

Warm-up

General Warm-up:

1. Neck Series (left/right/forward/backwards)
2. Arm Circles
3. Stationary Arm Swings (arms straight/elbow flexed)
4. Sumo Squats
5. Side to side lateral flexion
6. Standing Forward Roll to Back Extension
7. Lunge series (forward to lateral to back angled lunge)

Dynamic Flexibility: (all distances should be between 10 – 20 yards)

1. Forward Walking Lunge (can add twist to same side)
2. Backward Walking Lunge
3. Straight Leg March (touch left hand to right foot/right to left)
4. Inch-worm
5. Inverted Toe Touch
6. High Knee March with Twist to Same Side
7. Long Carioca (concentrate on loose hips – keep shoulders squared-up)
8. Walking Knee to Chest
9. Walking Leg Cradle

Linear and Multi-directional Preparation:

1. High Knees
2. Butt Kicks
3. Quick Carioca
4. Lateral Slide (stay low and try to keep your head at the same level throughout)
5. Back Pedal with Forward Jog (5 yards)

Power Preparation:

1. Squat Jumps
2. Tuck Jumps
3. Speed Skater Lateral Jumps
4. Squat Thrust/Jump
5. Split Squat Jump
6. Split Squat Jump/Cycle