

## Dynamic Stretching/Flexibility Exercises

### HIGH KNEES – 10 yards down and back

**Procedure:**

1. Forcefully drive knee upward
2. Fully extend opposite leg as driving knee is lifted
3. Maintain a flat back with a slight forward lean of the torso
4. Drive arms aggressively in opposite direction of knee drive

**Coaching Points:**

1. Take short, quick steps (the athlete should achieve at least 30 steps over 10 yards)
2. Avoid leaning back
3. Thigh should be parallel to the ground at the highest point of the movement
4. Keep head and neck relaxed throughout the movement. (1)



### HIGH KNEE FORELEG EXTENSION – 10 yards down Slow, 10 yards back fast

**Procedure:**

1. Perform a small skip by driving left knee up and extending onto toes of right foot
2. At the highest point of the skip, extend left knee until entire leg is parallel to the ground
3. Keep right knee extended and drive left leg down toward the ground

**Coaching Points:**

1. Maintain a slight forward lean throughout
2. The thigh should reach parallel to the ground before extending the foreleg
3. Try to make the movement rhythmic. (1)



### **BUTT/KICKS - 10 yards down and back**

**Procedure:**

1. Swing each foot alternating to buttocks
2. Quick and smooth movements originated at knee joint
3. Focus on moving legs up and down for 10 yards
4. Steps should be short and forward. (1)



### **SHUFFLE- 15 yards down and back**

**Procedure:**

1. Start in athletic position.
2. Knees are slightly flexed with shoulders facing forward.
3. Move laterally for 15 yards while maintaining athletic position.
4. Do not cross feet or let feet hit each other.
5. Without changing direction return to the starting position.
6. Head stays up with shoulders squared. (1)



## CARIOCA DRILL- 15 yards down and back

### Procedure:

1. Start in athletic position.
2. Knees are slightly flexed with shoulders facing forward.
3. Move laterally 15 feet to your left.
4. Cross right foot over in front of the left and bring it back behind your left.
5. Without changing direction return to the starting position.
6. Stay in athletic position and focus on twisting your hips as fast as possible. (1)



### References

1. Basics of strength and conditioning manual. Retrieved from [https://www.nasca.com/contentassets/116c55d64e1343d2b264e05aaf158a91/basics\\_of\\_strength\\_and\\_conditioning\\_manual.pdf](https://www.nasca.com/contentassets/116c55d64e1343d2b264e05aaf158a91/basics_of_strength_and_conditioning_manual.pdf).