

DYNAMIC STRETCHES

All exercises should be done for 10-15 yards

- > **WALK** and stretch neck, moving head forward, back, side to side
- < **JOG** back warming up upper body by having arms outstretched to the side and making big circles
- > **SKIP** making big circles with the arms (straight out to the side)
- < **SKIP** performing trunk twists
- > < **“HIGH-KNEE” SKIP**: while skipping lift knees as high as possible; go distance and back
- > < **“POWER SKIP”**: at each “skip” jump as high as possible; go distance and back
- < **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
- < **KNEE HUGS**: every 3 steps, raise one knee, grab with both hands and hug toward chest; alternate every 3 steps
- > **“KARATE KID”**: every 3 steps, raise one knee so thigh is parallel to ground, slowly kick out, toes pointed up
- < **“KARATE KID”**: on way back, when kicking foot out, have toes pointed down
- > **“FRANKENSTEIN WALK”**: 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 legs)
- < **“ROCKETTES”**: similar to “Frankenstein Walk”, only this time touch foot with opposite hand
- > < **SINGLE-LEG “HEEL-BUTTS”**: jog and lift one foot up and back towards butt; do other foot on way back
- > < **“HEEL-BUTTS”**: jog and with hands protecting butt, lift heels up and hit hands; go distance and back
- > **“FIGURE-4s”**: every 3 steps, left foot inward, grab foot with opposite hand, place same-side hand on raised knee and lightly push down on knee while lifting foot up
- < **“OUT-FLICKS”**: walk or jog and on every step, flick foot and leg outward and slap 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 (square)
- < **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 (square)
- > **“QUICKSTEP” CARIOCA**: facing one way, perform carioca routine, with each step being short and quick; facing same way, carioca back to start
- < **“LONG-STRIDE” CARIOCA**: facing one way, perform carioca routine with each step being longer (will work hips and trunk better than previous carioca); facing same way, carioca back to start
- > < **“CROSSOVER STEPS”**: facing one way, perform a crossover step, moving, for example, the left foot over the right foot every step, always keeping the hips and upper body pointing straight away; facing the same way, do the same with the opposite foot
- > **JOG** < **RUN BACKWARDS** back to start line
- > **RUN** < **RUN BACKWARDS** back to start line
- > **SPRINT** < **WALK** back to start line

LEGEND: > movement to 10-yard line or 15-yard line

< movement back to the starting line