

ETS RF Dynamic Movement Preparation

The ETS Dynamic Warm-Up uses neuromuscular specific exercises to prepare the body for activity while addressing bio-motor abilities that are commonly used during sports. A sufficient Warm-Up will increase heart rate, respiratory rate, and blood flow to the muscles. It also increases the body's core temperature and enhances muscle elasticity which has a positive role in developing speed, power, mobility, energy system development and joint stabilization.

The ETS Dynamic Warm-up will consist of stationary movement and ground based mobility drills along with a series of muscle activation drills. This combination is the most effective way of getting an athlete's body prepared for the activity that lies ahead.

Warm Up Movement Descriptions

J & T Jacks: J-Jack is a standard Jumping Jack, whereas T-Jacks will require the same rhythm as a normal Jumping Jack, with the only difference being your arms will swing together in front of you instead of over your head.

Gate Swings: Start with your hands on your knees, with your feet shoulder width apart and your chest up. In one motion jump by opening the distance between your feet by about 6-10 inches while landing with your toes pointed out. Then fluidly drop your hips backwards until you feel a stretch in your groin and return to the starting position.

Low Pogo Jumps: Start standing tall with your hands together under your chin. Then perform 50 consecutive hops focusing on minimal ground contact while keeping your feet in a dorsi-flexed position. You should bounce off the balls of your feet with your feet never rising more than 6 inches off the floor.

OI Static Hip Flexor: You will get into a static hip flexor stretch position with your chest up and spine neutral. (Advanced athletes will elevate their back foot to engage more of a stretch through the hip flexor) You will then raise your hands straight overhead while pulling your belly button in and begin "rocking" forward to back while contracting/firing your glute for which the leg is forward for the designated number of reps.

Hip Thrust: You will lie on your back and dig both heels into the floor. You will then keep your lower abdominals pulled in while pushing through your heels and driving your hips straight up while squeezing and flexing your glutes and hamstrings.

Single Leg Hip Thrust: You will lie on your back and dig one heel into the floor (or box for more advanced athletes) while raising your opposite leg into the air. You will then keep your lower abdominals pulled in while pushing through your heel and driving your hips straight up while squeezing and flexing your glutes and hamstrings.

Bird Dogs: While starting on your hands and knees you will fully extend your opposite arm and opposite leg simultaneously. When extending maintain a neutral spine, eyes into the ground, and point your toe back towards your body for each rep.

Hip Circles: Start on your hands and knees and complete 8 full ranged hip circles both forward and backwards for each leg.

Perfect Squats: Start with your hands behind your head or crossed in front of you, your feet slightly wider than shoulder width apart and perform 8 consecutive body weight squats. Focus on maintaining a neutral spine, chest up and sitting your glutes straight backwards, all while your toes point forward.

Reverse Lunge + OH Reach: Keep your abdominals pulled in, spine neutral and lunge backwards while simultaneously reaching as high as you can towards the ceiling. Try your best not to allow your back to go into extension, and concentrate on "pulling" yourself back up to the starting position by using your hamstring. Alternate legs and complete the designated number of repetitions.

Lateral Lunge + Rotational Reach: Keep your lower abdominals pulled in, keep both feet flat on the floor, sit your butt straight back and lunge laterally while rotating and reaching your opposite hand to the outside of your opposite foot.

Squat Jumps + Force Absorption: Squat down quickly while driving your elbows straight back and jump straight into the air while simultaneously swinging your elbows through. The athlete's goal is to get as high into the air as possible while being able to stick a perfect land to ensure perfect force absorption.

Front Plank: You will focus on maintaining a neutral spine while pulling your lower abs in and squeezing your glutes for the entire duration. Head should remain in line with your spine and eyes should be straight into the floor.

ETS Sprint Progression

High Knee Rapid Tempo: While driving your knees up and your elbows back get as many reps as possible for the designated distance.

Fast Hips Rapid Tempo: Keep your legs straight with your toes pointed up and get as many rapid leg movements as possible for the designated distance. Keep your elbows locked in at 90 degrees and drive them back as far and as fast as possible.

Crossover Run: While facing sideways you will aggressively kick your trail leg up and over your lead leg in a sideways running motion while simultaneously driving your elbows backwards for the designated distance. Be sure to keep your shoulders square to the wall that you are facing.

Q-Skips: While skipping for quickness, focus on minimal ground contact and perfect elbow drive for the designated distance.

P-Skips: While skipping, explode off the floor as high as possible for the designated distance.

Falling Tempo Acceleration 75%: Fall into a 75% tempo acceleration while focusing on perfect running mechanics for the designated distance.

Falling Tempo Acceleration 85-90%: Fall into an 85-90% tempo acceleration while focusing on perfect running mechanics for the designated distance.