

## Active for Life: Warm Up #3

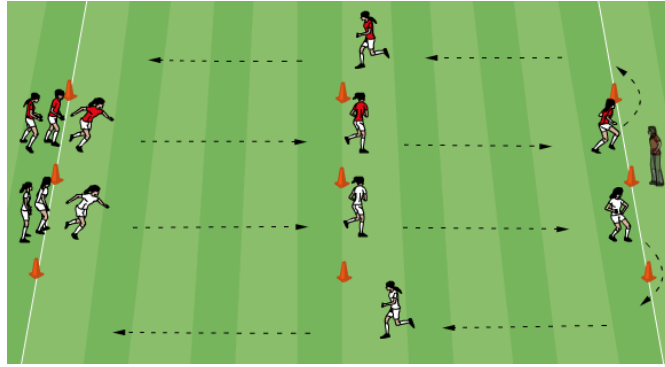
**Warm-Up:**

**Dynamic Movement 1**

**15-20 minutes**

**Organization:**

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



**Points to Stress:**

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

**Description:**

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
 

<ol style="list-style-type: none"> <li>a. Jog</li> <li>b. Jockey backwards (right &amp; left)</li> <li>c. Skipping forward</li> <li>d. Skipping sideways</li> <li>e. Heel flicks</li> <li>f. High knee raises</li> </ol>	<ol style="list-style-type: none"> <li>g. skip &amp; groin stretch (inside to outside)</li> <li>h. skip &amp; groin stretch (outside to inside)</li> <li>i. skip &amp; kick (left &amp; right)</li> <li>j. skip &amp; upper body twist (right &amp; left)</li> <li>k. cross steps</li> <li>l. wide steps</li> </ol>
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