

DYNAMIC MOVEMENT & STRETCH ROUTINE

Prior to any practice session or game, all players should be properly warmed up BEFORE going into a stretch routine. Any type of movement such as the players passing a few balls amongst themselves or an easy jog from sideline to sideline and back is a good start that will get the muscles warmed up and ready to stretch. There is a little war of sorts currently going on in the fitness world between static stretching and dynamic stretching. The difference between the two is huge. Static stretching involves non-soccer-specific movements, such as keeping the feet close together, bending down and touching your toes and holding this stretch for 10-20 seconds. Dynamic stretching is movement stretching and can be specifically designed to mimic soccer movements. At Total Soccer Fitness & Training, we believe in dynamic stretching over static stretching as part of the warmup but will include some static stretching upon the completion of a practice session or match.

Following is a "Dynamic Movement & Stretch Routine" which can be performed prior to a session or match. The Dynamic Movements at the beginning of the routine serve as a "warmup" to the stretching routine. The length of each movement or stretch should be between 10-18 yards unless otherwise noted

LEGEND:

>>>> Moving from the start line to the end line

<<<< Moving from the end line back to the start line

<< - >> Moving from the start line to the end line, back to the start line

THE ROUTINE

>>>> **SKIP** with arms straight out to each side, making big circles clockwise and counterclockwise

<<<< **SKIP** with arms straight at side then, without bending elbows, raise arms above head and clap

>>>> **SKIP** performing trunk twists, swinging arms out in front of the body from left to right

<<<< **SKIP** with high knee action, driving knees up toward chest

<< - >> **JOG**

>>>> **BACKPEDAL**

<<<< **ANKLE FLEX** every 3 steps lift one foot slightly off ground and move foot forward, backward, side to side

>>>> **TOE WALK** walk on toes <<<< **HEEL WALK** walk on heels

>>>> **ANKLE SKIP** quick-step skip raising the skipping foot no higher than the ankle

<<<< **ANKLE SKIP WITH HIGH-KNEE** same as above only now raise the skipping knee toward the chest

>>>> **KNEE HUGS** every 3 steps, raise knee, grab with both hands and hug toward chest; alternate every 3 steps

<<<< **KNEE HUGS** to a Forward Lunge (take a long step out forward so the thigh is parallel to the ground. The back leg should be slightly bent at the knee, with the knee just inches off the ground.)

>>>> **"KARATE KID"** (Part I): every 3 steps, raise one knee so thigh is parallel to ground, slowly kick out, toes pointed up

<<<< **"KARATE KID"** (Part II): on way back, when kicking foot out, have toes pointed down

>>>> **"FRANKENSTEIN WALK"** (Part I): every step, kick one leg straight out and up and touch with same side hand (Note: have arms straight out as if "sleepwalking" and try to "kick" hands with foot -- do not bend knees)

<<<< **"FRANKENSTEIN WALK"** (Part II): same as above, only now touch foot with opposite hand, keeping the hips square (in other words, do not turn the upper body toward the foot being touched)

<< - >> **SINGLE-LEG "HEEL-BUTTS"** jog & flick one foot up & back so heel "kicks" butt; do other foot on way back

<< - >> **"HIGH-KNEE" SKIP** while skipping lift knees up toward chest; go distance and back

<< - >> **POWER SKIP** skip jumping as high as possible on every stride; go distance and back

>>>> **"FIGURE-4s"** every 3 steps, lift foot up and inward, grab shin with both hands and gently pull up

<<<< **"OUT-FLICKS"** jog and on every step, flick foot and leg outward and slap outside of foot with same-side hand

>>>> **GROIN STRETCH (OUT)** every 3 steps raise knee so thigh is parallel to ground, then swing it outwards, keeping hips and upper body pointing straight away or square (call it "swing the gate open")

<<<< **GROIN STRETCH (IN)** the opposite of the above stretch -- every 3 steps, lift knee up to side and then swing it back in, again keeping hips and upper body pointing straight away or square (call this "close the gate")

>>>> **FORWARD LUNGE WALK** Take lone stride with right leg, left knee close to ground. Then take long stride with left leg, etc. Do this portion with the arms straight up as in "surrender" position.

<<<< **BACKWARD LUNGE WALK**

<< - >> **"QUICKSTEP" CARIOCA** facing sideways (right or left foot leading), perform carioca routine, with each crossover step being short and quick; return facing same way

<< - >> **"LONG-STRIDE" CARIOCA** facing sideways, perform carioca routine with each step being longer (will work hips and trunk better than previous carioca); facing same way, carioca back to start

>>>> **RUN**

<<<< **RUN BACKWARDS**

<< - >> **SPRINT**