

Dynamic Warm-Up: An Overview

Barefoot Prep: Pre-Dynamic Option

- Ankle Circles (10 each way)
- Ankle Wipers (10 each way)
- Short Foot Walk (5 yds forward and backward)
- Heels Up Walk (5 yds forward and backward)

Hip Prep: Pre-Dynamic Option

- Hip Circles (10 Clockwise/ 10 Counterclockwise each way)
- Lateral Hip Rockers (10 each side)
- Lateral Toe Tap (10 each side)

Contra-Lateral: Pre-Dynamic Option

- Cross Crawl Pattern (10 yards forward and backward)
- Lateral Crawl (5 yards Left/ Right)

Dynamic Warm Up: Grid Style or Lines (15 yards per rep)

BEGIN WITH A TEAM CALL OUT/ CLAP UP!

- 0) CNS Primer: Line Hop Series (:07 each movement)
 - a. Front to Back
 - b. Side to side
 - c. Split Hops
- 1) Skipping Knee Hug
- 2) Triangle Lunge
- 3) High Kicks
- 4) Quad Reach
- 5) Calf Walk
- 6) Rotational Side Lunge
- 7) Tap In-External Rotation Skip
- 8) Tap Out- Internal Rotation Skip
- 9) Quick Time
- 10) Prime Time
- 11) High Knee Carioca Down
- 12) High Knee Carioca Back
- 13) Up Tall and Fall Down
- 14) Up Tall and Fall Back



ATHLETIC MEDICINE
& PERFORMANCE

Resistance Band Training session: 5 Exercises

Equipment Needed: 1 band per 2 people (0.5"-1.5" band depending on the movement/ athlete training level)

If you're limited on equipment but have space to move, band resistance training offers a big bang for your buck approach because of the versatility, feedback, multi-angle and loaded dynamic nature of the resistance offered. It must be diligently coached, but once the athlete understands the reason behind each movement, what they should feel while performing the movement and how to properly set their partner up with adequate resistance, this type of training can have positive benefits on overall strength, power, and speed.

1) Reverse Walks – 2x25 yards per athlete

Partners are facing each other; the working athlete has the band around their waist while the trailer athlete is holding on tightly to give resistance. The working athlete begins to move backwards at a consistent pace sequencing the movement by driving toe to heel as they move down field.

2) Lateral Walk/ Shuffle - 2x15 yards each way per athlete

The band is loaded around the waist of the working athlete. The goal is to allow the rear leg to be the driver of the movement while keeping their bodies square. Proper progression is a walking pace first, then more of a shuffle as the athlete shows the ability to progress with the same intent.

3) A-Run - 4x10 yards per athlete

The rep begins with the band loaded around the waist of the working athlete. The athlete comes up on their toes, leans away from the trailer athlete to come to a leaning balance point, and then performs an A-Run keeping the same angle, driving down and back each rep through the balls of their feet. Knees need to be above the hips and eyes are down field for the entire rep.

4) Broad Jump – 4x3 reps per athlete

Loaded once again around the waist of the working athlete, the rep begins by walking out to get rid of any slack in the band. The athlete then loads their hips back and jumps out as far as they can against the resistance of the band. The hips must drive forward during the jump to get triple extension and maximum drive. The athlete then sticks the landing and repeats for 2 more reps. Volume is low here, so maximum effort is required to get a proper response!

5) Loaded Stalk Lunge – 2x20 yards per athlete (Light band to begin)

This should be done after any sort of explosive movement or speed work. The working athlete begins with the band around their waist in a lunge position (back knee off the ground). The movement is performed at this height the entire rep. Once there is no slack in the band, the working athletes' goal is to stay low, use their hip flexor to drive the back leg to the front while moving down field for 20 yards.