Dynamic Warm-Up for Cold Temperatures
Benefits

- Increase Heart Rate & Respiratory Rate
  - Helps increases 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 mentals 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)
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 YOUR NOT READY TO PLAY AND DOMINATE THE GAME AFTER THIS PREP:

PLEASE GO CHECK YOUR MENTAL ALERTNESS