

## **Warm-up**

Prior to every training session whether it is strength training, conditioning, or agilities session a complete warm-up and flexibility session must be done.

A proper warm-up will:

- Increase the body temperature prior to training
- Prepare the major joints for strenuous activity through all ranges of motion
- Increase flexibility of specific joints for increased range of motion
- Mentally prepare an athlete for the training that is about to be done

### **General Warm-up:**

The following activities can be done prior to any workout:

- Light Jog: 5-10 minutes of continuous jogging at a moderate pace
- Jump Rope: 3-5 minutes of continuous jumping  
Always remain on the balls of the feet with a slight bend in the knees  
A proper length jump rope should reach the armpits with the rope centered under the feet.
- Bike/Stairmaster/Cross Trainer: 5-10 minutes at a moderate intensity and pace

\*An indication of a good warm-up is a light sweat.

### **Flexibility:**

Flexibility is an important variable in athletic development. Flexibility can aid in the increase of speed, power, agility, quickness, and strength. Flexibility is also a key component in the prevention of injuries. A greater range of motion in joints can reduce the chance of muscle tears, ligament stain, and injury to connective tissue. Also a greater range of motion that a joint has, the more efficient the muscles, tendons, ligaments and the joint itself will be when they are put through strenuous activity.

Flexibility is joint specific so every major joint structure must be stretched regularly in order to maximize the effects of a program. In addition to static and dynamic stretching programs, proper strength training may increase flexibility. Current research demonstrates that strength training through a full and safe range of motion can lead to increases in joint flexibility.

Flexibility should be done after an easy warm-up. Stretching should be done before, during, and after weight training, practice, games, sprints, and plyometrics. Be sure to avoid over- stretching which may lead to hyper-mobility of some joints (ex. shoulders).

The areas to stress are:

1. Adductors
2. Abductors
3. Hamstrings
4. Core (Low Back/ Abdominals)
5. Shoulders
6. Internal/ External Hip Rotators