



U14 Athletic Development Warm-Ups



	Movement	Video Link	Execution	Set Up	Coaching Points
Foundational Movement	(1) Animal Movements				
	Bear to Squat	https://youtu.be/8m78tGm0u0k	x4-6 reps moving forward	Players start lined up and complete each movement one after the other	"Heels on the floor, chest up"
	Duck Walks	https://youtu.be/4eC-c02P2k	moving forward - approx 10m		"Stay low like you're in a tunnel"
	Crab Crawl	https://youtu.be/3Wu475m0u0k	moving forward - approx 10m		"Keep your hips off the floor at all times"
	Alligator Crawl	https://youtu.be/3Wu475m0u0k	moving forward - approx 10m		"Move using your toes and hands only"
	(2) Foundational Movements				
	Bodyweight Squat	https://youtu.be/3Wu475m0u0k	x6-10 reps	Players start lined up and complete each movement one after the other	"Heels on the floor, chest up"
	Split Squat - Prisoner	https://youtu.be/3Wu475m0u0k	x6-10 reps each side		"Stay Tall and slowly move slowly up & down"
	Single Leg Airplanes	https://youtu.be/3Wu475m0u0k	x6-10 reps each side		"Reach your head and heel in opposite directions"
	Lateral Squat	https://youtu.be/3Wu475m0u0k	x6-10 reps each side		"Push your hands out & your hips back"
Locomotor Skills	(1) Jump & Land				
	Double Leg Snap Down	https://youtu.be/3Wu475m0u0k	x3 reps	Players start lined up and react to coaches call	"Land in a low, strong position"
	Double Leg Snap Down & Jump	https://youtu.be/3Wu475m0u0k	x3 reps		"Jump & land back into a strong position"
	(2) Speed Mechanics				
	Linear March	https://youtu.be/3Wu475m0u0k	x3 reps	stationary / moving	"Stay tall and punch the ground beneath you"
Purposeful Play	(1) Short Accelerations				
	2-Point Start - Submaximal	https://youtu.be/3Wu475m0u0k	70-80% x 1-2 efforts		
	2-Point Start - Maximal*	https://youtu.be/3Wu475m0u0k	100% x1-2 efforts		
	(2) Positional Accelerations				
	Varied - per effort / session	https://youtu.be/3Wu475m0u0k	100% x1-3 efforts		
					"Get up quickly and across the 13m line as fast as you can"