

Dynamic Stretching Warmup



[YouTube - UW Health Lower Leg Injury Prevention](#)

[ACL Warm Up](#)

Dynamic Preparation	Neuromuscular Preparation
Run 50% Backpedal Lateral Shuffle Carioca Athletic Forward Skip Backward Skip Lateral Skip Run 75% Backward Run	Squats x6 Speed Squats x6 Vertical Jumps x6 Horizontal Jumps x6 Horizontal Jump + Vertical Jump x6 Horizontal Jump + Sprint x2 Change of Direction
Dynamic Mobilization	Change of Direction
Forward Super Lunge Lateral Lunge & Shift Pivot Walking Quad Stretch	Diagonal Jumps x12 Shuffle, Shuffle, Stick Shuffle, Shuffle, Quick Shuffle, Shuffle, Cut Shuffle + Pivot + Sprint x2

Hard. Smart. Together.

McFarland Girls Basketball Boosters

MGBB programming is available for girls currently registered in the McFarland School District.