



Make your Warm-Up More than a Warm-Up

- ◆ **The Dynamic Warm-Up is used to develop Biomotor ability important for the athlete to perform at a high level in their chosen sport (Development of the firing of nerves)**
- ◆ **Physical qualities used during the Dynamic Phases are Strength and Power, Neuromuscular Coordination, Balance and Stability, Flexibility and Mobility and Energy System Development (Fitness)**
- ◆ **Better Time Management**
- ◆ **Facilitate Performance RATHER than Inhibit Performance**
- ◆ **Utilize better maintenance of Speed, Power, Agility and Fitness**
- ◆ **Injury Prevention from Muscle Strains and Ligament Sprains / Tears**



Dynamic Warm-Up

Example Active-Dynamic Warm-up

(Practice: 15-20 minutes)
(Game: 10-15 minutes)

- **Jumping Jack Series** (Can be done moving in 10 yards or stationary)
- Regular Jumping Jacks X 10
- Long Striders (Legs-opposite forward/backward; Arms-forward/backward) X 10
- Split Jacks (Legs-same as long striders; Arms-horizontal cross chest) X 10
- Hyland Flings (Legs-criss-cross R in front of L, L in front of R; Arms- criss-cross in front of hips, follow legs) X 10

- SQUATS X 10
- LATERAL LUNGE X 5 EA SIDE
- HEEL/TOE RAISE X 5 EA DIR (10 TOTAL)
- ARM CIRCLES: X 10 EA DIR, FOR/BACK IN SMALL, LARGE AND WINDMILL DIR

- **½ SPEED BUILD UP 20-30YDS X 2**
- STRAIGHT LEG MARCH X 10 YRDS
- QUAD STRETCH X 10 YRDS
- KNEE PULL UP X 10 YRDS
- KNEE CROSS-OVER X 10 YRDS
- HIGH KNEE SKIPS FORWARD/BACKWARD 10 YRDS X 2

- **½-¾ SPEED BUILD UP 20-30YRDS X 2**

- **(This section can be adjusted, taken out or done on a fence line)**
- SUPINE STRAIGHT LEG RAISE X 10
- SUPINE LAT CROSS-OVER, ALT X 10
- PRONE SCORPION X 10

- **¾ SPEED BUILD UP 20-30 YRDS X 2**

- QUADREPED SCORPION X 10 EA
- HIGH KNEE RUNS 2 X 20
- LATERAL SHUFFLE 2 X 10 YRDS
- FAST FEET CARRIOCA 2 X 10 YRDS

- **¾-FULL SPEED BUILD UPS 20-30YRDS X 2**

- ELBOW LUNGE X 10 YRDS
- STRAIGHT LEG SKIPS X 10 YRDS
- HIGH KNEE SKIPS/HIGH KNEE RUNS 2 X 20 YRDS
- **FULL SPEED BUILD UPS 20-30YRDS X 2**