

Championship Camps

Dynamic Warmup

TEAM WARM UP

800 meters jog in less than 4.5 minutes (1st Lap Easy, 2nd Lap 100 pickup, 100 easy, 100 pickup, 100 easy)

SERIES ONE

Eagles: Prone and supine - 10 each position
Scorpions:

Leg Swings: Frontal and Side to Side: 10 each leg

C's: 10 each leg into a wall or bleacher (Hurdle Lead)

SERIES TWO

Skipping with front arm circles
Skipping with low arm circles
Skipping with alternate arm circles
Skipping with wide arms to a hug action
Carrioca: Emphasis on driving the knee
Step and Lunge: Big chest, 90 degree angles
Rapid Foot Fire



SERIES THREE

Wall push ups (straight and bend leg)
Wall running
Perfect Pawing

Knee to Chest 15 Count
Hamstring Stretch leg to chest and straighten 15 Count
Ankle Stretch/ Partner Shins
Walk on toes & heels
Rocking Horse (knee drive)
Hopping Front Back Side Side

SERIES FOUR

Traveling A Skips knee up, heel up, toe up 90 degree arms
Traveling B Skips knee up, heel up, straighten and pull down
Front A Lateral A 2 foot hop (one leg down one leg back)
10x Quick A in Place and Sprint

POWER EXERCISES

Group A

Mini Hurdle Run
Ladder Runs
Stairs
Backward Run
Fast Leg Running

Group B

Hurdle Shuffle
Pat Pat
Straight Leg Bounding
Heel Pops
Power Skipping

Group C

Acceleration
Drills
Beam Runs
Lunges
Ankling

COOL DOWN

Leg Swings (Front and Back)

Wall Push Ups (Straight Leg and Bent Leg)

Roll Back, knees to ground and parallel extension to floor

Spread Leg Hamstring Stretch

Straight Leg Hamstring Stretch

Adopted from:

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