

Dynamic Flexibility Speed Prep

Ages 4-8: Jumping Jacks, Air Squats, Single Leg Hops, Push Ups x 10

Pre-Practice/Game x 5-10 minutes with appropriate teams or Pre-Speed and Agility Training



Walking Knee Pull/Quad Pull:

Pull knee to chest with *Dorsiflexed Ankle*, reach arm overhead and pull until stretch in quad.

Ages 8+



Walking Soldier Kick:

Back foot flat, knee straight, *Dorsiflexed Ankle* kick forward toward opposite hand with control until slight stretch in hamstring.

Ages 8+



Lunge Walk with Arms Overhead and Tilt:

Hands behind neck, lift knee high, step out to lunge, push hands overhead, tilt hands and body towards the knee in front.

Ages 8+



Arm Swings Across Chest:

Swing arms back and forth across chest making "hugging" motion. (10 reps)

All Ages



Arm Circles:

Make small circles with arms forwards then backwards. Do the same making as large circles as possible. (10 reps)

All Ages



Arm Swings:

Swing arms opposite directions front to back close to body. (10 reps)

All Ages



Walking Figure 4 Glue:

Cradle knee and foot and lift toward chest until stretch in glute. If athlete cannot lift leg, lean forward with leg resting on knee as in first picture.

Ages 12+



Walking Inchworm w/ Push Up:

Walk hands to push-up position, perform 2-5 pushups, walk toes toward hands with knees straight. Feel stretch behind knees. Hands move, then feet move.

Ages 8+



Walking Sideways Lunge w/ Sumo Squat:

Feet squared off, lunge into lead leg, tilt towards trail leg until stretch in groin, repeat on opposite leg. Squat center, elbows inside knees, press outward to stretch groin.

Ages 12+



Walking Spiderman:

Walk hands to push-up position, foot to outside hand on same side, reach opposite arm to ceiling and walk to push up position dragging back foot. Repeat on opposite side.

Ages 12+



Leg Swings:

Front to Back: Stand tall, swing leg front to back with *Dorsiflexed Ankle*. **Side to Side:** Stand tall swing leg side to side keeping toes pointed toward wall. (10 each way)

Ages 12+



Walking RDL:

Keep back flat and reach down with hands to floor, raise hands straight ahead 90° by ears, stand tall.

Ages 12+



Walking Toe Grab:

Hinge at hip w/toe-to-nose until stretch behind knee, keep back flat, reach toward toe with hands.

Ages 12+



Walking Fire Hydrant:

Bring knee to chest and lift hip sideways 45°. Kick leg sideways with *Dorsiflexed Ankle* and toes forward.

Ages 12+