

## Dynamic Warm-Up Quick Reference

- ✓ Set up cones 10-15 yards from the sideline
- ✓ Assign athletes to lines of three (3)
- ✓ After performing the dynamic stretch for 10-15 yards, jog back to the sideline
- ✓ Repeat for all 10 exercises
- ✓ Full DWU should require 5-7 minutes

*Effective DWU implementation:*

**i. Practice #1**

- a. TEACH FIVE
  - i. Demonstrate the dynamic stretch
  - ii. Cue your athletes to perform each dynamic stretch
  - iii. Coach your athletes through any errors

**ii. Practice #2**

- a. TEACH FIVE
  - i. Demonstrate the dynamic stretch
  - ii. Cue your athletes to perform each dynamic stretch
  - iii. Coach your athletes through any errors

**iii. Practice #3**

- a. PRACTICE ALL 10
  - i. Cue
  - ii. Coach/correct any errors in form

**iv. Practice #4**

- a. PERFECT ALL 10
  - i. Review Proper Squat Technique
  - ii. Correct all errors in form

**1. Walking Knee to Chest**

- a. Hamstrings
- b. Hip Extensors

**2. Lunge**

- a. Hip Flexors

**3. Walking Quad Stretch**

- a. Quadriceps
- b. Hip Flexors

**4. Frankenstein Walks**

- a. Hamstrings

**5. Elbow to Opposite Knee**

- a. Core/Trunk
- b. Postural Control

**6. Over-the-Gate (Hip Opener)**

- a. Hip Rotators
- b. Groin

**7. Shuffle & Arm Swing**

- a. Inc. Heart Rate
- b. Lateral Movement

**8. Back Pedal**

- a. Proprioception
- b. Coordination & Postural control
- c. Hamstrings/Glutes/Quads

**9. Carioca**

- a. Elevate the Heart Rate
- b. Rotation

**10. High Knee to Stride**

- a. Power
- b. Inc. Heart Rate



**Exercise 1: Walking Knee to Chest**



**Exercise 2: Lunge**



**Exercise 3: Walking Quad**



**Exercise 4: Frankenstein Walks**



**Exercise 5: Elbow to Opposite Knee**



**Exercise 6: Hip Opener**



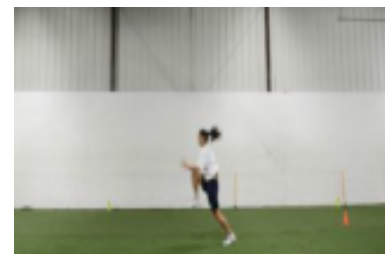
**Exercise 7: Shuffle & Arm Swing**



**Exercise 8: Back Pedal**



**Exercise 9: Carioca**



**Exercise 10: High Knee to Stride**