

General Dynamic Warm Up

Dynamic Warm Up

Jogging (10 yards each)

Jog Forward with Arm Circles	Carioca Left
Jog Backward with Arm Circles	Carioca Right
Shuffle Left with Arm Swing	Lateral Skip Left
Shuffle Right with Arm Swing	Lateral Skip Right
Skip Forward with Cherry Picking	Jog High Knees
Skip Backward with Cherry Picking	Jog Heels Up
	High Knee Carioca Left
	High Knee Carioca Right

Walking

Walking (10 yards)

Movement (4 each side)

Inchworm	PNF Leg Stretches (Inside)
Spiderman	PNF Leg Stretches (Outside)
Lunge to High Knee Pull Across	Arm Circles
Reverse Lunge to High Knee Pull Open	Front Arm Circles
Ankle Tug	Neck Rolls
Quad Stretch	Trunk Rolls
Straight Leg March	Knee Rolls
Side Squat (5 yards each)	Ankle Rolls
Reach-Shift-Together (5 yards each)	Trunk Twists
Shuffle Left	Lateral Squats
Shuffle Right	Forward-Backward Leg Swings
High Knee Carioca Left	Lateral Leg Swings
High Knee Carioca Right	Sumo Squats

Nervous System

Choose 1 exercise and repeat 6 times with 1:30 rest

Sprints	Broad Jump
T-Drill	Lateral Hurdle Hops
Pro-Agility	Lateral Speed Skaters
Zig Zag Agility	Tuck Jump
L Drill	MB OH Slam

