

Dynamic Warm Up for Northampton Soccer Club

The below warm up is designed to take 10-12 minutes and is age -appropriate for the young athlete. The athletes should line up next to each other on one of the lines on the outer edge of the field. Each athlete performs each movement while moving in a forward direction for approximately 25 feet. Then they turn and do an easy run back to their starting position.

- 1) **Straight easy run forward** : Athletes run at an easy pace forward and then turn and run at an easy pace back to their starting position
- 2) **Straight leg kick**: Athletes move forward while kicking one leg straight out in front of them- hips and body stay square, standing leg is straight and foot is flat. Recommend hands on hips. Alternating kicks each leg
- 3) **Quad stretch**: Athletes move forward while doing a quad stretch with each step. Body should be straight and they should hold each quad stretch approximately 3 seconds- one stretch with each step forward alternating legs. The opposite arm stretches up overhead.
- 4) **Hip Rotation**: Athletes moving forward while performing hip rotation as if they were trying to clear a hurdle- leg starts behind them and rotated outward and then circle around to bring it forward. Chest tall, hips straight ahead and one movement with each step. (Optional..... you can also have the athletes reverse this and do the “inside out” movement if you feel they can handle it with good form.)
- 5) **Walking Lunges**: Athletes step forward into a lunge and reach both arms overhead- ensure knee does not come forward over toes on the lunge leg- repeat one lunge for each step
- 6) **Bear Walk**: Hand and feet both on the ground and the athlete moves forward hands and feet on alternating sides
- 7) **Butt Kicks**: Athletes move forward and try to tap their butt with their heel during each stride
- 8) **High Knee Skip** : Athletes skip forward making sure to emphasize high knee lift
- 9) **Side shuffle**: Athletes face sideways and shuffle down the field and easy run back and then face the other way and shuffle down the field, easy run back
- 10) **Squat jump for 5 into run**: Athlete performs 5 squat jumps with correct form touching the ground in between each jump and then runs forward at a fast pace then fast run back
- 11) **Figure 8 around cone**: Cone is placed approximately 20 -25 feet in front of the athlete and they sprint forward and run around the cone touching it - getting “low to the cone” and then sprinting back. This involves the “plant and pivot” of the foot closest to the cone.

Questions? Or if you would like some agility and strengthening drills and exercises please feel free to contact us!

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Also: The Cooley Dickinson Orthopedics and Sportsmedicine Physicians offer a walk-in clinic Monday through Friday from 8am-4:30pm at their West Hatfield office. They can take a look at any orthopedic injury, take x-rays, provide braces and casts if needed and also have an orthopedic surgeon step in to consult: Phone: 586-8200