



# Movement Preparation

**1) Dynamics - engage large muscle groups to prepare the body for physical activity**

Do activity below for 15-20m out and walk briskly / jog back.

- |   |                       |
|---|-----------------------|
| a) High Knees                           | e) Backward walking   |
| b) Butt Kicks                           | f) Mini 'skip'        |
| c) Side step / shuffle (2X: 1 each way) | g) Obstacle step over |
| d) Grapevine (2X: 1 each way)           | h) Balance / knee hug |

**2) Weaving Pylon Drill - Repetition based cutting and maneuvering**

Perform drill a) OR b). See manual for details.

- Weave through 5-10 Pylons, spaced 1.5-2m apart at a brisk walk or run. Focus on sharp cuts.
- 2-5 sets starting on left side of pylon, 2-5 sets starting on right side of pylon.
- Weave through and walk briskly / jog back.

**3) Accelerations - Neuromuscular and cardiovascular benefits**

Begin each acceleration with a), the b) then c), and accelerate after each with a brisk walk or run for 15-20m. Walk briskly / jog back.

- a) Drop and go (to chair or kneeling lunge)
- b) 90° Hip open and go (stand sideways with R foot forward, open R hip to step forward and go) (2X: 1 each way)
- c) 180° Hip open and go (Above + step closed to face front, step R again to face wall, L foot opens to step front and go. (2X: 1 each way)

**4) Ladders - Quick steps and eye-foot coordination improves agility, reaction and awareness**

Do 2 passes of each. Walk briskly / jog back.

- |                                       |                                |                       |
|---------------------------------------|--------------------------------|-----------------------|
| a) In-in out-out <b>front</b>         | e) Rapid through               | i) Lateral Crossovers |
| b) In-in out-out lateral <b>left</b>  | f) Twisties (modify as needed) | j) Step, jump         |
| c) In-in out-out lateral <b>right</b> | g) High Knees                  |                       |
| d) Icky shuffle                       | h) Hop scotch                  |                       |

**5) Mini Core Routine - activate and strength core stabilizing muscles**

Hold each plank for 5-10 seconds. Modify as needed.

- |                        |                             |
|------------------------|-----------------------------|
| a) Front plank         | f) Up-up down-down plank    |
| b) Side plank left     | g) Leg extended plank left  |
| c) Side plank right    | h) Leg extended plank right |
| d) Pointer plank left  | i) Rolling plank            |
| e) Pointer plank right |                             |