

## Dynamic Functional Warm-up

Presented by:

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This presentation is meant to shed some light on how to properly prepare your athletes. There is a strong movement to remove static stretching as a foundation for movement preparation. We will highlight a movement preparation routine that will help you get your players ready faster and safer.

The purpose of warming up is to prepare the body to meet the physiological demands of the sport you are preparing for. The dynamic warm-up that is outlined will begin with a general warm-up, move through dynamic flexibility training and finish with power preparation. It will be up to each individual coach to then integrate your specific drills prior to play.

The advantages of instituting a dynamic warm-up routine into your program are to

- 1) Elevate core temperature in order for your muscles and tendons to better accept the dynamic stretch to follow
- 2) Increasing range of motion at the joints by systematically taking the body through movements that will be executed in a multi-directional manor.
- 3) Improving the body's ability to produce a more forceful contraction and thus improve their quickness, strength and power and reduce the injury risk.

<b>General Warm-up Goal is to elevate heart rate and improve joint mobility</b>	<b>Time/Distance</b>
Jog around the field	2 min 30 deg hip flexion 1 min 45 deg hip flexion 1 min 70 deg hip flexion 1 min 90 deg hip flexion
Band walking	Side to side Forward/backward Drop step with toe touch 1x10-20 yds each
Side lying "Clams" with band above the knees (always shift the left knee back)	1x8 reps each side
Leg swings--- Hip flexion/extension	10 x right/left

Leg swings---Hip abduction/adduction	10 x right/left
Trunk rotations with abdominal stabilization	10 x right/ left
Iron Cross—Lying on your back w/arms out to the side, cross the left leg to touch the right arm and vice-versa	10 x right/left
Single leg bridge –hug opposite knee to chest	10 x right/left

<b>Dynamic Flexibility Routine</b>	<b>Distance</b>
Inverted toe touch	10 yards
Walking knee hug with elbow to instep	10 yards
Walking leg cradle	10 yards
Backward lunge and reach	10 yards
Hand walk ups	10 yards
Straight leg march	10 yards
Straight let skip	10 yards
Pillar march	10 yards
	<b>Distance</b>
<b>Multi- Directional Movement Preparation</b>	
High knees	2 x 10 yards
Butt kickers	2 x 10 yards
Carioca	2 x 10 yards
Lateral shuffle with 90 degree turn half way	2 x 10 yards
Backpedal to sprint	2 x 10 yards
Skipping backward with rotation	2 x 10 yards
Combined agility (sprint, carioca, back pedal, shuffle)	10 yd square
<b>Power Preparation</b>	<b>Distance</b>
Wall push drills singles, doubles, triples	10x3
Power skip for height	2 x 30 yards
Power skip for distance	2 x 30 yards
Bounding	2 x 30 yards
Zig-zag bounding	2 x 30 yards
Double leg tuck jumps	2 x 30 yards
Single leg tuck jumps	2 x 30 yards
Speed skater with toe touch	2 x 5 each