Dynamic Warm Up (10 Minutes, Every Practice)

1) (Optional) Starter Lap – Once Around the Field
2) High Knees – 10-yard-high knees with 10 yard jog
3) Butt Kickers – 10-yard-high knees with 10 yard jog
4) High knee jumps – 10 yard-bounding high knees with 10 yard jog
5) Walking Knee Hugs – 10 yards with 10 yard jog
6) Straight Leg Bend – 10 yards with 10 yard jog
7) Carioca
8) Spiderman Crawl – 20 yards
9) Side Lunges
10) Start on 5 yard line, backpedal 5 yards (to goalline), sprint 20 yards (times 2, down and back)
11) Backpedal 5 yards and break to run 20 yards.
12) Build up to full speed run (20 yards) (times 2, down and back)
13) Full sprint 20 yards (time 2, down and back)

Agility Drills (10-20 minutes, each practice – each station below at 5 minutes)

1) Pro-Agility

2) 3 Cone

3) 40-yard dashes
4) M-Drill –

![Traditional W Drill Diagram](image)

5) 4 corner drill

![4 Corner Drill Diagram](image)

6) 6 cone drill

![6 Cone Drill Diagram](image)