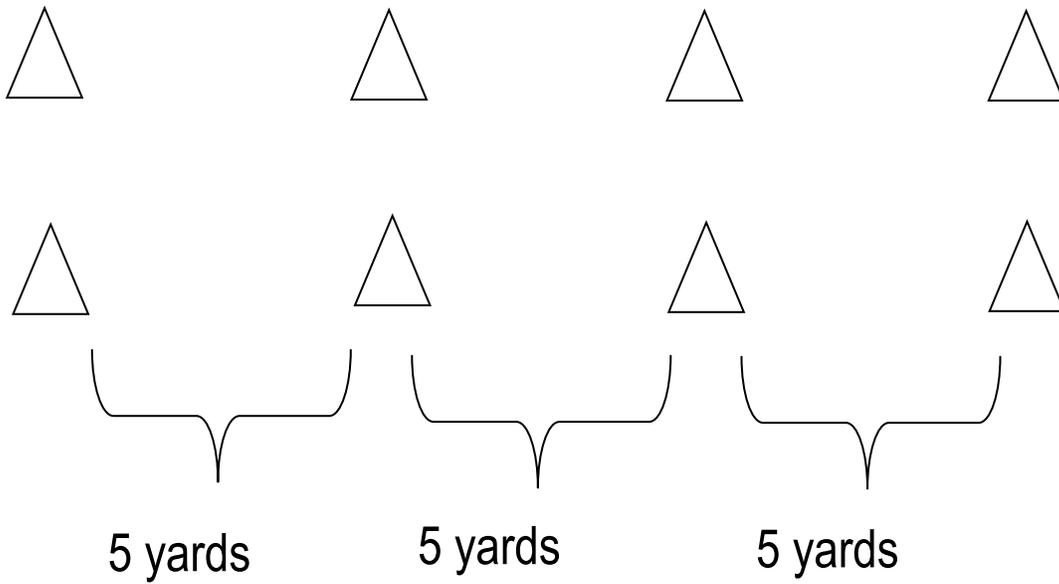




INJURY PREVENTION WARM UP

Coaches Manual

FIELD SET UP



The field is set up with at least 2 rows of 4 cones (each separated by 5 yards). Players line up behind each row of cones, jog along the inside of the cones and do the various exercises along the way.

1. JOG

Jog from the start to the second cone (10 yards). Make sure to keep your chest up and that your shoulders, hips and ankles are aligned. Do not let your knees buckle inward.



2. QUAD STERTCH WITH CALF RAISE

Balance on one leg while bending the other knee so your heel touches your glute. Use the arm on the same side to grab your leg. Raise the opposite arm in the air and, if possible, stand on your tip toes. Hold for 1-2 seconds and walk forward and switch to the other leg.



3. SIDE LUNGE

Turn to the side. Step out with one leg and lean toward that forward foot. Sit back into the lunge, making sure your front knee is in line with your ankle. Hold for 1-2 seconds and slide over the the opposite side (bend the other knee and straighten the opposite leg). Hold for 1-2 seconds. Rise out of the stretch and walk forward 1-2 steps and repeat.



4. LUNGE TO HAM-STRING STRETCH

Step forward into a lunge, making sure your knee does not go in front of your ankle. Both knees and forward hip should make a 90 degree angle. Raise your hands above your head. Hold for 1-2 seconds. As you get out of the stretch, lean back and straighten out your front leg. A light stretch should be felt in the front hamstring. Hold for 1-2 seconds, rise up out of the stretch, walk forward and repeat alternating legs.



5. PARTNER CIRCLES

Jog towards the cone. Shuffling at 90 degrees, circle around you partner while looking straight ahead. Repeat 2-3 circles around each other while jogging.



6. PARTNER JUMPS

Jog toward the cone. When the coach says go, shuffle toward each other, jump sideways and make shoulder contact. Land softly and continue jogging. Repeat jump 2-3 times.



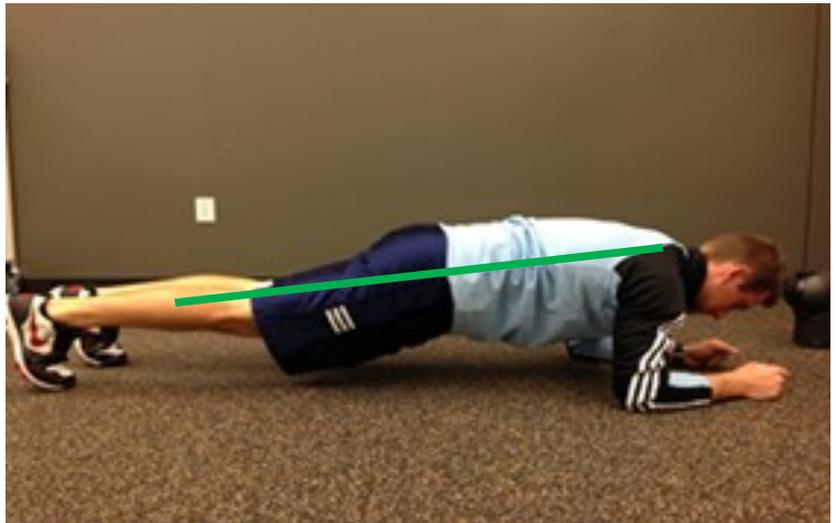
7. BRIDGES*

Lay on the ground with your knees bent and your feet on the ground hip distance apart. Lift your hips toward the ceiling, while squeezing your glutes. Make sure your hips are level and one side is not drooping. Hold this for 1-2 seconds and lower. Repeat for 20 seconds.



8. PLANK*

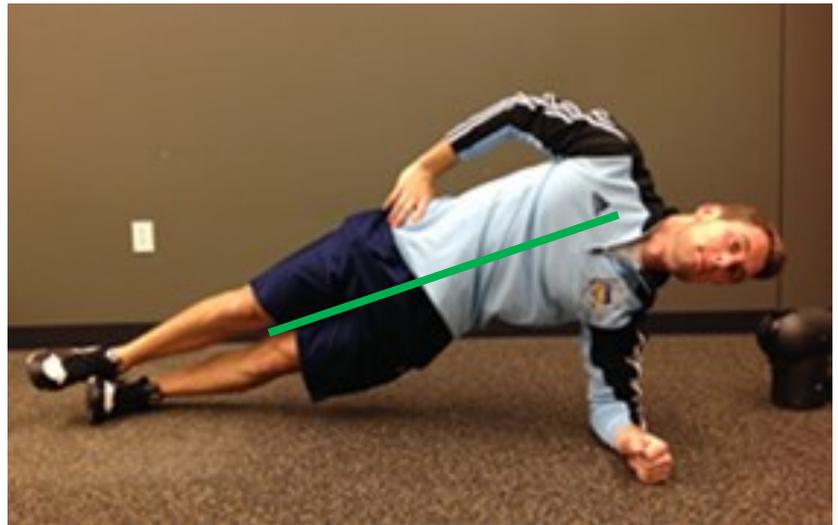
Lay down on the ground, supporting yourself on your forearms and feet. Lift your body so that your legs, pelvis and upper body form a straight line. Your shoulder blades should be drawn back toward your spine and your elbows directly under your shoulder blades. Keep your hips tucked under (so your belly button is drawn in). Hold this position for 30 seconds.



*repeat steps 7-12 twice

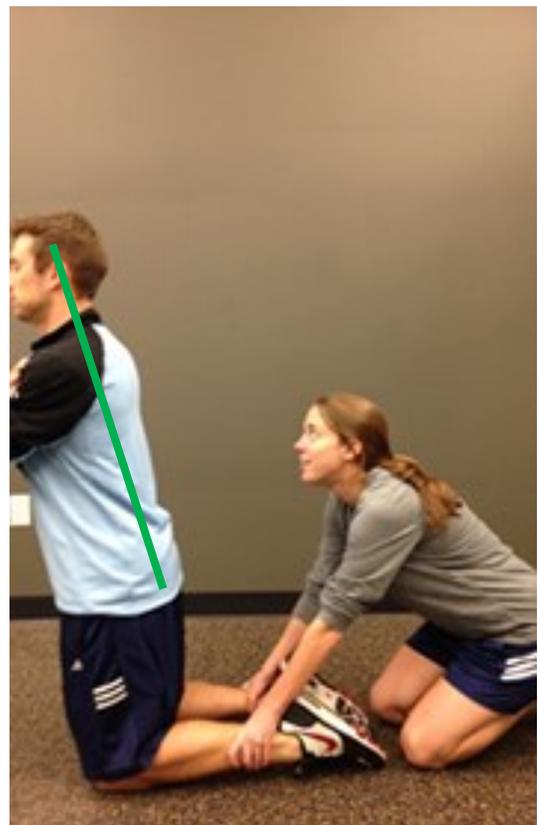
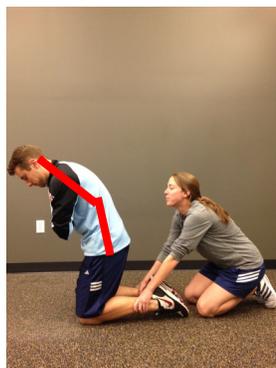
9. SIDE PLANK*

Lay on the ground sideways, supporting yourself on one forearm and your feet. Lift your body up so that your legs and hips are in line with your shoulder. Your elbow should be directly below your shoulder. Hold for 20 seconds. Repeat on the other side.



10. ECCENTRIC HAMSTRING*

Kneel on the ground with your knees hip width apart. Have your partner kneel behind you and place their hands on your ankles. Cross your arms over your chest. Keeping your body very still and straight, lean forward and hold the position with your hamstrings (the back of your upper leg). When you feel like you are starting to bend forward, break the hold and go into a pushup position. Push yourself back up and repeat the exercise as time allows.



*repeat steps 7-12 twice

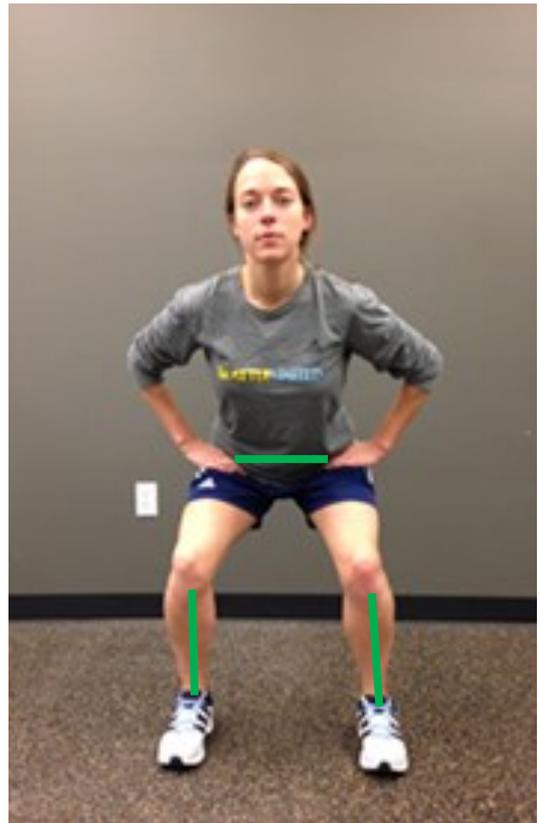
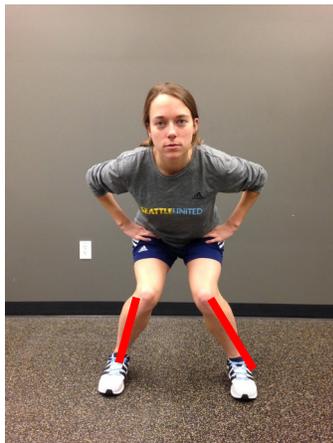
11. ALTERNATING LUNGES*

Stand with your hands on your hips. Step forward and lower yourself to the ground. Make sure that your front knee does not go over your toes. Try and keep both knees at a 90 degree angle. Push yourself back up and into the starting position. Repeat, alternating legs, for 20 seconds.



12. SQUATS*

Stand with your feet hip width apart and your hands on your hip. Slowly bend your hips, knees and ankles until your knees are bent about 90 degrees. Straighten your whole body. Keep your hips over your knees and toes and chest up. Repeat for 20 seconds.



*repeat steps 7-12 twice

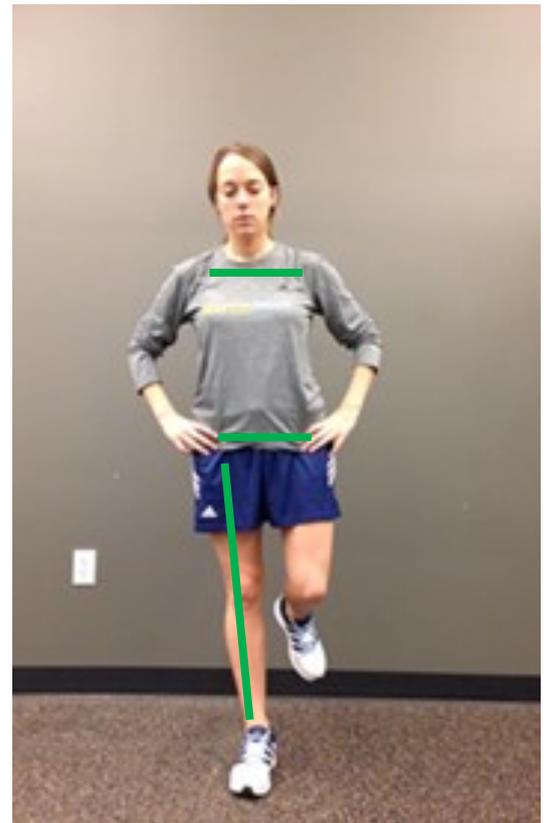
13. LATERAL HOPS

Stand on one leg and bend your ankle, knee and hip slightly. Jump as far as you can (while able to maintain balance) opposite to your standing leg. Land softly and on the balls of your feet. Stabilize and jump to the other side. Repeat for 30 seconds.



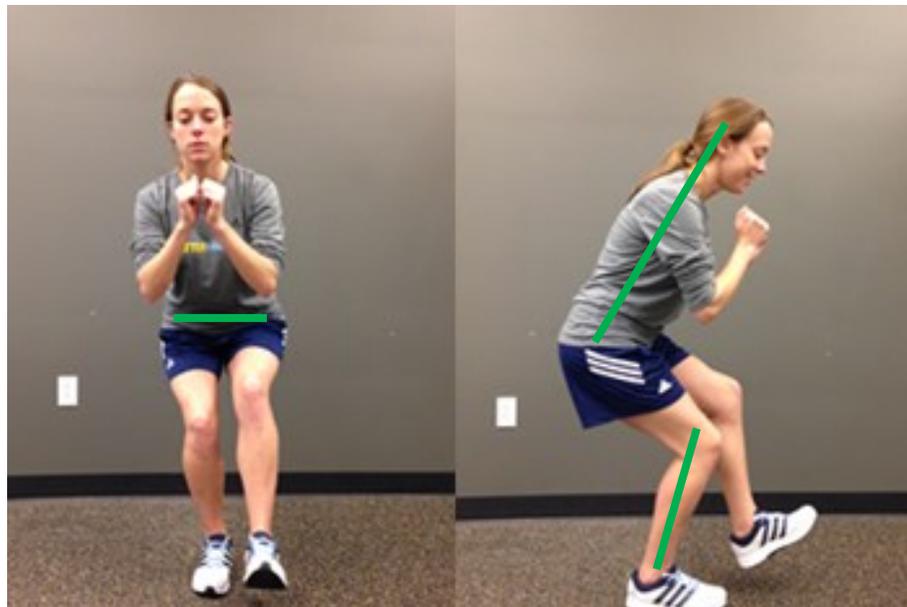
14. SINGLE LEG BALANCE

Stand on one leg, with your knee slightly bent. Your hip and knee should be directly over your ankle and your hips should be in a straight line with each other. Hold the raised leg slightly behind the stance leg. Hold this position for 20 seconds. Switch sides.



15. SINGLE LEG SQUATS

Stand on one leg, with your knee slightly bent. Your hip and knee should be directly over your ankle and your hips in a straight line with each other. Hold the raised leg slightly behind the stance leg. Bend your knee slowly until it is bent about 90 degrees. Straighten your knee back out and slowly come back up. Repeat for 15 seconds on each side.



16. HIGH KNEE SKIP

Skip to the farthest cone. Focus on going up as high as you can rather than as fast as you can. Really drive the knee up in the air. Land softly and quietly each time.



17. STRIDES

Run to the farthest cone at about 75 - 85% of your maximum speed.



18. BOUNDING

Bound (similar to a stride, but allow yourself to float in the air for as long as possible) for about 6 steps by lifting your knee up high and trying to float in the air. Jog the rest of the way to the farthest cone.



19. PLANT AND CUT

Run at about 75 - 85% of your maximum speed and cut at about 45 degrees at any point along your run. Try to do this at least 3 times in different directions until you reach the cone.



20. FORWARD/BACKWARD SPRINT

Run at about 85% of your maximum speed and build into full speed by the time you reach the first cone. Stop and then jog backwards to where you started from. Now run to the next cone (10 yards). When you reach the second cone, jog backwards to the first cone. Finally, sprint to the last cone.

