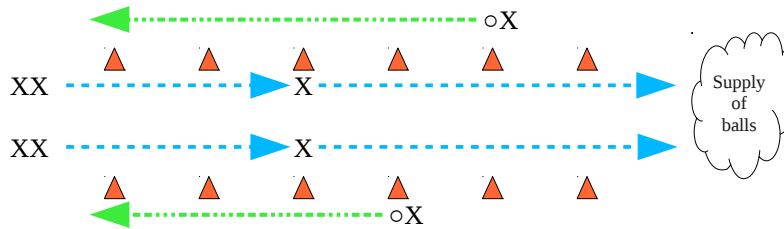


## U11G Dynamic Warm-up

### Jogging:

Setup: 2 lines (5 yards apart) of parallel cones (5 yards apart)



Exercises performed on the way down inside the cones

Dribble ball back along outside of cones, performing skills, pass back when done

Exercises: 2 sets of each.

1. Straight ahead – jog to last cone.
2. Hip Out – at each cone, lift knee forward, rotate out to full range of motion.
3. Hip In – at each cone, lift knee to outside, rotating in to front.
4. Circle Partner – at each cone, shuffle in towards partner, circling, shuffle back to cone.
5. Shoulder Contact – at each cone, shuffle in towards partner, jump in for light shoulder bump, landing softly on balls of both feet with bent knees, shuffle back to cone.
6. Quick Forward & Backward – quickly forward 2 cones, shuffle back 1 cone.

### Balance:

Exercises:

1. Static Bench – toes and forearms only in contact with ground, body straight, pull in abs and glutes. Hold for :20-:30. 3 sets.
2. Side Bench – same side forearm and lower leg (bent at 90°) in contact with ground, lift pelvis and upper leg to form straight line with shoulder. Hold for :20-:30. 3 sets.
3. Hold the Ball – 1 leg lifted forward, with 90° bend in knee, ball in both hands out from body at hip level, weight on ball of standing foot, heel up and/or eyes closed for more difficulty. Hold for :20-:30. 2 sets.

### Strength and Balance:

Exercises:

1. Squats with Toe Raise – feet hip width apart, hands on hips or holding ball, flex knees to 90° and lean forward, hold for :20-:30, slowly stand upright, continuing past to heels up as far as possible. 2 sets of 3-4 squats.
2. Vertical Jump – feet hip width apart, hands on hips or holding ball, flex knees to 90° holding for a 2 count, jump as high as possible, land softly on balls of both feet equally. 2 sets of 3-4 jumps.

### Running:

Exercises:

1. Cross Pitch Run – ball in hand, run 40-50 yards (2/3 to 3/4 across width of pitch) at 75-80% pace, jog rest of width, dribble back performing skills. 2 sets.

## U11G Cool Down

### Cool down:

Light jogging / dribbling for approximately 5-10 minutes.

Stop occasionally to statically stretch major muscle groups.

Quads	Glutes	Hamstrings
Lower Back	Calves	Abs / Core

Rehydrate

Replace lost fluids

Eat

Replace energy stores

Fruits	Grains	Vegetables	Protein
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Good Sleep