

Description of Dynamic Warmup:

- Perform Very Slowly at first then as skills get better add more speed.
- Length = 100 feet (approximately 20 contacts)
- Three repetitions each with a walk back to the start

1. **Straight Leg Bounces (all others are based on this skill)**

Keys:

- Feet stay under and behind the athlete (not a Goose Step)
- Both legs locked at the knee
- Both feet Dorsi flexed
- Athlete Bounces from the balls of the foot.

2. **Cycle Right leg w/ 2 step between**

Start with Straight Leg Bounces then

Keys:

- Right Foot covers opposing Knee
- Right Foot stays under knee
- Right Foot is Dorsi Flexed when brought forward under knee
- Left Leg stays straight with foot dorsi flexed.

3. **Cycle Left leg w/ 2 step between**

Keys:

- Left Foot covers opposing Knee
- Left Foot stays under knee
- Left Foot is Dorsi Flexed when brought forward under knee
- Right Leg stays straight with foot dorsi flexed.

4. **Cycle Alternate legs w/ 2 step between**

Keys:

- Front Foot covers opposing Knee
- Front Foot stays under knee
- Front Foot is Dorsi Flexed when brought forward under knee
- Back Leg stays straight with foot dorsi flexed.

5. **Cycle Right leg every step for 1/2 the distance**

Keys:

- Right Foot covers opposing Knee
- Right Foot stays under knee
- Right Foot is Dorsi Flexed when brought forward under knee
- Left Leg stays straight with foot dorsi flexed.

6. **Cycle Left leg every step for 1/2 the distance**

Keys:

- Left Foot covers opposing Knee
- Left Foot stays under knee
- Left Foot is Dorsi Flexed when brought forward under knee
- Right Leg stays straight with foot dorsi flexed.

7. **Left leg Gallups, Basically a Cycling action for heighth.**

Keys:

- Left Leg in front.
- Right Leg behind and straight
- Both Legs stay in those positions

8. **Right leg Gallups, Basically a Cycling action for heighth.**

Keys:

- Right Leg in front.
- Left Leg behind and straight
- Both Legs stay in those positions

9. **3 Step Jumps for distance**

Keys:

- Jog then Jump from the takeoff leg and land on other leg.
- Keep a good takeoff position throughout.

10. **30 meter Sprints**

Keys:

- Keep speed low so positions and posture are maintained.