

### *Dynamic Warm Up (10 Minutes, Every Practice)*

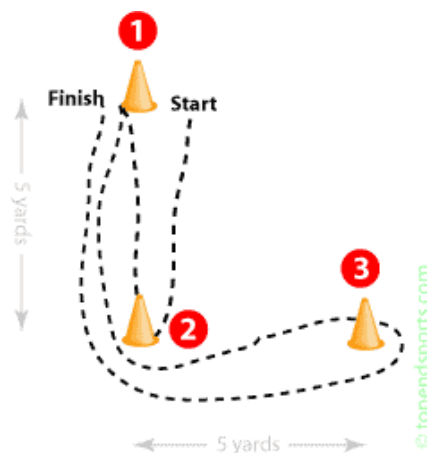
- 1) (Optional) Starter Lap – Once Around the Field
- 2) High Knees – 10-yard-high knees with 10 yard jog
- 3) Butt Kickers – 10-yard-high knees with 10 yard jog
- 4) High knee jumps – 10 yard-bounding high knees with 10 yard jog
- 5) Walking Knee Hugs – 10 yards with 10 yard jog
- 6) Straight Leg Bend – 10 yards with 10 yard jog
- 7) Carioca
- 8) Spiderman Crawl – 20 yards
- 9) Side Lunges
- 10) Start on 5 yard line, backpedal 5 yards (to goalline), sprint 20 yards (times 2, down and back)
- 11) Backpedal 5 yards and break to run 20 yards.
- 12) Build up to full speed run (20 yards) (times 2, down and back)
- 13) Full sprint 20 yards (time 2, down and back)

### *Agility Drills (10-20 minutes, each practice – each station below at 5 minutes)*

- 1) Pro-Agility



- 2) 3 Cone

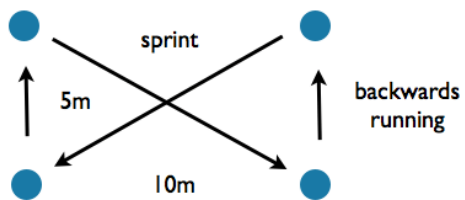


- 3) 40-yard dashes

4) M-Drill –



5) 4 corner drill



6) 6 cone drill

