

Dynamic Flexibility

Sports Performance: Developmental



1. KNEE TO CHEST

Take a step forward and bring one knee up, pulling it with the hands toward the chest. Raise on the tip of your toes as you pull.



2. PUNTER'S WALK

Walk forward landing on the heel and pushing up onto the toes. With the swinging leg, gently swing forward keeping the knee straight and touch the thigh with the hands.



3. SINGLE LEG RDL

Standing upright on one leg, tip the body forward, hinging at the hips and keeping the back straight. Touch or try to touch the floor and use hamstring to lift you back to the starting position.



4. SUMO SQUAT

Stand with feet hip-width apart, toes pointing straight ahead. Keep your back straight, lean slightly forward while bracing and sit back on your heels until your thighs are parallel with the floor or as deep as you can.



5. LUNGE AND ROTATE—ARMS OVERHEAD

With feet at hip width apart, step forward and lower your hips so both knees are about 90°. With the upper body vertical, raise arms overhead with hands behind the head, rotate to the same side of your front leg. Stand Up between.



6. SPIDERMAN STRETCH

Take an exaggerated lunge step forward and push the hips forward while keeping the chest up to prevent lower back rounding. Bring the hands to the ground or for increased stretch, bring the same-side elbow of the forward leg. Go as low as your flexibility allows. Stand up between repetitions.

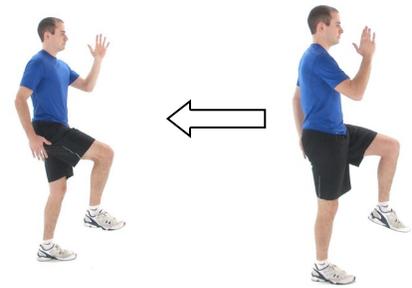
Movement Prep

Sports Performance: Developmental



1. FORWARD SKIP

Lift one leg to 90° of hip flexion and lift the opposite arm at the same time as you jump up and forward on one leg. Land on the same leg and switch legs on the ground to skip with the other leg. Take a small bounce on the same foot.



2. BACKWARD SKIP

Repeat the same mechanics as the forward skip, except moving backwards. Make sure to keep the front foot dorsiflexed (“toe up”) and heel under the hamstring. Emphasize opposite arm opposite leg.



3. LATERAL SHUFFLE WITH ARMS OVERHEAD

Stand tall then move laterally using a side shuffle movement in one direction by pushing off the inside portion of your foot. Raise your arms in a coordination with leg movements.



4. LOW CARIOCA

Run or walk sideways and cross the leg in front and behind your support leg, alternately. Keep the shoulders facing forward and rotate only the hips.



5. POWER CARIOCA

Follow the same movements in the carioca except as you cross your body drive your opposite knee at least hip height across your midline. Your arms should aggressively swing the opposite way.



6. FALLING START TO SPRINT

From a tall posture position, start with hands at your sides and start to lean as far as you can. At your last possible moment, drive into an explosive sprint for 10 yards. Repeat coming back to where you started.