



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	
1) Butt kicks (C drill)	5) Grapevine
2) Mini-skip	6) High knees
3) Backward mini-steps fast	7) Knee hug and lunge (trunk twist twist)
4) Side shuffle	
2. Accelerations - These drills provide neuromuscular and cardiovascular benefits by maximizing power output	
a) Drop and Go start: Standing to drop down to floor, up and accelerate	Accelerate 10 metres Jog back
b) Twistie Start "2": Stand sideways with right foot forward, jump up and rotate 180, and back again – then accelerate	Accelerate 10 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 10 metres Jog back
d) "2,2,2" - Do two tuck jumps, two pushups, two burpees – then accelerate	Accelerate 10 metres Jog back
3. Ladders - This drill involves quick steps and eye-feet coordination, which will improve agility, reaction, and awareness	
a) In in out out b) Icky shuffle c) Scissors R d) Scissors L	e) Rapid thru f) High knees g) Twisties h) Cross outs
One pass of each	
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
5. Mini core routine - These activities activate the body's core stabilizing muscles – particularly the trunk section	
a) Plank b) Up up down down plank c) Pointer plank right d) Pointer plank left e) Super man plank right	f) Super man plank left g) Side plank right h) Side plank left i) Side plank with snap rollovers
5 - 10 seconds each task	

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

