

## Functional Warm-Up & Body Movement Skills

**Purpose:** *body movements, increase blood flow to muscles, joints, raise core temperature, active flexibility, teaching/learning of body awareness & control.*

- 1/4 (25%) speed sprint
- 1/2 (50%) speed sprint
- 3/4 (75%) speed sprint
- 100% sprint
- Lean, fall, & run (focus on first 3 power drive steps)
- Forward/backward run with sumo squats
- Marching (running form) look for straight lines in body
- Marching (tin soldier/Deion Sanders) bring knee up above waist & extend leg out
- Marching to Skipping
- Straight leg walk (soldier walk)
- Ankle flips (Double leg) quickness off ground moving forward, like jumping rope
- High Knees (no arms) 90 degree angle at knee, Knee Up, Heel Up, Toe Up) Step up over opposite knee with foot
- High Knees (with arms) same coaching tips as above, elbow fixed at 90 degrees, arm moves at shoulder (pendulum)
- Moderate Speed Marching with a skip (tin soldier/Deion Sanders) bring knee up above waist & extend leg out
- 1/4 (25%) speed Backward sprint (quick steps & reach back, kick back(increase stride length))
- 1/2 (50%) speed Backward sprint (quick steps & reach back, kick back(increase stride length))
- 3/4 (75%) speed Backward sprint (quick steps & reach back, kick back(increase stride length))
- 100% Backward sprint (quick steps & reach back, kick back(increase stride length))
- Side shuffle (normal, quick frequency-lead toe pointing to side)
- Side shuffle (exaggerated/power, increase stride length)
- Side shuffle with jumping jack
- Diagonal shuffle forward
- Diagonal shuffle backward
- Grapevine (carioca) quick frequency
- Grapevine (carioca) power step, power cross over step (high step)
- Straight leg skip (soldier skip)
- Forward Skip (quick steps, step over opposite knee-for speed, foot stays close to ground)
- Forward Skip (skip for height)
- Forward Skip (skip for distance, like a bound)
- Power Skip (skip for height & distance)
- Forward Skip (with twist knee & upper body)
- Forward Skip (high knees to the side)-open leg out to the side (groin)
- Skipping Combo (alternate between high knee skip to front & high knee skip to the side)
- Skipping to Bounding
- Backward Skip (quick steps, step over opposite knee-for speed)
- Backward Skip (skip for height)
- Backward Skip (skip for distance, like a bound)
- Backward Skip (skip for height & distance)
- Backward Skip (open the hip)
- Lateral Skip (side skip-lift lead knee straight up, high knee crossover step)
- High Knee Sprint (horizontal movement fast)
- High Knee Sprint (horizontal movement slow)
- Bounding to Running

- Rear Heel kicks (heels to backside) (horizontal movement slow, helps with leg turnover)
- Zig Zag Runs- run & make cuts, change directions
- Lunges (forward, backward, angled) combined with any other movements
- **Any combination of movements ( 1,2, 3, or more over the distance traveled)**

## Cardinal Functional Speed & Agility

### Functional Warm-Up & Body Movement Skills

#### Flexibility: Dynamic/Active Flexibility

- **Trunk Twists-** side to side
- **Trunk Twists-**side to side, get more hips involved, pivoting on balls of feet
- **Wood Chops-** down the middle (Flex/Extend), Twisting Right, Twisting Left
- **Squats (regular squat, sumo, lateral, overhead, speed, single leg)**
- **Lunges (in-place or walking)** (forward, backward, angled, side, Russian twist, overhead, backward w/ twist, lunge with front, side raise, press overhead)
- **Stiff legged dead lift (double leg or single leg)-In place or walking**
- **Spider(wo)man-**In a low lunge step with foot outside of your arm. Keep back flat & butt down. Drag the trail leg up (leg is extended) and place leg in a lunge step on the other side & repeat
- **Iron Cross** (slow, moderate, fast movement) Lie on back arms out, try to touch opposite foot to opposite hand (crossing over). Try to keep shoulders flat on ground
- **Scorpion** (slow, moderate, fast movement) Lie on stomach arms out, try to touch opposite foot to opposite hand (crossing over). Try to keep chest flat on ground
- **Inch Worm** (moving forward & backward) Try to maintain a flat back & extended (straight leg) with hands & feet touching the ground. Walk hands away from body, walk feet up to your hands & repeat. Also move backwards, walk feet away from body then walk hands up to feet & repeat
- **Straight leg kick walk-**step & kick leg up, alt arm & toe touch
- **Straight leg kick w/ skip-** skip & kick leg up, alt arm & toe touch
- **Hamstring Walk-**walk forward, keep toes up and leg straight while touching the opposite hand to the opposite foot
- **Ankle to Hip walk-**internal rotator-bring your foot to the opposite hip in front of you while maintaining a balanced, standing position
- **Alternate Toe Touches on Feet (trunk twisters)-** Bend at waist & touch opposite hand to opposite foot, chest is on knee
- **Trunk Rolls-**On feet roll & bend at waist
- **Hurdle walk over & under (forward & backward)-**stepping over hurdle(s) & level changing under hurdle(s)
- **Hurdle walk (trail leg drill)-**walk forward & performs a hurdle drill over movement with one leg for 10yds. Then switch legs
- **Side Leg Reaches-**Stand on 1 leg & reach out & up to the side with your other leg (like a karate kick) but do it slow (stretch inner & outer thigh & hip)
- **Standing Quadriceps Stretch (add walk to it)**
- **Standing Quadriceps Stretch w/ lean forward bending @ waist (add walk to it)**
- **Knee Hugs** (walking forward & backward)
- **Knee Hug w/ lunge**
- **IT Band stretch (in place or walking)-**step out to side, then take other leg & cross it behind the foot of the lead leg, stick your hip out & reach down legs & feel stretch on outer thigh (IT-Band). Do this to both sides.
- **Any other flexibility exercises you feel are essential to your training**

## Cardinal Functional Speed & Agility

### Strength:

- The emphasis on muscular endurance (hypertrophy), strength, power, maximal strength is accomplished primarily through the individual team strength programs (In-season, Pre-season, Post-Season)
- **Body weight Squat** (1 per second for 20 seconds) great indicator for leg strength, ready to perform weighted squats
- **Lateral Squat**
- **Split Squat**
- **Lunges** (in place & walking-see flexibility for other lunge variations)
- **Single Leg Squat Variations**
  - Squat touch-take opposite hand & touch the toe of your single leg squat leg
  - Arms out front (counter balance)
  - Arm opposite squat leg (perform reaches to ground clockwise & counter clockwise)
  - Hands in prayer position in front of abdominals
  - with leg out to side (frontal plane)
  - with leg out to front (sagittal plane)
  - squat with open hip (turning to side with the leg up) (transverse plane)
- **Single leg Stiff Legged Dead lift**-bend at the waist, leg is straight, slight bend in knee, reach & touch mid shin, shoe laces, or toe
- **Push-up** (elbow, shoulder width placement, wide hand placement, close hand placement, staggered hand placement)
- **Push-up** (with rotation) Twisting push-up
- **Push-up Jump**- explosive push up
- **Clap Push-up**- explosive push up with clap of hands
- **Side to Side Push-Up**- Jump over line with both hands moving side/side
- **Single arm push-up (3 point)**
- **Push-up** (4 point, 3 point, 2 point)
- **Partner work: Pull-ups, squat, SLD, Single leg squat**, any movement in weight room may be performed with manual/partner resistance
- **Core (abs & low back)-time intervals to perform activity, keep it simple (:30, :45, 1:00 etc.)**
  - Variety of crunches, sit-ups, twisting variations
  - Low back extensions on ground **super(wo)mans, alternate opposite arm & leg, upper body only, lower body only (reverse hyperextensions)**
  - **Balance holds:** on forearms, push-up position, on side (forearm or hand), on back (keep hips, legs, torso off ground)
  - **Balance hold:** On forearms, now alternate lifting up opposite arm & leg