

Warm-Up/Stretch:

Place cones about 10-20 yards apart, have kids all line up on one cone and do exercise across to the other cones.

- 1. Jog (Form Run)** – focus on form, heads up, arms pumping
- 2. Walking Knee Hugs** (hip mobility and glute stretch). Rise up onto your toes and hug one knee to chest, alternate for each hug to activate your calf muscles and work your balance.
- 3. Dynamic Lunge with Rotation** (hip flexor and Spine mobility). Lunge right leg forward and twist torso, alternate by lunging left leg and twisting in opposite direction.
- 4. Backward Ninjas** (glute activation and hamstring stretch). "Backward Ninjas," walk backwards and lift leg up and back, alternate.
- 5. Hip Rotations** (active leg and hip stability of the standing leg). Lift leg up and out to the side, alternate.
- 6. Lateral Lunges** (gluteus medius activation and groin stretch). Walk sideways and do sideways lunge, switch sides by changing the direction you are facing at half way point
- 7. Quad Stretch** (Quad stretch). Walk forward and alternate stretching quad by pulling foot up towards butt.
- 8. Inchworms** (activate and stretch the core) Slowly walk your hands out into a push-position. Keeping your legs straight, inch your legs up as close to your hands as possible without bending your knees or taking your hands off the floor. Walk your hands forward to push-up position. Repeat.
- 9. High Knees** (increase intensity for sprinting). Jog getting knees as high as possible, pump arms. Go slow and get knees high.
- 10. Butt Kicks** (stretches the quads, hip flexors) Jog getting feet up and to the rear, get heels up to your butts.
- 11. Toy Soldiers** (dynamic hamstring stretching and hip mobility). Kick straight Right leg up to left hand, alternate.
- 12. Backpedal** (works the athletic stance and engages the glutes). Run backwards, hips low and head up. This is an especially important warm-up drill for linebackers and defensive backs. Like to say “nose over toes” when running backwards
- 13. Carioca.** (Hips and torso stretch) Run lateral crossing feet and rotating torso
- 14. Sprints.** – good hard run (can add a few as conditioning improves)