



Warm Up, Stretching and Basic Plyometrics

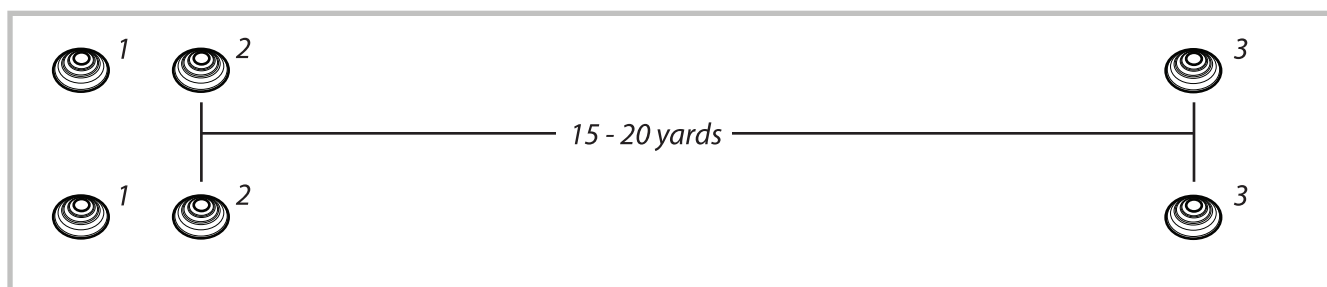


Basic Warm Up

Exercises: Light Jog, High Knees, Heel to Butt, Shuffle, Carioca, Back Pedal and Sprint

Equipment: Six cones

The Drill: Divide your players into two equal groups. Groups line up at the first cone (1), proceed to the second cone (2) when their turn comes, and perform the exercise to the third cone (3) and then back to the first cone (1).



Light Jog

A nice, easy jog. Reinforce that it's not a race, and they should run at around 50% of maximum speed.

High Knees

Players pump their knees at least waist-high at a slow controlled pace. Arms should be bent at the elbow at a 90 degree angle, and arm movements should be exaggerated. Quickness of repetition and vertical movements should be stressed over forward motion.

Heel to Butt

Players lift their heels as quickly as possible while maintaining an upright posture and pumping their arms.

Shuffle

Players turn sideways with their knees and waist bent. Shoulders should be over the knees. They should drop their rear end close to the ground and shuffle their feet sideways towards the third cone (3). They should face the same direction on the way back.



Basic Warm Up (*continued*)

Carioca

Players turn sideways with their right side closed to the second cone (2) and their knees and waist bent. Shoulders should be over the knees. They should drop their rear end close to the ground and turn their right hip in. As they turn their right hip in, their right foot should cross in front of and past their left foot. Players then step sideways with their left foot and return to a neutral position. Players then turn their right hip out and cross their right foot behind and past their left foot, then step sideways with their left foot to again return to a neutral position. Repeat until the third cone is reached, then use the left foot to lead on the way back.

Back Pedal

Players run backwards towards the third cone (3). Players should stay low, pump their arms, and move their feet as quickly as possible with their head forward.

Sprint

Players should run at around 80% speed. Coaches should emphasize good running form.



Basic Stretching

Exercises: Toe Touch, Step Over, Flamingo, Butterfly, Cross Over, Windmill, Bent Knee Quad Stretch, Arm Circles, Shoulder Crossover, Shoulder Overhead

The Drill: Have your players form a circle, spaced out at least arms-length apart.

Toe Touch

Players should lock their knees and bent at the waist, reaching down as far as they can without bending their knees. Hold for ten seconds and repeat three times. Players should not bounce as they stretch.

Step Over

Players start by taking one foot and placing it in front of and over their other foot so that they are standing with their legs crossed. Players bend at the waist and touch their toes. The front leg should be used to keep the back leg straight. Hold for ten seconds, then switch feet and stretch the other leg. Repeat three times.

Flamingo

Players stand with legs shoulder width apart and bend one leg at the knee, grasping their foot with the hand on the same side. Pull the leg as far back as possible while maintaining balance. Hold for ten seconds, switch legs, and hold the stretch for ten seconds on the other side. Repeat three times.

Butterfly

Players sit on the ground, bend their knees, and place the soles of their feet together. Have them use their elbows to press down on their knees until they feel a stretch. For an increased stretch, players can pull their feet in towards themselves. Hold for ten seconds, release, then repeat three times.

Cross Over

Players sit on the ground with both feet straight out in front. Players bend one knee and position it across the other straight leg. Players then take the opposite elbow, place it on the inside of the bent knee, and rotate their trunk as far as possible. Hold for ten seconds, then switch legs. Repeat three times.



Basic Stretching (*continued*)

Windmill

Players start with their legs spread further than shoulder width. Legs should be far enough apart to feel a stretch when standing. Once in position, players will take their right hand, bend at the waist, and while keeping legs and arms straight, touch their right hand to their left foot. Players straighten up and then touch their left hand to their right foot. Repeat ten times. Complete three sets of ten repetitions.

Bent Knee Quad Stretch

Players kneel on the ground and slowly lean back, extending their arms behind themselves to control their backward movement. Hold for ten seconds then straighten up. Repeat three times.

Arm Circles

Players stand with legs slightly wider than shoulder width. Have them hold their arms straight out, parallel to the ground, and make small circles in a forward direction. After ten repetitions, have them reverse direction and complete ten small circle repetitions backward. When the small circles are completed, have them make larger circles in a forward direction for ten repetitions, followed by ten repetitions in the backward direction.

Shoulder Crossover

Players stand with legs slightly wider than shoulder width and extend both arms forward. With their right arm, players grasp their left elbow. Players will pull the left elbow toward the right shoulder, then bend the left arm and grab the back of their neck with their left hand. Hold for ten seconds and repeat with the other arm.

Shoulder Overhead

Players stand with legs slightly wider than shoulder width and extend both arms straight up. With their right arm, players grasp their left elbow. Players will pull the left elbow behind their head toward their right ear, then bend their left elbow and place their hand as far down their back as possible. Hold for ten seconds and repeat with the other arm.



Basic Plyometrics

Exercises: Lateral Cone Jump, Front/Back Cone Jump, One-footed Lateral Cone Jump, Froggers, Standing Knee Tuck

Lateral Cone Jumps

Use a single cone for each player. Start with a disc cone and graduate to a taller standard cone as players gain ability. Players should be positioned alongside their cone with their knees and waist bent, shoulders over their knees. Players then jump with both feet sideways over the cone and immediately jump back over to the side they started on.

Repeat ten times. Complete three sets of repetitions.

Coaches should encourage players to use their arms when they jump, land on their toes, and spend as little time as possible on the ground between jumps.

Front/Back Cone Jumps

Use a single cone for each player. Start with a disc cone and graduate to a taller standard cone as players gain ability. Players start out behind their cone with their knees and waist bent, shoulders over their knees. Players then jump with both feet forward and over their cone, then immediately jump backward over the cone back to their starting position.

Repeat ten times. Complete three sets of repetitions.

Coaches should encourage players to use their arms when they jump, land on their toes, and spend as little time as possible on the ground between jumps.

One-Footed Lateral Cone Jumps

Similar to the regular, two footed lateral cone jumps, except that players jump off of just one leg to clear the obstacle. They should land on the same leg they jump off of. This is a more advanced exercise and should only be attempted by players who have mastered the two footed lateral cone jump.

Repeat five times for each leg. Complete three sets of repetitions.



Basic Plyometrics (*continued*)

Froggers

Set up two cones about 10 to 15 yards apart. Players start in a crouch position, with their knees bent, their rear ends near their heels, and their hands on the ground in front of their feet. Players swing their arms and jump as far forward and as high as they can, landing in the same starting position.

Repeat three times.

Standing Knee Tuck

Players should start with their feet shoulder width apart, bent at the knees and waist. Players jump as high as possible while bringing their knees up as close to their chest as they can. They should land on their toes with their knees bent and immediately repeat.

Complete three sets of ten repetitions.