



SPEED, AGILITY & QUICKNESS: DYNAMIC MOVEMENT ROUTINE

DYNAMIC MOVEMENT WARMUP

- > Skip -- players perform a regular, slow skip 10-20 yards
- > Skip With Arm Circles -- arms straight out to the side, while skipping circle the arms forward and backwards 10-20 yards
- > Skip With Trunk Twists -- keeping hips square to the finish, players twists trunks while skipping 10-20 yards
- > Skip With Wing Spans & Claps -- arms straight out, while skipping players stretch arms backward then forward, ending with a clap of the hands 10-20 yards

DYNAMIC STRETCHES *(go to link for description)*

- > Ankle Flex + Toe Walk + Heel Walk 10-20 yards

DYNAMIC MOVEMENTS

- > Ankle Skips -- the skipping stride is quick and short with the feet never rising in height above the opposite ankle 10-20 yards
- > High-Knee Skips -- the skipping stride is longer with the knee being brought up as high toward the chest as possible 10-20 yards
- > Running Mechanic Skip -- while skipping, players move arms and legs and keep posture as if running 10-20 yards
- > Skip With a Kick -- while skipping, players raise knee so thigh is parallel to ground then kick out 10-20 yards
- > Skip With Straight-Leg Kick-Out -- while skipping, players keep leg straight and kick it out as high as possible 10-20 yards

DYNAMIC STRETCHES *(go to link for description)*

- > Karate Kid + Frankenstein Walk + Heel Butts 10-20 yards

DYNAMIC MOVEMENTS

- > Slide/Shuffle Right 10-20 yards
- > Slide/Shuffle Left 10-20 yards
- > Cross-Over Steps Right 10-20 yards
- > Cross-Over Steps Left 10-20 yards
- > Carioca Right 10-20 yards
- > Carioca Left 10-20 yards
- > Backwards Run with Heel-Butt Motion 10-20 yards
- > Backwards run with short, quick stride 10-20 yards
- > Backwards Run with longer stride 10-20 yards
- > Forward Run With High-Knee Motion 10-20 yards
- > Forward Run With Heel-Butt Motion 10-20 yards
- > Forward Run 20+ yards