Presentation on june 13, 2013

These movements are based on warups for soccer players. The depth of the the box infront of the goal keeper is 10 meters. We travel this distance 4 time as we perform each movment. The combination of light skiping and performing the indevidual movmnet will increase our heartrate. Target a 10 meter (11 yards) distance that you can move free of upsticles and get started.

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|  | Exercise 1: Arm Circles Rotate arms forward as you walk or skip forward for 10 meters.  Rotate arms backward as you return to your starting place.  Perform this exercise 4 times. Do not stop to rest.  Concentrate on your shoulders and upper back. Pull in your core and keep you back straight. |

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|  | Exercise 2: Butt Kicks Skip with small steps forward for 10 meters. With each step try to hit the palm of your hand with sole of your shoe. Right foot right hand, left foot left hand.  Repeat the movements as you return to your starting point.  Perform this exercise 4 times. Do not stop to rest.  Concentrate on your knees and thighs. Relax your core. |

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|  | Exercise 3: Hip Stretch Skip forward 10 meters with elbows bent at 90 degrees. Lift the forward leg’s knee up to meet your hand then open your leg as wide as you can before your foot touches the ground.  Right – left – right – left …  Repeat the movements as you return to your starting point.  Perform this exercise 4 times. Do not stop to rest.  Concentrate on your hip. Pull in the core and stay in control. |

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|  | Exercise 4: Leg Kicks Skip forward 10 meters with left arm in front of you. Perform a high front kick with your right leg. Try to meet or pass the forward arm.  Right – left – right – left …  Repeat the movements as you return to your starting point.  Perform this exercise 4 times. Do not stop to rest.  Concentrate on your gluts and hamstring. Relax your lower back. Keep your knees bent and loose. |

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|  | Exercise 5: Side Shuffles Skip forward 10 meters leading with left side of your body. Arms swing freely in front of you. Legs open wide as you travel sideways.  Repeat the movements as you return to your starting point leading with the right side of your body.  Perform this exercise 4 times. Do not stop to rest.  Concentrate on your shoulders and back in the upper body. In lower body concentrate on the abductor muscle of the leading leg. Keep your core tight. Stay in control. |

By the end of these movements you would have skipped over 300 matters or about 3 times the length of a football field. You’d have activated your upper body muscles, engaged your core, loosened your hip, and stretched your thighs, hamstrings, abductors and gluts. Establish a base line for yourself by measuring how long it takes you to perform these series. Going forward, each time, try to better yourself by beating your record. If the first time it took you 20 minutes to accomplish the routine see if you can cut back to 18 minutes as you become more proficient. Soccer is a wonderful sport that allows you to enjoy the outdoors. It is a team sport but you do not have to belong to a team or a club. You can practice warps and drills on your own and join in pickup games when you feel comfortable.