

### **Football Dynamic Warm Up**

A solid warm up is made up of two parts, the general and specific part. During the general part you prepare the muscular system for the movement of all large muscle groups. The specific part, warms you up for specific body exercises.

1. **3 way jumping jacks (10 reps)**

**a. Flings:** Dynamically stretches the shoulders, chest, groin and hips. These are done similar to jumping jacks. The beginning position of the fling looks like a "star" (your hands are straight out to the side and legs are wide apart). From this position, cross your right arm over your left and your right leg over your left. Go back to the "star" position and reverse the process.

**b. Seal Jumps:** Start in the same position as a fling, but instead of crossing your arms and legs over, your feet are together and your hands will be clapped straight out in front of you with your arms extended at the top of the movement.

**c. Jumping Jacks:** Start with feet together and hands directly at your side. Feet go apart and your hands raise above your head. Reverse the process.

**Why:** low-intensity movements to start off your warm-up. Raises core temperature and dynamically stretch the shoulders, chest, groin and hips. It prepares the body for more intense movements.

2. **Bodyweight Squats (10 reps):**

Interlock your hands behind your head, or extended out in front of you. Keep your feet about shoulder width apart and do the equivalent of a parallel squat.

**Why:** This warm up activity increases core temperature and the range in motion for the hips, knees and ankles.

3. **Alternating Line Jump (2 sets of 5-10 seconds):**

With your toes upturned (dorsiflexion), knees and elbows slightly bent (hands in front of you), jump up and down, alternating feet on each side of a hash or yard line. Athletes should get feet moving as fast and frequently as they can from start to finish.

**Why:** Increase core temperature and increase range of motion in feet and ankles.

4. **High Line Jump (20 repetitions):**

Same idea as alternating line jump, except you're getting more height on your jumps and athletes feet are together jumping back and forth over a hash or yard line.

**Why:** Increase core temperature and range of motion in feet and ankles.

5. **Hip Fires:** (10 reps each way for each side):

Athletes will start on a line and walk. As they walk they will raise their knee up even with the waist and fire (rotate) the hip to their side. They will do 5 to the right and 5 to the left as they walk 15 yards and then jog out 5 yards. Athletes will do the same thing on the way back to the goal line.

**Why:** Hip mobility and muscles are important for speed, power, and change of direction movements. Hip fires will warm up hips and increase mobility.

6. **Carloca:** (20yds down and back)

On the line, athletes will move side to side alternating feet/legs in front and then behind.

**Why:** warms up hips rotationally.

7. **Butt kickers:** (10yds-jog 10)

Teams on the line, short steps with quick feet bring heel and feet up behind you.

**Why:** Warms up hamstrings

8. **Side Shuffle:** (20 yards)

Shuffle to the side in an athletic football position, with head and chest remaining at one level, and without allowing your feet to either click together or cross.

9. **High-Knees "Alley" Run:** (20 yards)

This is a sideways run that simulates a linebacker's scraping motion, except each forward stride (when your knee comes across the body) will be made by kicking your knee as high up and across as you can.

**Why:** During the course of a game players will shuffle, scrape, run, and back pedal. High knees and shuffle are ways to increase range of motion in the hips and increase core temperature while doing specific football movements.

10. **Breakdowns** (10 repetitions):

Begin with feet together, standing erect. On the "breakdown!" command, drop quickly into the athletic "breakdown" position – feet slightly wider than shoulder width, knees bent, lower back slightly arched, head up, and with your weight on the balls of your feet. From here, you'll jump back into the starting position and drop back into the breakdown position to perform one rep. You can also add in upper body movements like hands on helmets and/or knees or hips.

**Why:** Increases core temperature, reinforces football specific movement