



Dynamic Warm Up

Conditioning/Agility Warm Up

Each Movement should be an out and back 10 yards

- Jog to back pedal x3
- Knee hugs
- Quad Pulls
- Bows
- Alt Lunges w/ Opposite Reach
- Lateral Lunges w/ inside heel touch (alternate sides)
- Figure 4's
- Frankenstein's
- Kick Backs
- Spiderman's
- Carioca (ea side)
- Butt Kicks x3
- High Knees x3
- Defensive slides/ shuffle x2 (ea side)
- Sprint @ 80% jog back
- Sprint @90% jog back
- Sprint @100% jog back

Hip Swings

Side to Side x10 ea leg

Forward/Backward x10 ea leg