

DYNAMIC WARM UP (Perform before each conditioning session)

- **High knee walk** – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- **High knee walk with external rotation** – grasp the shin (instead of the knee) with a double overhand grip and pull the shin to waist height. Extend the hip of the supporting leg while rising up on the toes.
- **A-skip** – gentle skipping designed to put the hip musculature into action. No emphasis on height or speed only rhythmic action.
- **Heel ups** – shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as move the quads through full range of motion.
- **High knee run** – similar to running in place with a small degree of forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- **Straight leg skip** – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and rt. foot goes up to the rt. Hand.
- **Straight leg dead lift walk** - reach both arms out to the side while attempting to lift one leg up to waist height. To move forward, swing the back leg through to take one giant step. Only one trip. Walking lunges on the way back.
- **Walking lunges w/ side lunge** – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- **Under/over the hurdles** – under the hurdles laterally making sure to change direction half way. The trip back is over the hurdles making sure the knee comes up to the armpit and reaches forward.
- **Giant carioca** – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- **Backward run** – emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- **Forward sprint**
- **Forward sprint-turn to backward run**