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On-Field Dynamic Warm Up For Football

1) Jogging

Around Perimeter of **Half the Field** End Zone – Side Line – 50 Yard Line – Side Line – Then Back to End Zone



4) Backward Long Stride Reach

15 Yds - End Zone to 15 Yard Line
15 Yds - 15 Yard Line to End Zone



2) Backward “DB Shuffle”

15 Yds - End Zone to 15 Yard Line
15 Yds - 15 Yard Line to End Zone



5) Walking Lunge to Straight Leg Kick

10 Yds – End Zone to 10 Yard Line
Then Jog Forward Final 5 Yards



3) Carioca High Knee

15 Yds - Face Left End Zone to 15 Yard Line
15 Yds - Face Right 15 Yard Line to End Zone



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6) Walking Backward w/ Flare Knee

10 Yds – 15 Yard Line to 5 Yard Line
Then Turn and Jog Forward 5 Last Yards



9) Walking High Knee Pull

10 Yards – 10 Yard Line to End Zone



7) Shuffle Drag Foot

10 Yds Facing Right– End Zone to 10 Yard Line

10 Yds Facing Left – 10 Yard Line to End Zone



10) Frankenstein

10 Yards – End Zone to 10 Yard Line



8) Long Stride Reverse Reach

10 Yards – End Zone to 10 Yard Line



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11) Reverse Walking w/ Toe Touch

Hold

10 Yards – 10 Yard Line to End Zone



12) Standing Arm Circles

Forward and Backward

5 to 8 Seconds Each Direction



13) Neck Rolls

10 reps



14) Trunk Rolls

5 Each Direction



15) Trunk Twist

5 Each Direction



16) Jogging

25 Yds - End Zone – 25 Yard Line



**BEGIN POSITION SPECIFIC PRE
GAME/PRACTICE DRILLS**

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