Pre Game Warmup - Should take no more than 10 minutes

Blood flow series - 90 feet:

1. Forward jog down

2. Light skip back

3. Back Pedal down

4. Jog half and sprint half

Walking Series – 10 to 20 yards:

1. Walking Knee-Hug



2. Shin Grab



3. Quad Walks



4. Spider Walks - (Heel-to-Toe) walk backwards reaching with opposite hand to pull toes



6. Inch Worms



7. Walking 1-leg Toe Touch



Dynamic Series – 10 to 20 yards:

1. Shuffles (down and back)

2. Cross Step - step across - front foot - back foot (down and back)

3. High-Knees (down and back)

4. Heel-Kicks/Modified Butt-Kickers

5. Power Skip

Foot Fire Series:

1. Ankle Hops

2. 2-foot Lateral Hops

3. 2-foot forward and back hops

4. Hop Scotch - feet out and back in like hop scotch 2-1-2-1 board

5. Scissors - feet go front to back in scissors motion

Shoulder Series – 10 each

1. Torso Rotations

2. Arm Circles

3. Over & Under

4. Scarecrow