



Youth Sports Dynamic Warm Up & Dynamic Flexibility Speed Prep

Approximate Duration:

AGE	4-7 years olds	8-10 years olds	10-12 years old	12+ years old
TIME	2-3 minutes	3-5 minutes	5-8 minutes	8-12 minutes

Running Dynamic Warm up: 20-30 yards @ 50-75% each and repeat 1-2 times with perfect form

							
<p>Form Run:</p> <p>Fingers slightly touching or straight, 90° elbow, “cheek – to-cheek” hands w/ movement at shoulder, <i>Dorsiflexed Ankle</i>, run with normal stride.</p>	<p>Shuffles:</p> <p><i>Athletic Stance</i>, balls of feet and swing arms overhead, move sideways.</p>	<p>High Knees:</p> <p>90° elbow, 90° leg action, <i>Dorsiflexed Ankle</i>, Body upright or forward.</p>	<p>Butt (Bottom) Kicks:</p> <p>90° elbow, “cheek-to-cheek” hands w/ movement at shoulder, <i>Dorsiflexed Ankle</i>, bent leg at 45° hip flexion.</p>	<p>High Knee Carioca:</p> <p><i>Athletic Stance</i>, drive trail leg quickly over lead leg with “high knee” then rotate hips and bring trail leg behind lead leg.</p>	<p>“A” Skips:</p> <p>Fingers slightly touching or straight, 90° elbow, “cheek-to-cheek” hands, movement at the shoulder, <i>Dorsiflexed Ankle</i>, hop on one foot then hop on their foot.</p>	<p>Backward Run:</p> <p><i>Athletic Stance</i>, long strides, “cheek-to-cheek” hands with movement at shoulder, balls of feet.</p>	<p>Skip Kicks:</p> <p>Fingers slightly touching, 90° elbow, “cheek-to-cheek” hands, movement at shoulder, <i>Dorsiflexed Ankle</i>, hop on one foot, hop on other foot, extend knee.</p>
All Ages	All Ages	All Ages	All Ages	All Ages	Ages 10 +	Ages 10+	Ages 12+

Athletic Stance: Feet slightly outside shoulder width, weight on balls of feet, hips back, knees bent, chest up.

Dorsiflexed Ankle: Keep foot flexed upward toward shin to create “ready position of foot. This promotes landing on the ball of foot.