



AFA Fillies Soccer Club—Active Warmup (AW)

****Before organized team AW, can do individual running & prolonged static stretching as needed. Do 1x20yds each:**

Phase I—Forward Running & Lateral Movements w/ Dynamic Stretching—each line goes in waves

- High Knees
- Butt-kickers
- Sidesteps
- Carioca
- Power Skips
- Dynamic Stretches 10yds each: Spidermans, Inchworm, Hip ER, Hip IR, Knee Squeezes center, adducted, Russian Kicks center, adducted

Phase II—Progressive Speed Forward & Backward Running—each line goes there & back before next starts

- 50% Run with backpedal return
- 75% Run with backpedal return
- 100% Run (Sprint) with backpedal return—start from command by coach, demo good “power line”, quick accel

Phase III—Transitional Movements—decal & stop at other end til other lines finish, reset and repeat the other way

- Sidestep R into Sprint
- Sidestep L into Sprint
- Facing Backwards into Sprint
- Backpedal into Sprint
- 75% Run into Soccer Header Jump @ Halfway into Sprint
- Individual Stretches: personal preferences for 1-2min 5-10” holds (i.e. groin straddle, toe-up ham/glute/calf, split stance hip flexor, & standing quad, etc)

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