



Warm up for Strength-Building and Injury Prevention

This should take 10-12 minutes in total however, you can also use a subset of the warm up exercises each practice and rotate through the list throughout the season...

- A. Jog cone to cone: set cones about 10 yds apart and work on proper running form, arm swing straight back and forth, slight forward lean in body and bringing up knees. Go down and back twice.
- B. Shuffle: start in a good athletic position, feet shoulder width apart, shuffle down in a controlled manner, making sure moving on balls of feet, trying to keep heels off ground. No hopping or letting feet touch. Down and back twice.
- C. Backpedal: make sure head is over knees and toes, keeping knees bent. Again, no heels. Down and back twice.
- D. Squats: feet shoulder width apart, push butt back while going down parallel to ground, keeping most of the weight on the heels, not on the balls of the feet. Make sure to correct any inward knee movement on the squat. Do 20 reps.
- E. Walking Lunges: Make sure to keep knee over front foot and land heel to toe, not toe to heel. Keep upper body upright as much as possible. Down and back one time.
- F. 1 Leg Hops- hop on right foot in control 10 yds, back down on left foot 10 yds, then laterally 10 yds on right foot and 10 yds laterally back down on left foot
- G. Lateral jumps over line: feet shoulder width apart, bend knees and jump over line, having feet land as they started, on balls of feet first, rolling back to heels, landing SOFTLY! Hold for a second and continue. Do for 20 seconds.
- H. Front/Back Jumps over line: Do everything as above but going front to back.
- I. Single Leg hops over line: Do as above but 1 foot at a time. 15 seconds each foot.
- J. Vertical Jumps: Squat down and explode straight up off ground and land in same spot with knees bent, landing softly balls of feet to heels. 15 repetitions
- K. Bounding: Driving off one foot, pushing out at a 45 degree angle, landing with bent knee and immediately exploding off that foot and moving down and back one time.
- L. Diagonal Run: sets cones in a diagonal pattern for about 20 yards, 5 yards apart. Run from cone to cone using everything the kids just went over. Good arm swing, getting low, good balance and power.