

Dynamic Warm-Ups

SAG 2008

Presented By:

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“Dynamic Mobility before exercise and Static flexibility after exercise”

Prior to Activity: Dynamic Warm Up

- Goal of Warm Up: create compliancy between mind and muscle
 - Nervous system activation
- Warm up athletically to prepare mind and body for explosive action
- Take a multidirectional approach to warm-up. Movement of sport and play occurs forwards, backwards, laterally and at different angles. Linear warm-ups (i.e. running around the playing field) does not prepare the body for action.

Prescription Considerations:

Dynamic movement:

- Increase blood flow or cardiovascular output (i.e. HR & Stroke Volume).
- Increase core temperature and elasticity of the muscle tendon unit.
- Increase synovial fluid within the joint.

Dynamic Range of Motion:

- Sport Specific Range of Motion – Progressions
 - a) Short Slow Range
 - b) Long Slow Range
 - c) Long Increased speed and range of motion

Dynamic Activation:

- Fast Twitch muscle fiber activation
- Angle of force application
- Explosive priming for max muscle potential.

Post Activity: Static Stretching

- 99% of athletes do not stretch properly- Players can improve their performance with flexibility
- Helps to remove metabolites after training through increased blood flow
- Increased nutrient supply for repair
- Returns a muscle and muscle tendon to their resting/relaxed length
- Muscle-tendon junction is often the site of most high-speed injuries. Being flexible means being safe at the end range of motion.
- Post-stretching with deep breathing is a perfect time to implement visualization, or relaxation techniques

Prescription Guidelines:

- Move slowly into a stretch until you feel a slight strain (perceived 40% tension)
- Hold each stretch for 60 seconds. You can stretch a muscle in 30 seconds but it takes 60 seconds to target the muscle tendon junction

Station 1: General Dynamic Warm Up- No Equipment

- Cool Walk
- Cool Walk with High Knees
- Cool Walk into a Skip
- Forward Jog
- Backwards Reach and Pull through
- 45 degree Lunges
- Lateral Shuffle
- Carioca w/ upper sway
- Carioca w/ no sway
- Sumo Squats forward
- Sumo Squats backwards

Station 2: No Equipment

- Squat with Partner Taps
- Single Leg Squat with Partner Taps
- Single Leg Jump and Land
- Lateral Bound with Partner Taps

Station 3: Cone Zig Zag Drills

- Forward Run to Open Step (over emphasize getting low)
- Forward Run to Circle and Open Step
- Forwards to Backwards Transitions (Break Left, Break Right)
- Lateral Shuffle- Plant and Go
- Lateral Shuffle to Hop and Go
- High Knee Cross Overs
- Fast Feet to Open Step on Cue.

Station 4: Fast Feet

- Forward 1 foot per
- Forward 2 feet per
- Lateral Quick Step
- Forward Shuffle
- Lateral 2 in 2 out

Station 5: External Reactivity

- Quick Step Toe Touch
- Reaction Ball 21
- Circle Tag
- Towel Tag