



▶ Dynamic Warm-Up for  
Cold Temperatures

# Benefits

- ▶ Increase Heart Rate & Respiratory Rate
  - ▶ Helps increase cardiorespiratory system ability to perform work needed for the field
  - ▶ Increase blood flow to the active muscle tissues used in soccer
  - ▶ Helps improve cardio-respiratory function means that the body can perform exercise much more efficiently.
- ▶ Increase tissue Temperature
  - ▶ Helps increase the rate of muscle contraction
  - ▶ Increases the efficiency of muscles working together
  - ▶ Increases the soft tissue ability to stretch; meaning, less of a chance for soft tissue tear.
- ▶ Increase mental alertness
  - ▶ Helps increase your mental before the big game

# Cold Weather Dynamic Prep

- ▶ Start with moving around, blood flow is key
  - ▶ 20 yard light swinging arm skips (across body)
  - ▶ 20 yard Backward Run
  - ▶ 20 yard light tall shuffle lead right w/ arm swing (from leg to above head)
  - ▶ 20 yard light tall shuffle lead left w/ arm swing (from leg to above head)
  - ▶ Partner Lateral Leg Swings 10E Side
  - ▶ Partner Linear Leg Swings 10E Side
- ▶ Put mini bands on and Prep those Glutes
  - ▶ 10 yard lead right lateral
  - ▶ 10 yard lead left lateral
  - ▶ 10 yard lead right forward
  - ▶ 10 yard lead left forward
  - ▶ 10 each of In-Place Standing Fire Hydrants (one leg is post leg & one leg is moving)

# Cold Weather Dynamic Prep, cont.

- ▶ Once Glutes are completed; keep moving
- ▶ 10yd Quad Walk Stretch
- ▶ 10yd Butt Kicks
- ▶ 10yd Runner Walk Stretch
- ▶ 10yd High Kicks
- ▶ 20yd Skipping High Kick
- ▶ 10yd Low Prime Time
- ▶ 10yd High Prime Time
- ▶ 10yd Backward Open Walk
- ▶ 10yd Backward Open Skip
- ▶ 10yd Lead Right Lateral Lunge
- ▶ 10yd Lead Right High Knee Carioca
- ▶ 10yd Lead Left Lateral Lunge
- ▶ 10yd Lead Left High Knee Carioca
- ▶ 10yd A-Skip
- ▶ 10yd B-Skip
- ▶ 20yd Lead Right Slow 5yd shuffle, 5yd increase shuffle speed, 10yd burst
- ▶ 20yd Lead Left Slow 5yd shuffle, 5yd increase shuffle speed, 10yd burst
- ▶ Quick Feet on line front to back (whistle blows) Burst 20 yds
- ▶ Lead Right Tap-Tap Pop (whistle blows) Burst 20yds
- ▶ Lead Left Tap-Tap Pop (whistle blows) Burst 20yds

## Cold Weather Dynamic Prep, cont.

- ▶ IF YOU'RE NOT READY TO PLAY AND DOMINATE THE GAME AFTER THIS PREP:

PLEASE GO CHECK ***YOUR MENTAL ALERTNESS***