

Warm Up:

Prior to beginning the dynamic flexibility send the athletes one group at a time 20yds first jogging, second backpedaling third shuffling and lastly shuffling in the opposite direction.

Dynamic Flexibility Drills:

Each Drill will be performed for 10yds. Athletes will be performing sets of 2 drills at a time for a total distance of 20yds.

1A. Walking Quad stretch: In the process of your walk, pull one ankle to your butt for a 2 second stretch in the quadriceps. Take a step and pull the opposite leg.

1B. Walking lunge with Elbow to Instep and Hamstring Stretch: Take an exaggerated lunge step with your left leg. Put your right hand on the ground for support. Then bring your left elbow down towards the instep of your left foot while keeping the back knee off the ground. From this point, put your left hand outside your left foot and then straighten both legs, pulling the hips into the air. Attempt to pull your left toe towards your shin. Repeat the lunge step on the opposite foot.

2A. Walking Knee Hug: As you are walking pull one knee to the chest and hug for a 2 second stretch. Take a step and pull the opposite leg. Be sure to keep the back straight, bottom foot flat, and pull the knee to chest, not just lean back.

2B. Walking Cross Knee Hug: In the process of your walk, put one hand on your left knee and one hand on your left ankle. From there pull both your knee and ankle in towards your chest. Take a step and repeat on the other leg.

3A Spiderman's: Start in a Push-Up Position. Take a big step with your right foot and put on the outside of your right hand, then step with your left foot and put on the outside your left hand. Drop your hips into a squat position making sure to keep a flat back with your shoulders retracted. With your elbows, press on the inside of your thighs to stretch the groin. Next walk back into a Push-Up position and repeat starting with the left foot.

3B. Inchworm: Assume pushup position on the ground. Walk your feet close to your hands while keeping the legs as straight as possible. Attempt to get your feet flat while having your palms on the ground. From this position, then walk your hands back out to the original pushup position. Repeat for the prescribed distance.

4A. Walking Lean Back Lunges: Begin as if you were going to perform walking lunges. Step out into a lunge but drop the knee to the ground and shift your hips forward while leaning your trunk back until you feel a good stretch in the hip flexors. Rise out of the lunge and repeat on the other side.

4B. Walking Lean Back Lunges With Twist: Begin as if you were going to perform walking lunges. Step out into a lunge but drop the knee to the ground and shift your hips forward while leaning your trunk back until you feel a good stretch in the hip flexors. With your arms extended over your chest, rotate your trunk so as to bring your arms across your knee. Rise out of the lunge and repeat on the other side.

5A & B. Crossover and Drop Lunge: Assume an athletic lateral position with the feet parallel and spread shoulder width apart with the knees slightly bent. With the trail leg take a big step behind the lead leg and drop into a lunge so that the knee of the trail leg is behind the foot of the lead leg. Rise out of the lunge and step out with the lead leg so as to be in the start stance again. From there step with the trail leg, crossover the lead leg and drop into a lunge. Rise out

of the lunge and step out with the back leg so as to be in the start stance again. Repeat for 10 yards and then turn and perform for the other side for 10yds.

6A. “Snap Shot”: While Walking simulate proper sprinting mechanics,lock the elbows at 90 degrees and drive the knee to the belt line with the toe dorsi flexed. With left knee up and right arm by the cheek pause as if taking a picture. Step and switch sides.

6B. Sprinter Lunges: While Performing Walking Lunges simulate proper sprinting mechanics,lock the elbows at 90 degrees and drive the knee to the belt line with the toe dorsi flexed. With left knee up and right arm by the cheek pause as if taking a picture. Step into a lunge maintaining proper mechanics and explosively drive back up into the snap shot position, switch sides.

7A. Sprinter Skips (A-Skips): Perform just like “Snap Shot” but now faster with a skip.

7B. Backward Sprinter Skips (A-Skips):Perform just like “Sprinter Skips” but now backwards.

8A & B. Lateral Sprinter Skips (A-Skips): Perform just like “Sprinter Skips” but now lateral for 10yds in each direction.

9A. Frankenstein Skips: Extend your arms out in front of your chest. In the process of your skip, swing one leg into the air keeping the leg as straight as possible to achieve a hamstring stretch, and attempt to hit your hands.

9B. Backward “Over the Fence” Skips: While skipping backwards bring your knee to your chest and then rotate it out and down as if stepping over a fence repeat with the other side.

10 A & B. Walking Alternating Lateral Lunge with Shuffle: Take a wide step laterally with your right leg. Bend the lead knee and drop the butt down so that the thigh is close to parallel and the trail leg is straight. Then shift the body weight to the left leg and bend the left knee while dropping the butt. Be sure to keep both heels flat on the ground. Shift back to the right and shuffle 2 times being sure to stay low. Repeat for 10 yds and then turn and continue for another 10 yds.

11A. High Knees: Lock the elbows at 90 degrees. Use the cheek to cheek principle for arm and elbow movement. Quickly drive your knees up towards your chest as you move forward. Perform this movement with slight forward lean.

11B. Butt Kicks: Arm drive description same as above. While running kick your heel back until it hits your butt repeat quickly on both sides. Perform this movement with a slight forward lean.