

Dynamic Warm-up

Goals:

- Increase heartrate and blood flow
- Increase core body temperature
- Increase breathing rate
- Increase elasticity of muscular system
- Activate neuro-muscular system
- Increase mental alertness

Mark 20 yards with cones

Walk on toes while rotating arms forward/return walking backwards and rotating arms backwards
Walking knee hugs; pull knees into chest, foot flexed up, balls of feet/ return same
Heel over knee walking; elbows 90°, slight forward lean, foot flexed up, balls of feet/return same
3 step lunge forward/ return with 3 step lunge backward
Side shuffle down and back
Side “under fence” lunge/ return same but facing other direction
Side hurdle skip; simulate going over hurdle one leg at a time
Groin skips down and back
Heel over knee skips; elbows 90°, foot flexed up, slight forward lean, balls of feet/walk back
3 step kicks; 1, 2, kick left; 1, 2, kick right/ return same
Skip and reach; skip and extend leg out, slap leg to ground and pull/ walk back
Twist again/ walk back
Prime time; straight legs, pump arms/ walk back
Quick time; same as prime time, short steps/ walk back
Fast feet; as many steps as you can get, pump arms/ walk back
Butt kicks; heel to butt as fast as you can/ walk back
Reach and run; stab arms out, cycle legs/ walk back
Up tall and fall; accelerate to $\frac{3}{4}$ speed/ walk back
Up tall and fall; accelerate to full speed / walk back

Pair drills

Lateral runs; short lateral steps, alternately push one another/ return same
Jockeying; one player moves forward, other player mirrors while moving backward/ return same
Terminator wrestling drill
Piggy-back, firewomans carry