

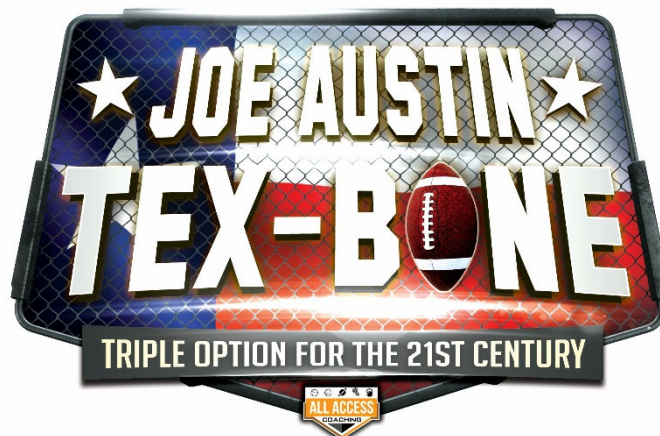
---

## SECTION SIX

---

# **WARMUP & FLEXIBILITY**

- 16. Warm-Up Drills**
- 17. Cool Down & Static Stretching**
- 18. Core Training Drills**
- 19. Neck Training Drills**





## CHAPTER 16: WARM-UP DRILLS

The calisthenic drills included in this chapter are effective for athletes of all ages and skill levels. Lower impact drills will typically precede higher impact drills in a logical progression. For example, a walking/marching version of an exercise will be executed before a skipping/running version of the same exercise.

### #134 Warm-Up Drill 1: Knee Hug Walks

**PURPOSE:** The Knee Hug Walk exercise loosens the low back, glutes and hamstrings.

**SET-UP:** While walking, the athlete will pull their forward knee to their chest and use their arms to pull the knee tighter to the body.

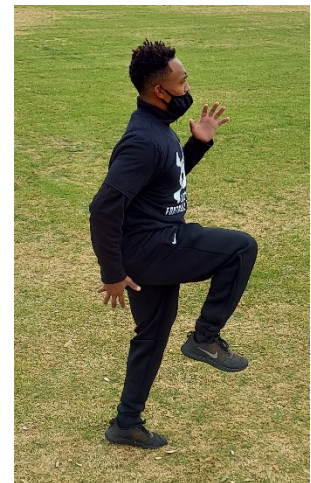
**VARIATION:** After pulling the knee to the body, the player can flex the toes of their ground leg to stretch the foot, Achilles tendon and calf.



### #135 Warm-Up Drill 2: High Knee Skips

**PURPOSE:** The Knee Hug Skip exercise loosens the low back, glutes and hamstrings.

**SET-UP:** While skipping, the athlete will pull their forward knee to their chest and use their arms to pull the knee tighter to the body.



### #136 Warm-Up Drill 3: Straight Leg March

**PURPOSE:** The Straight Leg March exercise loosens the low back, glutes, hamstrings and shoulders.

**SET-UP:** While walking, the athlete will kick their leg in the air paying attention to keep the leg as straight as possible. While doing so, the athlete will extend their arms above their head. As their leg comes up the athlete will lower their arms to tap the tip of their toes. Athletes should challenge themselves to kick as high as possible. This exercise takes its name from the straight leg march of parading soldiers.



### #137 Warm-Up Drill 4: Straight Leg Skips

**PURPOSE:** The Straight Leg Skip exercise loosens the low back, glutes, hamstrings and shoulders.

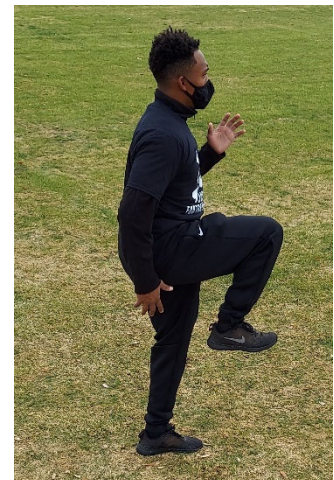
**SET-UP:** While skipping, the athlete will kick their leg in the air paying attention to keep the leg as straight as possible. While doing so, the athlete will extend their arms above their head. As their leg comes up the players will lower their arms to tap the tip of their toes. Athletes should challenge themselves to kick as high as possible.



### #138 Warm-Up Drill 5: High Knee Run

**PURPOSE:** The High Knee Run exercise loosens the lower body and shoulders.

**SET-UP:** While running, the athlete will emphasize lifting their knees as high as possible. Emphasis is placed on executing as many steps as possible while covering the prescribed distance. Completing this exercise quickly is not the goal. In addition, athletes will emphasize a rapid arm swing to match the cadence of their feet.



## #139 Warm-Up Drill 6: Butt Kick Run

**PURPOSE:** The Butt Kick Run exercise loosens the quads, calves and shoulders.

**SET-UP:** While running, the athlete will kick their butt with their heels. This modified running motion lengthens the quadriceps. Emphasis is placed on executing as many steps as possible while covering the prescribed distance. Completing this exercise quickly is not the goal. In addition, athletes will emphasize a rapid arm swing to match the cadence of their feet.



## #140 Warm-Up Drill 7: Walking Lunge with Rotation

**PURPOSE:** The Walking Lunge with Rotation exercise loosens the quads, glutes, low back and abdominals.

**SET-UP:** While walking, the athlete will execute a forward lunge. The depth will be such that the rear knee is about two inches above the ground and the front shin is perpendicular to the ground. During the lunge, the athlete will rotate their torso 90 degrees to the right, then to the left.



## #141 Warm-Up Drill 8: Walking Drop-Step Lunge with Overhead Reach

**PURPOSE:** The Walking Drop-Step Lunge with Overhead Reach loosens the quads, glutes, low back and abdominals.

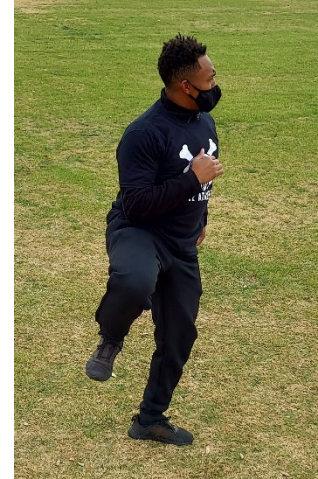
**SET-UP:** While walking backwards, the athlete will execute a backward (drop-step) lunge. The depth will be such that the rear knee is about two inches above the ground and the front shin is perpendicular to the ground. During the lunge, the athlete will raise their arms in the air and reach backward with an arched back.



## #142 Warm-Up Drill 9: Open the Gate Backwards Skip

**PURPOSE:** The Open the Gate Backwards Run exercise loosens the groin and hip flexors.

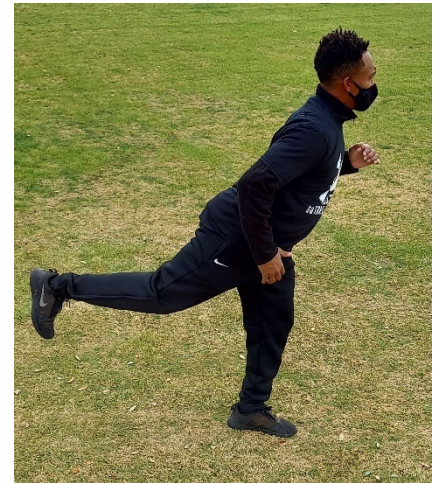
**SET-UP:** While skipping backwards, the athlete will execute a technique called “opening the gate”. This requires the athlete to lift their knee as high as possible and while it is raised swing their leg away from their body.



## #143 Warm-Up Drill 10: High Kick Backwards Run

**PURPOSE:** The High Kick Backwards Run exercise loosens multiple lower body muscles and joints.

**SET-UP:** While running backwards, the athlete will bend slightly at the waste in order to execute a straight leg backward kick. Emphasis should be placed on kicking as high as possible with the leg as straight as possible.



## #144 Warm-Up Drill 11: Quick Carioca (Right & Left)

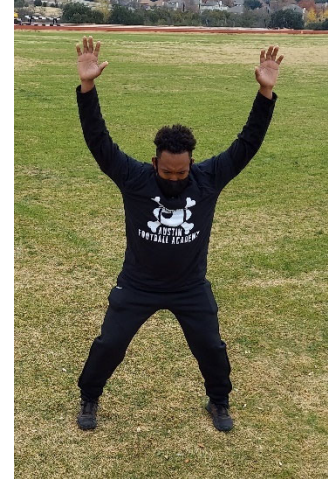
**PURPOSE:** The Quick Carioca exercise loosens the hips and core.

**SET-UP:** Carioca is a universal term for an exercise pattern where the athletes runs sideways while rotating their hips and alternating which foot is in front and which is behind. While executing this sideways running pattern with their feet, the athlete will rotate their trunk right and left. This exercise should be executed twice, once with the athlete running sideways while facing right and once while facing left.

## #145 Warm-Up Drill 12: Lateral Shuffle with Arm Swing (Right & Left)

**PURPOSE:** The Lateral Shuffle exercise loosens the groin, hip flexors and shoulders.

**SET-UP:** While facing sideways, the athlete will flex their knees and begin to shuffle sideways. Emphasis should be placed on athletes covering a long distance with each shuffle, however clicking their heels or straightening their legs should be avoided. At the same time, the athlete will swing their arms from down at their side to over their head.



## #146 Warm-Up Drill 13: Walking Crossover Lunge

**PURPOSE:** The Walking Crossover Lunge exercise emphasizes glute activation. Activating the glutes can help decrease incidents of hamstring injuries.

**SET-UP:** While walking, the athlete will execute a forward lunge with a crossover step of the front foot. The depth will be such that the rear knee is about two inches above the ground and the front shin is perpendicular to the ground. By crossing over with the front foot the glute muscle is incorporated. Emphasis should be placed on making sure athletes keep their toes pointed forward. If the athlete turns their toes to the side they are essentially doing a forward lunge in a different direction rather than a crossover lunge.



## #147 Warm-Up Drill 14: Backpedal

**PURPOSE:** The Backpedal exercise loosens lower body muscles and joints.

**SET-UP:** The Backpedal is a backward run where emphasis is placed on the posture of the athlete. Proper posture includes shoulders over toes and knees bent.



## **#148 Warm-Up Drill 15: Accelerate, Stride & Decelerate at 50%**

**PURPOSE:** The Accelerate, Stride & Decelerate progression prepares athletes for running full speed by slowly building up speed.

**SET-UP:** A prescribed distance (30 to 60 yards) will be divided into three segments. During the first segment the athlete will accelerate to 50 percent of their top speed. During the second segment the athlete will set their stride length so that they maintain 50 percent of their top speed. In the final segment the athlete will decelerate from 50 percent of their top speed to a walk.

**VARIATION:** Accelerate, Stride & Decelerate drills work well as cross-field drills. When utilizing this as a cross-field drill the three segments can be sideline to hash, hash to hash, and hash to sideline.

## **#149 Warm-Up Drill 16: Accelerate, Stride & Decelerate at 75%**

**PURPOSE:** The Accelerate, Stride & Decelerate progression prepares athletes for running full speed by slowly building up speed.

**SET-UP:** A prescribed distance (30 to 60 yards) will be divided into three segments. During the first segment the athlete will accelerate to 75 percent of their top speed. During the second segment the athlete will set their stride length so that they maintain 75 percent of their top speed. In the final segment the athlete will decelerate from 75 percent of their top speed to a walk.

**VARIATION:** Accelerate, Stride & Decelerate drills work well as cross-field drills. When utilizing this as a cross-field drill the three segments can be sideline to hash, hash to hash, and hash to sideline.

## **#150 Warm-Up Drill 17: Accelerate, Stride & Decelerate at 100%**

**PURPOSE:** The Accelerate, Stride & Decelerate progression prepares athletes for running full speed by slowly building up speed.

**SET-UP:** A prescribed distance (30 to 60 yards) will be divided into three segments. During the first segment the athlete will accelerate to 100 percent of their top speed. During the second segment the athlete will set their stride length so that they maintain 100 percent of their top speed. In the final segment the athlete will decelerate from 100 percent of their top speed to a walk.

**VARIATION:** Accelerate, Stride & Decelerate drills work well as cross-field drills. When utilizing this as a cross-field drill the three segments can be sideline to hash, hash to hash, and hash to sideline.



## #151 Warm-Up Drill 18: Heel Up Ground Sweeps

**PURPOSE:** The Heel Up Ground Sweep loosens the hamstrings and glutes.

**SET-UP:** While walking, the athlete will straighten his front foot and put his heel on the ground with the toes pulled back. At the same time they will bend at the waist and sweep their fingers along the ground. The positioning of the front leg and foot allows for a stretch in the hamstrings and glutes.



## #152 Warm-Up Drill 19: Continuous Hops

**PURPOSE:** Continuous Hops loosen multiple lower body muscles and joints.

**SET-UP:** The Continuous Hops drill is essentially skipping rope without a rope. Upon command, the athlete will begin jumping and will continue for 15 to 20 seconds.

## #153 Warm-Up Drill 20: Standing Broad Jump

**PURPOSE:** Standing Broad Jumps loosen multiple lower body muscles and joints.

**SET-UP:** Upon command, the athlete will execute a series of standing broad jumps. Either a specific number of jumps or a specific total distance to cover can be prescribed.

## #154 Warm-Up Drill 21: Front to Back Hop

**PURPOSE:** Front to Back Hops loosens multiple lower body muscles and joints.

**SET-UP:** Upon command, the athlete will begin jumping forward and then backward for 15 to 20 seconds. This drill works well when the athlete starts on a field line. When they jump forward and backward they should jump far enough that they do not land on the line.

## #155 Warm-Up Drill 22: Side to Side Hop

**PURPOSE:** Side to Side Hops loosens multiple lower body muscles and joints.

**SET-UP:** Upon command, the athlete will begin jumping side to side for 15 to 20 seconds. This drill works well when the athlete starts on a field line. When they jump to the right or left they should jump far enough that they do not land on the line.

## **#156 Warm-Up Drill 23: Quick Foot Shuffle**

**PURPOSE:** The Quick Foot Shuffle loosens multiple lower body muscles and joints.

**SET-UP:** Upon command, the athlete will begin shuffling their feet in place, one forward and one backward, for 15 to 20 seconds. This drill works well when the athlete starts on a field line. When they switch their feet from front to back they should jump far enough that they do not land on the line.

## **#157 Warm-Up Drill 24: Walking Deep Squat**

**PURPOSE:** The Walking Deep Squat loosens multiple lower body muscles and joints.

**SET-UP:** Upon command, the athlete will perform a deep squat while facing to the right. Immediately upon standing up, they will swing their back foot to the front and complete another deep squat facing to the left. Either a specific number of squats or a specific total distance to cover can be prescribed.

