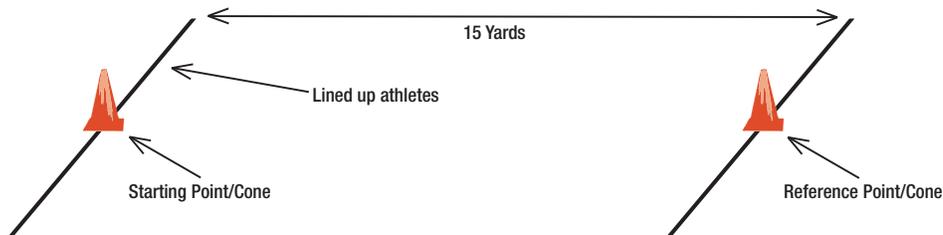


GENERAL DYNAMIC WARM-UP

Set up athletes in line with a cone or on the baseline. Place another cone 15 yards in front of the first cone or reference the half court line. This is the reference point for the athletes. Some warm-ups should be done baseline to baseline depending upon ability and age.



Each exercise is done from the starting point to the reference point. The athletes then line up at the reference point and return to the starting point. This is one repetition.

With the below exercises, anytime an athlete is on one leg, emphasize a straight support leg, rise up on toes, good body control/balance with strong gluteus and calf contractions. All jumps are to be performed with focus on soft landing on balls of feet, slight bend in knees, tight core, proper arm mechanics, eyes up with good body control. Ensure the knees land in line with the foot and hips, avoiding a valgus angle (knee falling inward).

1. Forward Jog/Back Pedal

Complete 1 repetition

On command, athletes will jog to the reference point. Athletes will then back pedal back to the starting point.

2. Skip with Arm Swing/A Skip

Complete 1 repetition



On command, athletes will skip while swing his or her arms horizontally across the chest to reference point. Athletes will then turn around and A skip back to the starting point. An A skip is a high knee skip.

3. Lateral Shuffle

Complete 1 repetition



On command, athletes will perform a lateral shuffle to reference point, and, facing in the same direction, shuffle back to the starting point. Emphasis should be placed on staying low (buttock down, head up) while quickly shuffling the feet laterally.

4. Carioca with Hip Drive

Complete 1 repetition

On command, athletes will carioca to reference point, and, facing in the same direction, carioca back to the starting point. This is similar to the carioca except athletes perform a lateral high knee, driving the forward leg up and over. Regular carioca can be used until proper technique is demonstrated.



5. High Knees

Complete 1 repetition

On command, athletes will perform high knees to reference point and back to the starting cone. Make sure athletes keeps adequate dorsiflexion (knee up/toes up), arm mechanics and tight core during this exercise.

6. Back Jog

Complete 1 repetition

On command, athletes will run backwards to reference point and run backwards to the starting point. Emphasis is placed on reaching back with lead foot and completing a proper run gait.

7. Lateral High Knees

Complete 1 repetition



On command, athletes will perform lateral high knees to reference point and back to the starting point. Make sure athletes keeps adequate dorsiflexion (knee up/toes up), arm mechanics and tight core during this exercise.

8. Walking Lunges

Complete 1 repetition



On command, athletes will lunge towards the reference point (opposite arm to leg, knee behind toe), and back to starting point. Maintain tight core, head up.

9. Explosion Runs

Complete 2 repetitions

On single whistle, athletes jog toward baseline. On double whistle, athletes explode into full sprint. On single whistle, athletes go back to jog. Continue this sequence until they return to baseline starting place.

10. Scissor Jumps

Complete 10 reps each

On command, athletes will lunge forward with his or her right leg. The athlete will then jump off the leg while propelling the left leg forward. The athlete should land in a lunge with the left foot forward. This is one repetition.

11. Vertical Jumps

Complete 10 jumps

Athletes will stand with feet shoulder width apart with a slight bend in the knees. On command, the athletes will jump as high as possible and land with a soft landing.

12. Bounding

Complete 2 repetitions

On command, athletes will bound to reference point and back to starting point. Maintain tight core, knee up/toes up, body control with proper arm mechanics.

*Injury Prevention
and Rehabilitation*

Did You Know:

- Knee ligament (ACL) injury rates are 2-10 times higher in female athletes than in male athletes
- A torn ACL can sideline an athlete for 6-12 months
- Dynamic warmups have been proven to decrease injuries if done properly
- Static stretching should be done after workout

PTs Are Experts In:

- Injury prevention
- Recognition and evaluation of athletic injuries
- Treatment and rehabilitation
- Education to athletes regarding their injuries