

Dynamic Flexibility Training



Perform the enclosed program every time that you play sports whether practice or games.

These activities should be performed over a 25-30 yard distance.

Core Temperature increase

Backwards run at 75-100% full speed and return with a light skip forward back to the start. Repeat for approximately 6 minutes or until a light sweat forms on the athlete's forehead. For some athletes, this may take 8-10 minutes.

These activities should be performed one to two times over a 25-30 yard distance at a moderate to rapid pace.

Heel / Toe Walk

Perform a normal walk with an emphasis of the heel striking the ground; immediately as the heel strikes the ground, roll forward and rise up on the toes as high as possible.

Walk and Knee to Chest Slowly

With each walking step, bring one knee up to the chest and hold briefly. Key on the balance while one leg is up, and the plant leg is as straight as possible.

High Knee March

With each marching step, bring one knee up to the chest as high as possible. Key on the balance while one leg is up, and the plant leg is as straight as possible. A higher progression is to take the knee into the armpit and hold for a short pause.

Lunge Walk Backwards

Moving backwards, lunge back about $\frac{3}{4}$ your body height and spring back up to a standing position. Continue to lunge backwards.

Frankenstein Walk

Place both arms straight, forward, shoulder-height and interlock the thumbs. With each marching step, bring one foot to the opposite hand. With the next step, repeat for the other foot. Key on the balance while one leg is up, and the plant leg is as straight as possible.

Long Adductor Stretch

Stand sideways to the direction that you are moving with feet approximately $1\frac{1}{2}$ to 2 shoulder widths apart. KEEP BOTH HEELS ON THE GROUND at all times in this activity. Bend the knee of the lead leg ('upstream') and keep your body weight over this leg as you attempt to get the 'downstream' calf to touch the ground. Most athletes cannot get all of the way down if both heels stay on the ground, but can get close. As soon as you either touch that calf to the ground or hit the bottom point of the available motion, pivot on 'upstream' leg and repeat for the other leg moving across the field.

Spiderman

Assume a push-up position. Move the left foot to the immediate outside of the left hand. Press the hips down towards the ground. Then, keeping the right arm straight, attempt to get the left forearm flat onto the ground. Crawl forward back to a push-up position and repeat with other leg.

Buttock Kicks

Jog forward and as each leg comes off the ground, kick the buttocks hard enough to make a smacking sound. Return by jogging backward kicking heels to the buttocks.

Heel Walk

Walk on your heels only with straight legs with the toes as high in the air. Do not let the feet rotate out to the side – keep them pointing forward. Do this for 3-4 minutes. Older teams can do this for 5 to 7 minutes

These activities should be performed in place

Rapid Toe Touch

Standing in place on one leg with the other leg's knee slightly bent, heel in the air and toes touching the ground, tap one toe against the floor as many times as possible in 10 seconds. Repeat with the opposite foot. Repeat with each foot for 20 and then 30 seconds.