

Xlathlete.com

Youth Dynamic Warm up Pregame & Practice

Running

For best results make Running Section Continuous, either in large circle or down and back pattern. Perform each exercise for 10 to 20 yards.

- [Jogging Forward](#)
- [Jogging Backward](#)
- [Carioca](#) Left
- [Carioca](#) Right
- [Skipping Forward](#)
- [Skipping Backward](#)
- [Jog w/ Crossover Step Forward](#)
- [Cherry Pickers](#)
- [Shuffle \(X-arm swing\)](#) Left
- [Shuffle \(X-arm swing\)](#) Right
- [Gallop Forward](#) – Right Leg Leads
- [Gallop Forward](#) – Left Leg Leads
- [Gallop Backward](#) – Right Leg Leads
- [Gallop Backward](#) – Left Leg Leads
- [Skip w/ Flared Knees Backward](#)
- [Carioca Quick Step](#) Left
- [Carioca Quick Step](#) Right
- [Skip w/ Kick Forward](#)
- [Foot Fire](#)

Walking directions – the exercises are sequenced in a walk then standing movement. Complete walking movement for 10 to 15 yards.

Walking

- 5 PNF Both Legs [Inside](#) and [Outside](#)
- [Walking Forward on Inside of Feet](#)
- 5 PNF Leg Flares Both [Forward](#) and [Backward](#)
- [Walking Forward on Outside of Feet](#)
- [Standing Arm Circles](#) – 4 each way
- [Walking Forward on Toes](#)
- [Trunk Twists Reindeer](#) – 4 each way
- [Franks](#)
- [Walking Bend Ankle Grab](#)
- [Lumbar Rolls](#) – 4 full circles each way
- [High Knee Pulls w/ Figure 8 Shake](#)
- [Messier Squats](#) – 3 each way
- [Walking Lunge](#) w/ Palms to Ceiling
- Vision Shift Training [High](#) and [Low](#) – 10 each way
- [Forward Crossover Walking Lunge w/ Twist](#)
- [X-Behind](#) – 4 each way
- [Shuffle w/ Drag Foot](#) – 3 Reps right/ 3 Reps Left
- [Walking Backward Reaches](#)
- [Leg Swings Forward and Backward](#) – 4 each leg
- [Straight Leg Toe Touch Walk](#)
- Leg Swings Sideways – 4 each leg
- [Reverse Flare Lunge – Palms to ceiling](#)
- [Single Leg “T” RDL Look Toward Leg](#)
- [Reindeer Elbow Circles](#) – 4 each way
- [Spiderman Crawl](#)
- Thumb Look-Aways – [Up](#), [Down](#), [Right](#), [Left](#)

Videos can be found at Xlathlete.com along with the digital version of Sheet