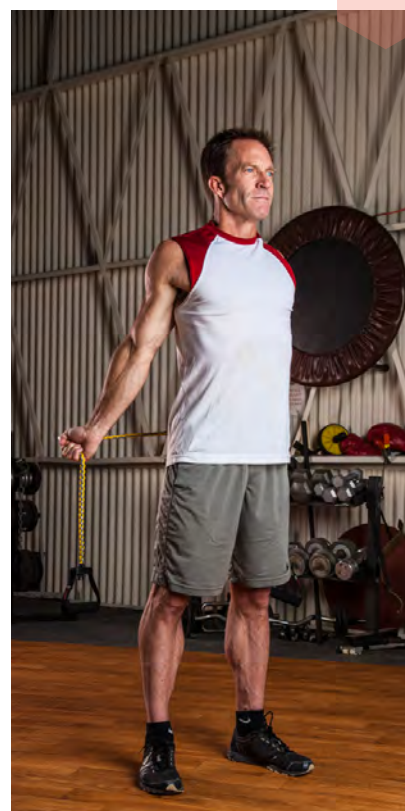
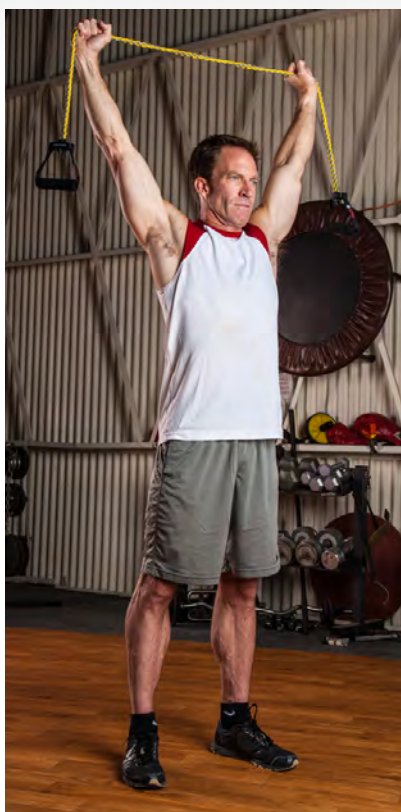


TISSUE/NEUROMUSCULAR READINESS WARM-UP DRILLS



BAND DISLOCATIONS: Stand and, with both hands, hold a light resistance band taut in front of the shoulders. Pull the band apart while bringing the outstretched arms overhead and behind the body, then back in front of the shoulders.



BIRDDOG: From a quadrupedal position, extend the opposite arm and opposite leg in a slow and controlled fashion, maintaining neutral spine for the duration of the set.



FIRE HYDRANT CIRCLES: From a quadrupedal position, lift the bent knee out to the side while maintaining neutral hips. From this position, perform one set of circles, 10 repetitions in each direction.



T-BAR PUSH-UP: From a push-up position, perform a full push-up. During the concentric phase of the push-up, rotate the torso and hips concurrently while making a T with the upper body. Rotate and lower the body back to the ground and repeat on the opposite side.



STAR LUNGE: Perform a forward lunge with each leg, a lateral lunge with each leg and then a reverse rotational lunge with each leg, coming back to the middle between each lunge. This series is considered one repetition.





REVERSE CROSS LUNGE: Perform a reverse lunge with the lunging leg crossing behind the forward leg. Return to standing position and repeat.



HIGH-KNEE RUN: With proper upper-body sprinting movement, drive the knees up as high as possible as quickly as possible with feet landing directly underneath the torso. Aim for maximum reps within the desired distance.



HURDLE HIP MOBILITY: Lean into a wall with the arms fully extended. Extend the leg backward, and then laterally abduct and rotate the hip up toward chest level (or as high as possible).



MEDICINE BALL SIDE TOSS: Stand sideways to a wall and hold a medicine ball extended away from the body at chest height. Rotate the whole body backward and then quickly switch directions, throwing the ball as hard as possible into the wall. Pick up the ball and repeat for desired reps.



MEDICINE BALL BACK TOSS: This exercise is best performed in an area with plenty of space. Assume an athletic stance and hold a medicine ball at waist height. Using an explosive movement, throw the ball up and over behind the head for height and distance.



SIDE-TO-SIDE SKATER JUMPS: From an athletic stance, dip low and jump laterally, landing on the right foot. Load up the right foot and explode laterally and land on the left foot. Repeat for desired reps.



WALL ANKLE MOBILITY: Stand in a split stance, roughly 6 inches from a wall. Keep the front heel planted and move the knee as far over the toes as possible and then return to the starting position.



DEPTH JUMP: Begin standing on a box. Step off onto the ground, immediately reverse momentum and jump as high as possible.

BODY WEIGHT JUMP SQUAT:

Stand with the legs shoulder-width apart and the toes pointed straight forward. Push the hips back, descending into a squat until the thighs are parallel to the ground. Next, swing the arms upward and jump as high as possible. Land on both feet, reset and repeat.

