



RASC Warm-up

3 Phases to Warm-up:

1. Hip Mobility
 - 6 movements total
2. Trunk Load and Explode
 - 2 movements total
3. Locomotor Drill

Why a new warm-up?

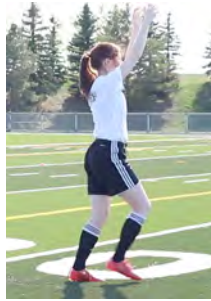
- Game of soccer is a 3 dimensional game, in which the warm-up needs to be authentic and functional to the movements being executed in the game.
- Hip mobility focuses on creating movement in all areas of the hip, not just in one plane of motion. This is important because the hip plays a huge role in locomotion and kicking, as well as connecting the upper body to the lower.
- Trunk load and explode is designed to mimic kicking, as well as getting the trunk moving so that it can translate power through the body.
- The locomotor drills tries to incorporate various types of locomotion and versatility, as well as it is a way to get the heart rate up, and the players game ready.
- Overall, this warm-up uses 3 dimensional movements that are authentic and true to the game of soccer.

RASC Warm-up

Phase 1: Hip Mobility

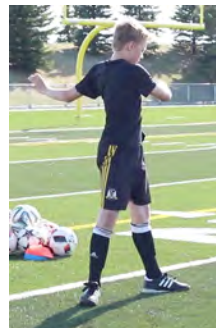
1. Front and Back Stretch

- Plant one foot, stepping forward and back with the other. Arms following.
 - When stepping forward, drive both arms up and overhead
 - When stepping backward, shift weight onto that foot, sit into the back hip and pull the arms down and behind you.
 - In photo, Lt leg planted, Rt foot stepping



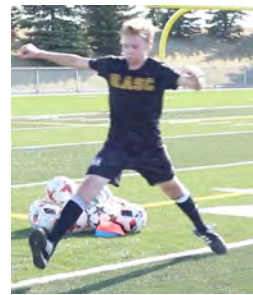
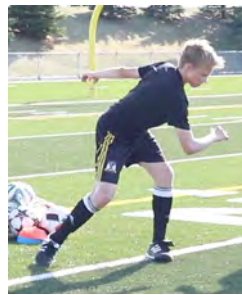
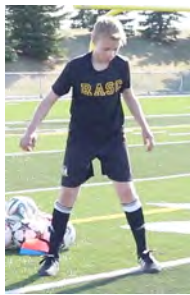
2. Rotation Movement

- Plant one foot, going to step rotationally over the planted foot, and then step away and open up the hips. Arms following.
 - When stepping over the planted foot, have the hips come with the motion and let the arms follow then reach up and rotationally
 - When opening up, step away from the planted foot and again have the hips and arms follow
 - In photo, Rt foot planted, Lt foot stepping around



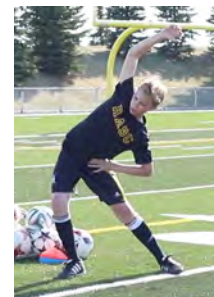
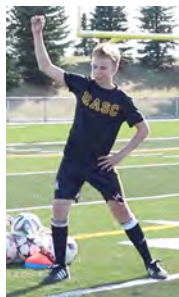
3. Load and Jump

- Side lunge position, shifting weight onto one leg and then jumping out and away
 - Shift weight onto one leg, bend the knee and the hip, sinking weight back and into hip.
 - Rotate the torso towards this loaded hip and leg position
 - Then explode out of this position, jumping away from the loaded leg and onto the other leg.
 - Intentionally want this to be a powerful movement



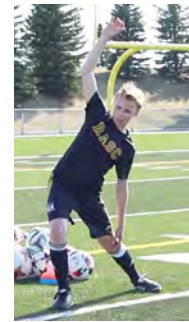
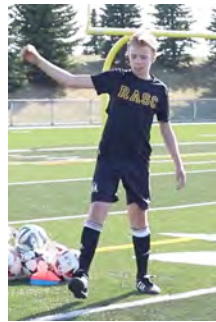
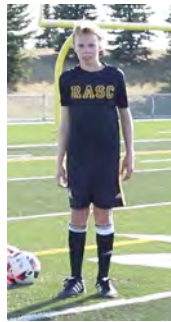
4. Lateral Hip Movement

- Wider foot stance, one hand on hip, other hand above the head, with hand on hip push into the hip and shift weight over, with hand above head, reach over and across the body
 - Hand on the hip pushes into the hip crease, causes the pelvis to tilt
 - Arm over head reaches over and across the body



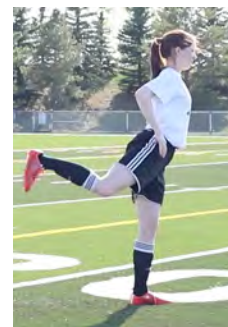
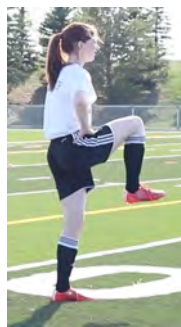
5. Lateral Hip Lunge

- Same motion/action as the lateral hip movement, now with a lunge step
 - Take a step forward, shift weight onto this leg and push the hip outwards and reach up and over the body
 - In photo, lunging with the Rt leg



6. Total Hip Mobility

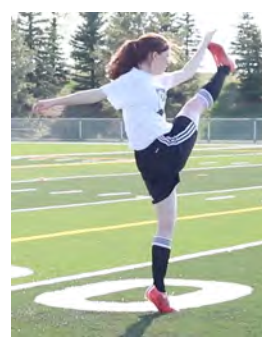
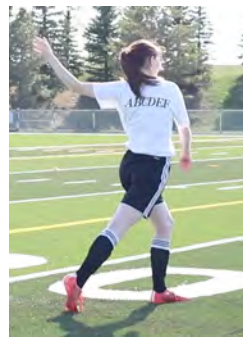
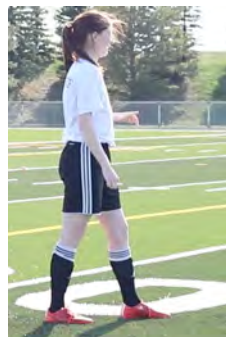
- Start with opening the gate, but continue to bring the leg around and behind the body. Slow and controlled.



Phase 2: Trunk Load and Explode

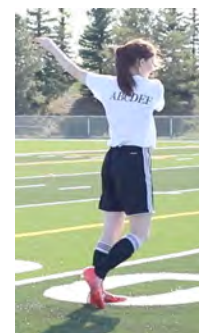
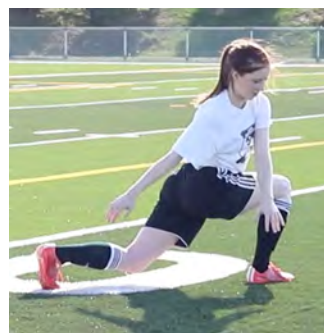
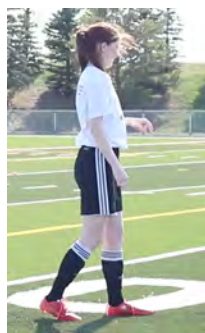
1. Single Arm and Leg Kick

- Plant one foot, opposite leg/foot drives back and the arm opens up, and then kick the leg to the arm and bring the two together
 - Drive foot back and really open up the chest and the arm, so that this can then explode through with the kick



2. Lunge with Arms

- Repeated lunge, bringing the arms across the outside of the lunging knee.
 - When lunging, the arms are coming across the body and to the outside of the knee
 - When coming back to standing the arms are driving up and away from the lunging leg, so that they can explode down towards the leg when lunging.

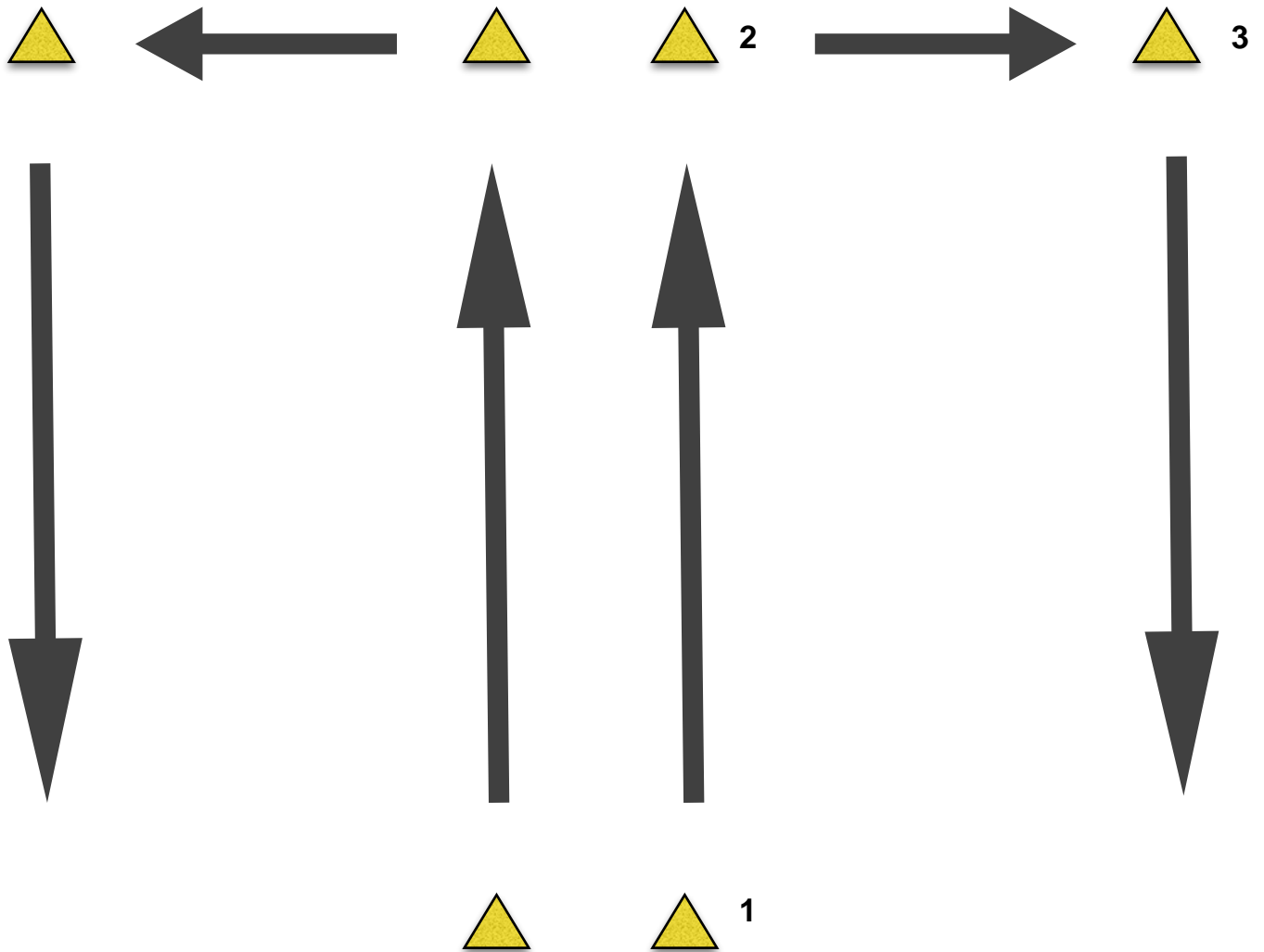




Phase 3: Locomotor Drill

- Follow template on next page.
- Cones can be at any distance.
- Work in pairs.
- Start at first cone, move to the second, then the third and back to the start. Switch sides after each round.

- Tweaks to drill:
 - To try and create environmental reactions in the locomotor drill (opposed to cones and knowing when to change direction), players can mirror one another as one partner chooses when to change direction, or a whistle could be used to indicate when a direction change will occur. This really plays into the players having to react to situations, which occurs during games.



Actions at Cones (yellow triangle):

- Cut the same direction
- Fake, then cut
- 'Roll' off cone
- Header
 - 1 foot
 - 2 foot
 - Direction of the header
- Come to a stop
 - Different foot positions

Movement Options (arrows):

- Jog
- Sprint
- Backwards
- Shuffle
- Step-overs
- Karaoke