**South Muskoka Breakers Coaching Notes - Dynamic Warm-up**

These drills all promote an active warm-up, along with strength and conditioning exercises that will help with your athletes’ fitness and coordination. Start your practice with 5-10 minutes of these drills. Progress slowly and put emphasis on execution rather than speed.

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| **Drill** | **Details** | **Level** |
| Skipping | Skip the length of the floor, skip backwards in return   1. Hold ball over head and chop forward and back as you skip 2. Hold ball in front and twist side to side as you skip 3. Hold ball over head and chop side to side as you skip | 1 |
| Butt Kicks | Put your hands on your butt and kick hands with your feet | 1 |
| High Knees | Hold hands out in front and try to hit them with your knees  -emphasis on moving legs quickly | 1 |
| Side Lunges | Lunge to the side, drop bum down, stand up, pivot and lunge opposite side | 2 |
| Airplanes | Stand up straight, allow one leg to go behind you, reach out in front with the ball  -should look like a figure skater gliding down the rink | 2 |
| Bounding | Jump from one foot to the next, moving forward  -very similar to running but attempt to jump as far as possible with each stride  -when player lands, they pause for 2 count, maintain balance, load and jump again | 2 |
| Hamstring Pulls | Lift knee to chest, pull up with hands, go on tippy toes, step forward and switch | 3 |
| Quad Pulls | Lift foot to butt, grab with your hand, reach down and touch ground with opposite hand | 3 |
| Karaoke | Stand sideways, step back leg over front leg, then back leg under front leg  -make sure to do both directions, emphasis on twisting hips | 3 |
| Lunges | Lunge forward, thigh and lower leg should make 90 angle, keep knee behind toes  -make more difficult by touching opposite elbow to ankle  -advanced warm-up, must make sure they go slow and have proper technique | 3 |