

Athlete Warm Up

Static warm up

- Half kneeling hip flexor
- Hockey stretch
- Front leg at 90 back leg at 90 fold over front leg
- Lying hamstring stretch, legs flat, the pull one leg up

keeping it straight with a dorsiflexion, hold for 5 seconds and repeat 3 times each leg

Dynamic warm up

- lazy skip
- Lazy shuffle
- A skip
- Piriformis skip
- Lift and snap leg swing
- Lunge, open, push back... lunge then plant the same hand as leg forward on the inside of leg and open the spine away from body, come back to center then push back and dorsiflex to stretch hammy
- Over under
- Quadruped walk
- Bunny hops
- Up and out..... up knees to chest then broad jump
- Off one, on two..... skater jumps, jumping off of outside foot and landing on two feet at the same time