



Soccer Active Warmup (AW)

Before organized team AW, can do individual running & prolonged static stretching as needed. Assemble in 1 line for practice, in multiple lines for games, or on your own on independent days. 1x20yds each on patterns:

Phase I—Forward Running & Lateral Movements w/ Dynamic Stretching

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

Phase II—Progressive Speed Forward & Backward Running

- 50% Run with backpedal return x2
- 75% Run with backpedal return x 2
- 100% Run (Sprint) with backpedal return x 2

Phase III—Transitional Movements

- Sidestep R into Sprint
- Sidestep L into Sprint
- Backpedal into Sprint
- Sprint into Backpedal
- 75% Run into Header @ 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)

Dynamic Balance & Proprioception (DBP)—to be done after above Phase I-III, everyday on alternating days

- Bounds (opposite leg) 1x5ea (side, fwd/bk R & L, rotations R & L)
- Hops (same leg) 1x5ea (side, fwd/bk) each leg

Static Balance & Proprioception (SBP)—to be done after above DBP, everyday

- For practices, partner up and add ballwork with Single Leg Volleys 1x10ea (laces, inside foot)
- For independent training days, mix it up with the following:
 - Crossover touches 1x10 each leg
 - Flamingos 1x10 each leg

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