



1. Dynamics - This engages large muscle groups to prepare the body for physical activity

Alternate jogging **20 metres out** and doing activity sequence below on the way back.

Activity sequence

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| 1) Butt kicks (C drill) | 5) Grapevine |
| 2) Mini-skip | 6) High knees |
| 3) Backward mini-steps fast | 7) Right to lefts one footed hops |
| 4) Side shuffle | 8) Knee hug and lunge (trunk twist twist) |

2. Accelerations - These drills provide neuromuscular and cardiovascular benefits by maximizing power output

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| a) Drop and Go start: Standing to drop down to floor, up and accelerate | Accelerate 20 metres
Jog back |
| b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180, and back again – then accelerate | Accelerate 20 metres
Jog back |
| c) Twistie Start "3": Stand sideways with right foot forward, jump up and rotate 180°, back and forth and back again – then accelerate | Accelerate 20 metres
Jog back |
| d) "3,3,3" - Do two tuck jumps, two pushups, two burpees – then accelerate | Accelerate 15 metres
Jog back |

3. Ladders - This drill involves quick steps and eye-feet coordination, which will improve agility, reaction, and awareness

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|------------------|---------------|-----------------------|--------------------|
| a) In in out out | e) Rapid thru | i) Out 5x then jump 3 | Two passes of each |
| b) Icky shuffle | f) High knees | j) Lateral Crossovers | |
| c) Scissors R | g) Twisties | | |
| d) Scissors L | h) Cross outs | | |

4. Weaving Pylon Drill - This drill provides repetition-based cutting manoeuvring – neuromuscular activation training

Weave through 10 pylons set 1.2 -1.5 metres apart. Two times starting on the right of the first pylon, two times starting on the left of the first pylon. Set up one circuit for every ten athletes.	Weave 20 metres Jog back
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5. Mini core routine - These activities activate the body's core stabilizing muscles – particularly the trunk section

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|--------------------------|-----------------------------------|---------------------------|
| a) Plank | f) Super man plank left | 10 - 15 seconds each task |
| b) Up up down down plank | g) Side plank right | |
| c) Pointer plank right | h) Side plank left | |
| d) Pointer plank left | i) Side plank with snap rollovers | |
| e) Super man plank right | | |

For more information on the skills and activities above, visit
www.canadiansportforlife.ca/dplwarmup

