

## **Linear Warm-Up**

[http://video.kudda.com/clinic/Stretching\\_with\\_the\\_Continuous\\_Warmup\\_/Continuous\\_Warmup\\_1](http://video.kudda.com/clinic/Stretching_with_the_Continuous_Warmup_/Continuous_Warmup_1)

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The linear warm up is a series of sprint related drills that prepare the body for straight ahead sprinting. These drills will raise your core temperature while at the same time actively take each muscle through its full range of motion. Make sure you take this portion of your training seriously because many injuries can be prevented with a proper warm up.

### **Linear Warm Up (20 Yards Each)**

**High Knee Walk**

**Same Hand Heel to Butt**

**High Knee Skip**

**High Knee Run**

**Butt Kicker**

**Straight Leg Deadlift Walk**

**Straight Leg Skip**

**Backpedal**

**Backward Run**

**Overhead Lunge Walk**

**Inchworm**

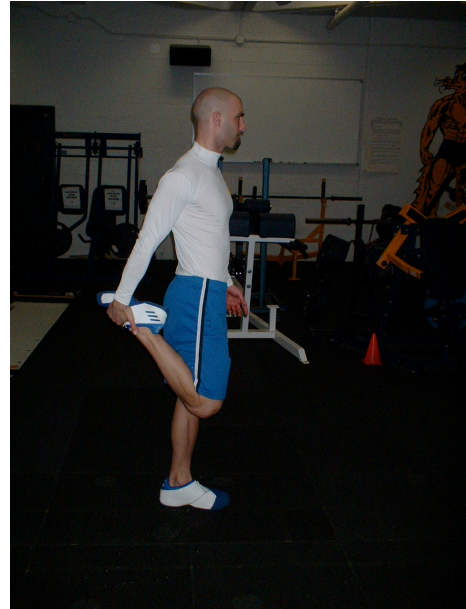
## **High Knee Walk**

The high knee walk begins the warm up by stretching the glutes. As you step forward, grab your shin and pull the knee toward your chest. Focus on standing up tall (perfect posture), pushing up on your toe and keeping a knee up toe up position.



## **Same Hand Heel to Butt**

The same hand heel to butt begins to warm up and stretch the quads. Standing up tall bring your heel to your butt, grab it with the same hand while giving a slight pull rise up on your opposite toe. Step forward with the same leg you stretched. Forward movement should be in a one step rhythm stepping forward with the same leg you stretched.



## **High Knee Skip**

The high knee skip will begin to warm up the hip flexors. Focus on bringing the knee up toe up with elbows at 90 degrees while skipping. Do not worry about speed or height but a smooth rhythmic motion.



## **High Knee Run**

The high knee run is a bit faster pace. During this drill you should stand up tall (good posture) while picking your feet up to a knee high level getting a large number of foot contacts (at least 40 over 20 yards). Remember to keep good posture and move slow forward but fast off the ground with lots of contacts (knee up, toe up, good arm action).



## **Butt Kicker**

The butt kicker is exactly what it sounds like. Focus on bringing your heel to your butt again trying to move slow forward with a lot of contacts. This will actively warm up your hamstrings while taking your quads through a full range of motion.



## **Straight Leg Deadlift Walk**

The straight leg deadlift walk is a great hamstring stretch. This drill will also force you to balance helping strengthen your ankles, knees, and hips. Reach both arms out to the side while attempting to lift one leg up to waist height. Try to stay as straight as possible reaching the back leg out with the toe pointed straight down at the ground. To move forward, bring the leg back through for one large step.



## **Straight Leg Skip**

The straight leg skip increases the dynamic stretch on the hamstring while activating the hip flexor. Focus on standing up tall with your hands straight out in front as a benchmark for the height of the foot. Actively fire your hip flexor to raise your leg in a skipping motion.



## **Backpedal**

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The backpedal is a movement to help warm up your quadriceps. The feet should remain directly under your hips with small quick steps.



## **Backward Run**

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The backward run is running in reverse. You should focus on pushing off the front leg while reaching out with the back leg.

\*note in the picture this athlete is leaning forward. Try to run backwards with the same posture that you run forward.



## **Overhead Lunge Walk**

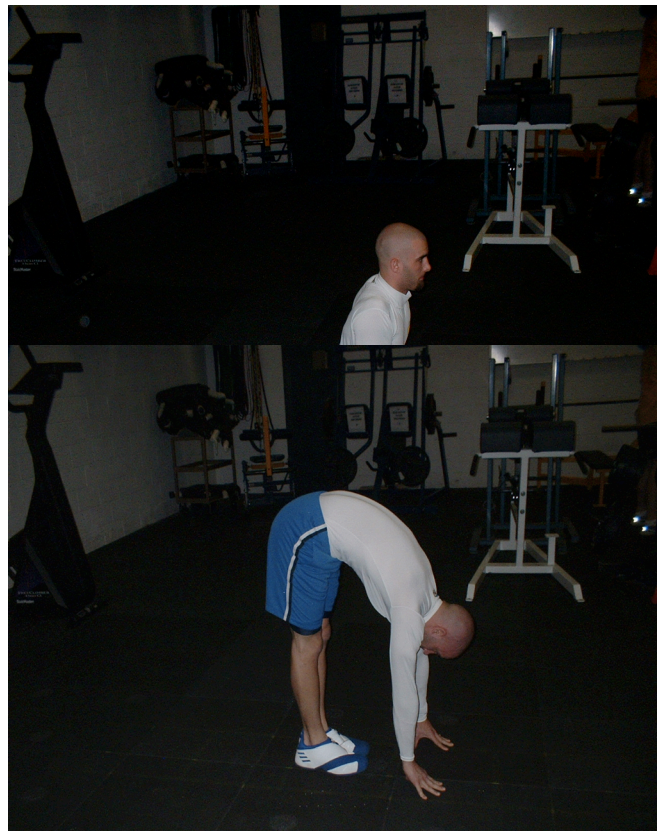
The overhead lunge walk will stretch out and warm up the hip. Begin by standing up tall, grabbing one thumb and pulling your arms straight overhead. Next step forward dropping the back knee towards the ground. As you come up step up and over your opposite knee taking another step forward.

\*during the first week only go one way with this exercise.



## **Inchworm**

The inchworm is possibly the best total body warm up activity but one of the most hated. Begin in a push up position, drop the hips to stretch the abdomen (if this hurts your back simply stay in push up position to start), walk the feet toward your hands keeping your legs straight and lifting your toes. Once you have walked your feet in as far as you can, walk your hands away from your feet..



## **Lateral Warm Up**

The lateral warm up prepares the body for workouts devoted to improving lateral movement. The lateral warm up consists of ladder work followed by dynamic flexibility work.

### **Lateral Warm Up**

**High Knees (2 feet each square) Forward/Left/Right**

**Cross In Front Forward/Backward**

**Cross Behind Forward/Backward**

**Shuffle Wide Forward/Backward**

**Scissors Left/Right**

**Ankle Bounce Forward**

**Lateral Squat 5x each leg**

**Spiderman 5x each leg**

**Band Walk 10 yards each way**

**Forward/Backward/Left/Right**

**Shuffle Left/Right**

**Carioca Left/Right**

[http://video.kudda.com/clinic/Agility\\_Warmup\\_1/Scissors\\_Ladder\\_Drill](http://video.kudda.com/clinic/Agility_Warmup_1/Scissors_Ladder_Drill)

[http://video.kudda.com/clinic/Agility\\_Warmup\\_2](http://video.kudda.com/clinic/Agility_Warmup_2)

## **High Knees F/L/R**

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**Forward:** two feet in each square picking the feet up to a knee height level.

**Left:** Step in first with the left leg again touching two feet in while picking the feet up to a knee height level.

**Right:** Step in first with the right leg again touching two feet in while picking the feet up to a knee height level.





## **Cross In Front F/B**

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**Forward:** Begin by standing outside of the ladder. Take the outside foot and cross it in front. Follow the step in with two steps out, then repeat step one only opposite foot.

**Backward:** Same steps only backwards



## **Cross Behind F/B**

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**Forward:** Begin by standing outside of the ladder facing away. Take the outside foot and cross it behind. Follow the step in with two steps out, then repeat step one only opposite foot.

**Backward:** Same steps only backwards



## **Shuffle Wide F/B**

**Forward:** Begin by standing outside the ladder on the left side. Take two quick step in leading with the inside foot. After getting both feet in push up and out of the ladder stabilizing on the outside foot for 2 seconds or until you regain balance.

**Backward:** Same steps only backwards

\* When starting this drill it may be easier to say out loud “one, two, one.”



## **Scissors L/R**

**Left:** begin by standing outside the ladder facing the first square. Step in first with the left in a scissors motion. That means that only one foot will be in each square at one time then switch.

**Right:** Same steps only start with the right foot entering first.



## **Ankle Bounce F**

Forward: jump into each square pushing off the toes with slight knee bend. Each time you move squares pull the toes up in an ankle flipping motion.



## **Lateral Squat**

Begin with the feet in a wide stance and sit to the right, keeping the left leg straight. The weight should be on the right heel as you sit as low as possible with your chest up and butt back. Hold the bottom position for one second, and then switch to the opposite side.



## **Spiderman**

Start by getting into a push up position and step forward attempting to bring your right foot to your right hand. From this position, drop the right elbow to the ground. Then step back into push up position and switch sides. Hold each position for one second.



## **Band Walk**

With a band or tubing around your ankles squat down and walk forward, backwards, left and right. Focus on keeping good posture and take small steps.