

# Osseo Maple Grove Athletic Association



Player / Coach Training and Development



## OMGAA Coaching Sample

The below tables provide some good examples of Dynamic Warm-Up and Agility exercises that done before practice while the team is waiting to take the field. It is recommended that Dynamic Warm-Ups should be at least 5 minutes in duration.

### Dynamic Warm-Up / Agility

Ladder  
Skips with arm circles  
High Knees  
Power Skips  
Side Shuffle  
Carioca w/ high knee crossover  
Side Shuffle with arm crossover  
Running Backwards with twisting turns  
Walking Forward Lunges  
Build Up Sprints 6 x 20 yards (up to 90% max speed) with Lead Off (water fall, take a look at 3rd stride, run in straight line)  
Base running: Home (H) to 1st, H to 2nd, H to 3rd, and H to H  
Elastic Tubing Exercises

Once the team has completed their Dynamic Warm-Ups they can perform their stretching activities.

### Stretching

Sitting Hurdler hamstring stretch (2 x 20 seconds each leg)  
Butterfly stretch (2 x 20 seconds)  
Lying on side quad stretch (2 x 20s each leg)  
Kneeling hip flexor stretch (2 x 20s each leg)  
Iron crosses (toe to opposite hand w/ leg str8) (2 x 20 reps)  
Scorpions (lay on stomach, bring foot up to opposite hand) (2 x 20 reps)  
Sitting back twist stretch (sitting up, bend one leg and cross over other, use leg for leverage and twist back in the other direction to stretch your side and back)  
Standing shoulder stretch (bring arm across body and stretch side/back of shoulder) (2 x 20s)  
Overhead triceps stretch (bend elbow and bring arm overhead and back (as if you were trying to scratch your back going over your shoulder) (2 x 20s)



# OMGAA Coaching Sample

Once the team has completed their Stretching activities they can perform their Form Throwing warm-up activities.

## **Form throwing**

10 ft, On Knee, Elbow on/in Mitt (back spin off finger tips)  
10 ft, Standing, Full Chest, Elbow in Mitt  
15 ft, Standing, Figure 8's (ball away) - Throw to spots (Chest, Left Shoulder, Right Shoulder, Right Knee, Left Knee for each phase from this point on)  
15 ft, Standing, Figure 8's w/step; Glove & Palm up (Be an Active Receiver)  
30 ft, Short (never stay in same stop for 2 throws)  
60 ft, Mid  
100 ft, Long - long toss (at least twice the length of the bases and more)  
Short Catch - arm locked (straight arm) flip toss