



Dynamic Warm-Up

Jogging w/ Progressive Arm Circles
(Jog-Back pedal)

Carioca
(Shoulders square, rotate from hips down)

Knee-to Chest Tuck (Maintain proper posture)

Lunge w/ Reach Back (focus on balance)

Side Shuffle
(Push off inside leg, swing arms across body)

High Step w/ Trunk Rotation (Same side)

3 Way Jumping Jack x 10 Each

Inverted Hamstring (Flat back, Hips square)

Lateral Lunge (Push hips back)

Walking Spiderman w/ Rotation
(Eyes follow hand)

Leg Swings (F/B/S) x10 Each

High Knees (Knees up toes up)

Butt Kicks (Knees down, slight forward lean)

Inchworms (Hips up, Knees straight)

A Skips (Aggressive march w/ rhythm)

Reverse Skip w/ Hip Rotation (Knee up & out)

Sprint 50/75/100% (Proper running form)

**Perform ALL exercises in a controlled manner with
abs engaged – focus on deep breathing**



Shoulder Warm-Up

Lighter Bands, Smaller ROM with Quick Movement

Scap Retractions
(Elbows 90°, squeeze shoulder blades)

Rows (Shoulders down & back, chest up)

Straight Arm Pull-down (Elbows straight)

Standing "U" "Y" "T" "W" (Hips back, abs tight)

ER/IR (Elbow to side of body)

90/90 ER & IR
(Hand away from body, elbow stationary)

Cool Down/Stretches ≥ 30sec. holds

Sleeper Stretch

Hamstring + Quadriceps + Calves +
Chest/Shoulders

Seated Groin Stretch
(Back flat lean forward from hips)

Pigeon (Hips square)

Piriformis Stretch (Stretch lying on back)

Hip Rotator Stretch
(Up & across, shoulders down)

Hip Flexor w/ Cross Arm Body
(Front leg, opposite arm)

Hydration

Hydrate the night before the match.

Hydrate before and throughout the match.

Recovery drink within 20min. after the match.