIN, PULL UP TOWARD CHEST, GET UP ON TOES)**
- 2. LEG CRADLE (GRAB KNEE WITH SAME SIDE HAND, OTHER HAND ON SHIN, HUG LEG INTO CHEST, SUPPORT THE KNEE)**
- 3. WALKING HEEL TO BUTT (AS YOU WALK, GRAB FOOT, BRING HEEL TO BUTT, PRESS KNEES TOGETHER)**
- 4. WALKING HEEL-UP TO BUTT W/ FWD LEAN (SAME AS ABOVE THEN, LEAN FWD, KEEP TRUNK STRAIGHT, LIFT KNEE)**
- 5. BACKWARD LUNGE WALK W/HAMSTRING STRETCH (AS DEMONSTRATED OR REFER TO PLAYBOOK)**
- 6. BACKWARD STRAIGHT LEG DEAD LIFT WALK (AS DEMONSTRATED OR REFER PLAYBOOK)**
- 7. HIGH-KNEE SKIP (HIGH KNEES WITH EMPHASIS ON THE HOP AND DRIVING FOOT INTO GROUND)**
- 8. HIGH-KNEE RUN ( HIGH KNEE RUN, DRIVE THE ARMS AND STEP OVER OPPOSITE KNEE HEIGHT)**
- 9. HEEL UP (BUTT KICKS)**
- 10. STRAIGHT LEG WALK (OPPOSITE HAND TO OPPOSITE FOOT, FRANKENSTEIN)**
- 11. STRAIGHT LEG SKIP (SAME AS ABOVE BUT WITH A SKIP OR RHYTHMIC ACTION)**
- 12. BACK PEDAL (HIPS ARE LOW, SLIGHT BEND FORWARD (LIKE A FOOTBALL DB) QUAD)**
- 13. BACKWARD RUN ( RUN IN REVERSE, BACK LEG REACHING OUT) HAMSTRING, HIP FLEXOR**

**"ALMOST EVERY SUCCESSFUL PERSON BEGINS WITH TWO BELIEFS,  
THE FUTURE CAN BE BETTER THAN THE PRESENT,  
AND I HAVE THE POWER TO MAKE IT SO!"**