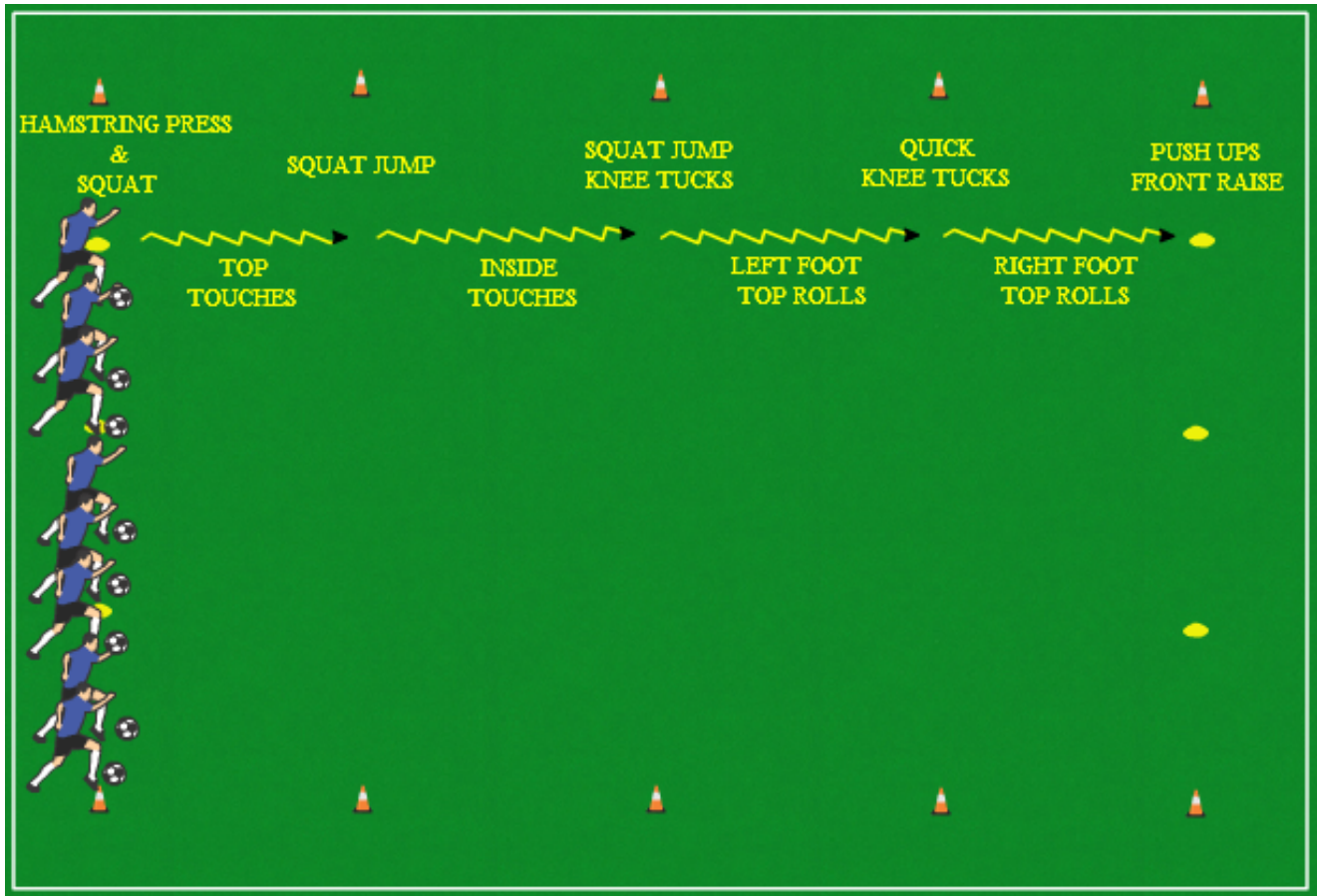


Warm Up: Phase 2
Strength and Plyometric Movements and Skills

- | | |
|--|--|
| <ul style="list-style-type: none"> • Hamstring press (5 repetitions) • Squats (5 repetitions) • Top touch forward (5 yards) • Squat jump (5 repetitions) • Inside touch forward (5 yards) | <ul style="list-style-type: none"> • Squat jump knee tuck (5 repetitions) • Top rolls left foot (5 yards) • Quick knee tuck (5 repetitions) • Top roll right foot (5 yards) • Pushup front raise ball tap (5 repetitions) |
|--|--|



Dynamic – Active Stretch

Upper Body (stationary)

Arm swing across (3-5 repetitions)

Full lateral arm raises overhead (3-5 repetitions)

Alternating arm circles backwards (3-5 repetitions)

Alternating arm circles forwards (3-5 repetitions)

Lower Body

Lunge twist with ball in hands (5 yards)

Stationary IT band half-moon with ball in hands (3-5 repetitions)

Reset

Leave ball and jog 15 yards back to the starting point

Modifications:

Pre-Game Warm Up: Following phase 2 proceed to partner and group passing and trapping exercises.