



DYNAMIC WARM-UP EXERCISES

a) Exercises (choose 6-8 of these)

- i) Run down and back x2
- ii) High knees d/b
- iii) Butt kicks d/b
- iv) 5 squats and jog down; 5 squats and jog back
- v) Side shuffle d/b (butt down head up)
- vi) 6 lunges d/b x2
- vii) 10 calf jumps d/b x2
- viii) 5 push ups and jog down; 5 push ups and jog back
- ix) Sprint d/b
- x) Lunge position sprint d/b
- xi) Planks (on elbows) – 20 seconds x2
- xii) Trunk rotations

b) Arm/shoulder exercises

- i) Players form large circle with coach in middle demonstrating exercises (eventually, players should be able to lead these exercises)
- ii) Shoulder circles
- iii) Arm circles
- iv) Tricep stretch
- v) Wrist/forearm stretch