



Dynamic Warmup

- **Jog** – Jog "a lap"
- **Jog with Arm Circles** – Jog in place while doing various arm circles
- **Knee Grab** – Lift knee, grab from under and lift while "hop" onto back toe; moving forward
- **One-Legged March** – Walk and fire up one knee, swing arms, walk forward, then other knee, etc.
- **Walking Lunges** – Hands behind head, stride and lunge
- **Backward Walking Lunge and Twist** – Step back R, turn L, vice versa
- **Side Lunge and Squat** – Start feet together, step to side, squat, press arms outward
- **Dog and Bush Forward** – Lift knee to 90, then rotate knee out/back
- **Dog and Bush Backward** – Lift knee to 90, open backward
- **Carioka** – L and R
- **Shuffle** – In good basketball defensive position; shuffle to left/right
- **Heisman** – L and R. Like Carioka, but explosive Heisman move
- **Jumping Jacks** – Good, old-fashioned jumping jacks!
- **High Skips** – Skip and drive knee up to 90 (for height, not distance)
- **Bounding** – Legs straight
- **Power Skips** – Skip for distance (not height)
- **5 yds up, 5 yds back, 10 yard sprint** – Sprint forward 5, backpedal 5, forward 10
- **Leg Swings** – Swing leg high forward and back, then to side (hold onto fence or partner)
- **Ankle Grab** – Standing, grab ankle, pull upward; walk forward
- **Toes Up Walk** – Walk on heels, toes point upward
- **Spiderman Walk** – Step, lunge, put hands on ground, back flat
- **Diagonal Lunge** – Hands behind head, lunge at 45 degree angle
- **Walking RDL's** – Step left foot, right hand above head, bring right hand (arm straight) to touch toe, back flat
- **Frog Strides** – Lift knee to 90 kick foot out forward to 90
- **Butt Kicks** – Fire heels to butt
- **High Knees** – Run with knees high, quick action

- **180 Shuffles** – Shuffle 3 steps left, rotate 180, shuffle 3, etc.
- **Progressive Form Run** – Run .50, .75, .90, full accel.
- **Lean To's** – Lean forward into partner (he holds shoulders), let's go, accelerate into sprint
- **Resisted Lean To's** – Lean forward into partner, run with quick knees, partner resists, resists, then lets go; accelerates
- **Get Ups** – Lie down on back, head toward goal; get up in run. Partner a few feet behind your feet, chases
- **Two-Foot Line Jump** – Like our slaloms
- **One-Foot Line Jump** – On one foot; slalom
- **Hip Twists** – Feet shoulder width apart, hop/rotate 90 and land; repeat
- **Tapioca** – Like Carioka, but much quicker, for max reps
- **Nebraska** – 5 yard run forward, touch hand to ground, turn around (with hand ground), run back 5 yards, hand to ground turn around, 5 yard run again, then back pedal 5 yards
- **Rotational Push Up** – Do push up, then rotate so one hand reaches vertically to sky
- **Crossover Runs** – Along straight line: run with feet landing on opposite sides of line
- **Ankle Circles** – While standing, hold out ankle, rotate
- **Arm Circles** – Small, big, forward, backward, palms up, palms down
- **Ankle Walking** – Walk on outside of feet/ankles