

Turning the Warm-up into a Workout

This weeks article will focus on turning pre-practice warm-up drills into a fitness session that can be done any time. As with the warm-up, these drills will start easy and progressively get harder. The fitness drill will be set up as follows:

Set up a straight line of cones 10 feet apart out to 30 yards. Have your team partner up, with one partner on each side of the first cone, facing forward like setting up for a race to the last cone. The second pair of partners will line up behind them, then the third, then the fourth, and so on. On the whistle, the first pair will race by skipping to the last cone 30 yards away. The recovery period is built in as a jog back to the starting position. When the first pair hits the first cone, the second group will go and so on. The drills will be done in the following order:

1. Skipping
2. Striding
3. Side Shuffling Right
4. Side Shuffling Left
5. Back Peddling
6. Skipping for Height
7. Skipping for Distance
8. Sprinting
9. Bounding Right
10. Bounding Left
11. Backwards Sprinting
12. Bounding from the left foot to the right foot
13. Broad jumps
14. Sprinting
15. Walking Lunges
16. High Knees

17. Butt Kicks

18. Straight Leg Run

19. Sprinting

20. Rest and Stretch

Repeat as necessary for the desired workout, up to 3 sets through.

See the following diagram for further instruction on the drill set up:

X=player

*=cone

