

Active for Life: Warm Up #6

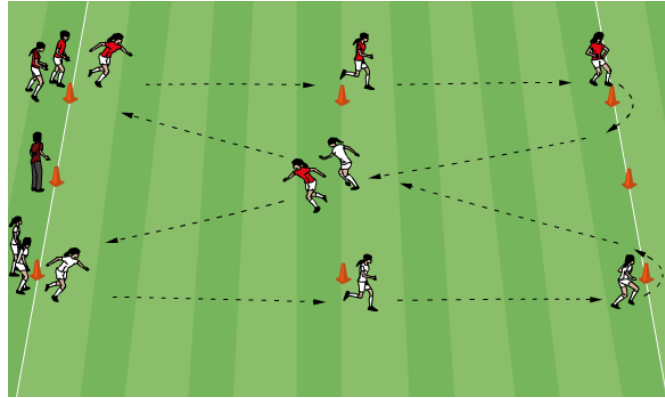
Warm-Up:

Dynamic Movement 2

15-20 minutes

Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side & carry out the dynamic movements as they move diagonally across the square.



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