



U18 Athletic Development Warm-Ups

Foundational Movement	Dynamic Movement				
	Reverse Lunge	https://www.youtube.com/watch?v=928m36m0d6g	x5 reps each side	Players start lined up and complete each movement one after the other	"Big step back and touch your knee off the floor"
	Rotational Squat	https://www.youtube.com/watch?v=928m36m0d6g	x5 reps each side		"Big step back & big step across your body - point your hips forward"
	Lateral Squat	https://www.youtube.com/watch?v=928m36m0d6g	x5 reps each side		"Sit your hips down and back to one side"
	Lateral Slide	https://www.youtube.com/watch?v=928m36m0d6g	x5 reps each side		"Stay Low - Like theres a roof over your head and slide side-to-side"
	Inchworm walks	https://www.youtube.com/watch?v=928m36m0d6g	x4-6 reps		"Legs straight all the time & take smal steps with your hands in & out"
	Single Leg Airplane- Basic	https://www.youtube.com/watch?v=928m36m0d6g	x5 reps each side		"Reach your head and heel in opposite directions"
Locomotor Skills	Jump-Hop-Plyo				
	Single Leg Snap Down	https://www.youtube.com/watch?v=928m36m0d6g	x3 each side	Players start lined up and complete each movement one after the other	"Land in a low, strong position"
	Single Leg Snap Down & Hop	https://www.youtube.com/watch?v=928m36m0d6g	x3 each side		"Hop & Land in a low, strong position"
	Squat Jump	https://www.youtube.com/watch?v=928m36m0d6g	x6 reps		"Explode from the bottom as quickly as possible"
	DL Pogo Hops	https://www.youtube.com/watch?v=928m36m0d6g	x10 reps		
	Locomotor Devolpment				
	Linear March - Stationary/Moving	https://www.youtube.com/watch?v=928m36m0d6g	x2-3 reps	Players start lined up and complete each movement one after the other	"Stay tall and punch the ground beneath you"
Linear Skip - Stationary/Moving	https://www.youtube.com/watch?v=928m36m0d6g	x2-3 reps			
Purposeful Play	Locomotor Application				
	Kneeling Accels - 5m	https://www.youtube.com/watch?v=928m36m0d6g	x1-2 each side		"Explode away from the line as fast as you can"
	13m Maximal x1-2	https://www.youtube.com/watch?v=928m36m0d6g	x1-2 reps		"Explode away from the line as fast as you can"
	Acceleration Games				
	Positional Accelerations - 13m - Varied*	https://www.youtube.com/watch?v=928m36m0d6g	x1-3 reps	Varied scenario - e.g. Race / Chase Your Partner E.g. Lying Face Up/Down, Seated, Kneeling, etc.	"Get up quickly and across the 13m line as fast as you can"