



# DYNAMIC WARM-UP ROUTINE

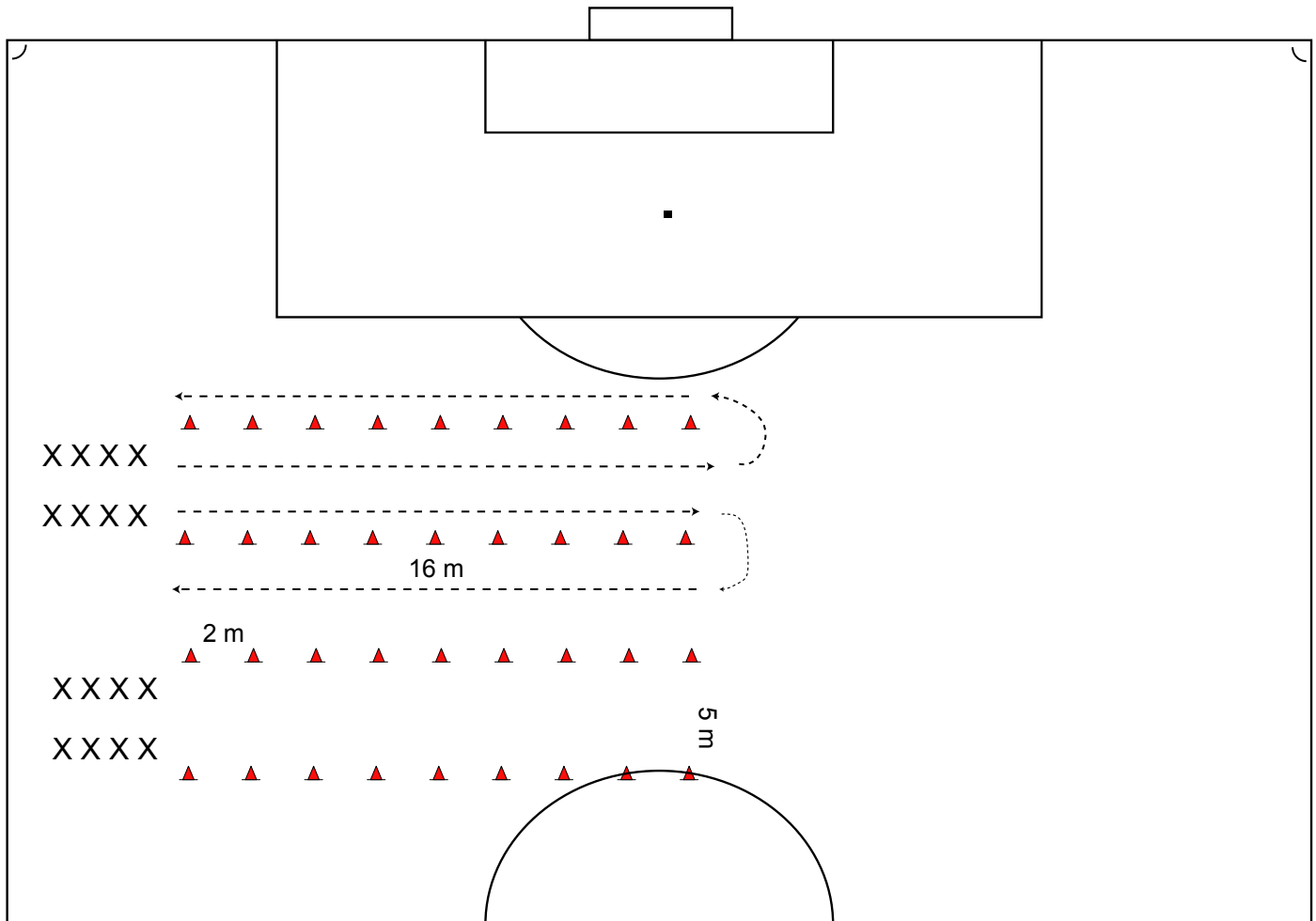
BY TOM SAUDER

A bonus book from Coach's Advantage





# Dynamic Warm-Up Routine



1. Easy jog up - 2 x
2. Short steps, hip out at cones - 2 x
3. Short steps, hip in at cones - 2x
4. Jog, hands behind back, touch heels - 1 x
5. Short steps, shuttle across at cone, criss-cross with opposite line - 1 x
6. Short steps, shuttle to middle at cone, jump and touch shoulders with player from opposite line - 1 x
7. Sprint two cones forward, jog one cone backwards - 1 x
8. Acceleration sprints leading to full speed for the last 5m - 3 x

Do exercises inside cones and return jogging back on outside of cones

If you need to see what the movements look like go to: <http://f-marc.com/11plus/exercises/>

## Working With Ball

Do the drills in the warm-up section of the practice plans as described. Feel free to insert the static stretching at your discretion and team needs.