

Selah Lacrosse Warm-Up

Players line up on GLE (goal line extended); the warm up will be completed in lines (or one big line parallel to GLE) between the GLE and the top of the restraining box.

Points of Emphasis:

Make sure the stretches are done correctly.

Players need to begin to focus on the work ahead of them at practice

Dynamic Stretches:

- Ankle Hops/Jumping Jacks: Jumping off “balls of feet” – don’t allow heels to contact ground.
- Frankenstein: Keep legs straight; kick target (hand)
- Walking Quad Pull: Pull leg and opposite arm back to effectively stretch hip flexors.
- Walking Knee Hugs: Pull knee into chest to stretch hip extensors (gluteus maximus).
- ¾ Sprint: 75% Effort
- Walking Lunge Twist: Keep knee an inch off the ground; push hips forward and rotate trunk to either side.
- Sumo Squat: Go through full ROM with wide stance (outside of shoulders) to stretch groin muscles.
- Spiderman: Push-up position; bring one foot to hand; attempt to get elbow to touch ankle or ground; hold briefly.

- High Knees: Quick contacts off the ground; keep heels from touching.
- Butt Kicks: Attempt to kick your butt with foot rhythmically.
- Karaoke: Quick movement at the hips; movement should be fluid.
- Backpedal: Athletic position, back flat, looking straight ahead, sitting into position and staying on the balls of your feet.
- Full Sprint: 100% effort

Once the dynamic warm-up is complete encourage them to have a free stretch for about 5 minutes and make sure they are using the time to stretch anything else that they feel is tight or needs some extra attention. If you notice they are not using it to stretch and are goofing around etc. remove this portion and use the time to do light agility. You could also do both agility as well as a free stretch, say 2 minutes to stretch out and then proceed to agility.

At this point the players will be nicely warmed up and ready for practice!