

Mobility & Regeneration

Dynamic Warm Up pt. 1

WARM UP & FLEXIBILITY

Line up along the first set of blue cones. Repeat the exercises in a continuous and controlled manner from the first set of blue cones to red cones. Perform a progressive sprint from red cones to second blue cones. Circle the second blue cone and jogs back to starting point.

1. Forward / Backward Jog: Start with feet along blue cones. Jog at 50% of maximum speed to red cones and then back pedal back to starting line. Repeat two times.



2. Left Dynamic Hip Adductor Stretch: Start with right shoulder facing red cones, lead with right foot, lean toward right leg and hold for 3 seconds, continue to red cone.



3. Right Dynamic Hip Adductor Stretch: Start with left shoulder facing red cones, lead with left foot, lean toward left leg and hold for 3 seconds, continue to red cone.



4. Dynamic Hip Flexor Stretch: Stride forward with one leg while kneeling with the other leg, hold for 3 seconds. Repeat on each leg until reaching red cones.



5. Dynamic Calf / Hamstring Stretch: Step forward with one leg, place heel on ground, and keep toes pulled up. Bend trunk forward while keeping spine straight. Repeat on each leg until reaching red cones.

Dynamic Warm Up pt. 2

PEAK Control Training Program Base Program

Athletes line up across the field with half of the players along the first set of blue cones and the other half along the red cones (facing each other).



6. "L" Hop to Balance: Hop forward and land on right leg. Hop backward landing on right leg. On the right leg hop to the left, then hop to the right. Repeat ten times. Repeat on the left leg in the opposite direction.



8. One-Leg Squat: Bend right knees/hips, touch right foot with left hand, return to upright. Repeat 10-15 times on both legs.



7. One-Leg Ball Toss: Split team in half and line up in pairs (~6 feet apart). Single leg balance and toss ball between players for 20-tosses. Repeat on opposite leg.



9. Hip Bridge: Lift hips until in-line with trunk and thighs. Hold for 2 seconds, then return hips to ground. Repeat 10-15 times.



10. Plank: Maintain position for 30-seconds.



11. Side Plank: Maintain position for 30-seconds. Repeat on opposite side.

Dynamic Warm Up pt. 3

PLYOMETRIC & AGILITY

Players re-form line along blue cones and perform exercises in a continuous, but controlled manner as during Warm Up & Flexibility exercises



12. Squat Jumps: Jump up for max height, land on both feet with a large amount of flexion, hold landing for 2 seconds. Repeat 10-15 times.



15. High Knee Skipping: Skip to 50% of maximal height, raise knees high in air, allow upward arms swing. Repeat on each leg until reaching red cones.



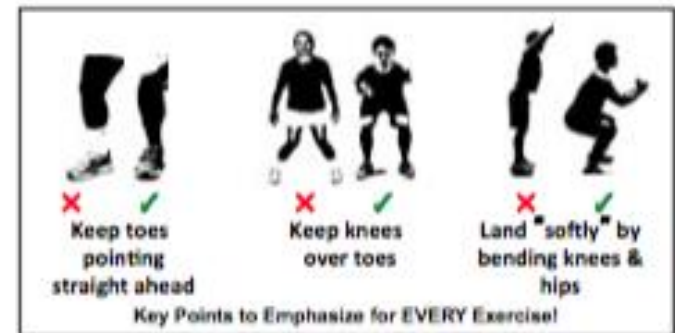
13. Ice Skaters: Single leg hop to side, land on opposite leg, immediately hop back to the starting point. Repeat 10-15 times in both directions.



16. Run Cuts @ 45-deg: Sprint ~4 steps to right at 45-deg angle, plant outside leg and cut 45-degs in opposite direction. Repeat in both directions until reaching blue cones.



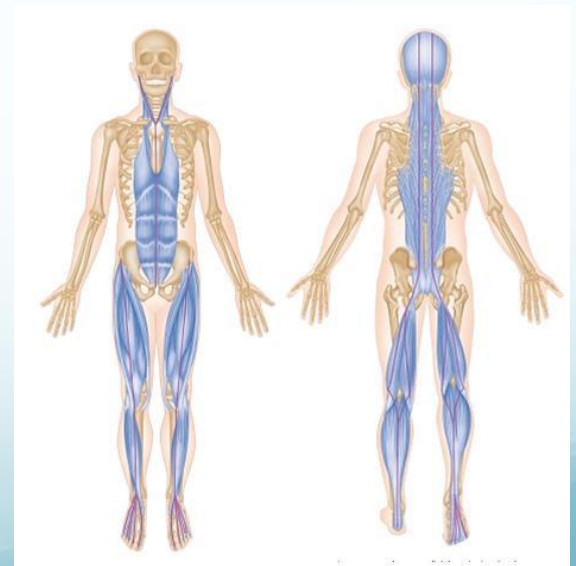
14. Sideways Shuffle: Side shuffle to the right as fast as possible to red cones, turn and sprint to second blue cones. Repeat moving to the left.



Pre or Post Game: Myofascial Release

A form of massage therapy that specifically focuses on lengthening and reducing of trigger points in the fascia. Plays a critical role in:

- **Injury prevention**
- **Mobility**
- **Pain relief**



FOAM ROLLING ROUTINE



Quads



Calves



Hamstrings



Gluts/Piriformis



IT Band



Adductors



Upper Back (GKs)



Lats (GKs)



Post Game: Hydro Therapy (1-4 hrs post match)



POOL REGENERATION

20 MIN RECOVERY SESSION

Lengthwise in pool, line players up in 3-4 lines if possible. Working from the one side of the pool to the other in lines perform the following exercises OUT AND BACK:

1. Forward jog x2
2. Backwards jog x2
3. Side shuffle x2
4. Backward hip rotation (open the gate, walking backwards) x2
5. Forward hip rotation (close the gate, walking forwards) x2
6. Carioca stepping x2
7. 2 foot bounds x1
8. Breast stroke x2
9. Breast stroke on back x2

Arrange players around the perimeter of the pool trying to space them out as much as possible and perform the following stretches holding for 20-30 sec:

1. Standing quad stretch
2. Standing figure 4 stretch
3. Calf stretch in runner stance or using side of the pool
4. Leg swings forwards and back x10
5. Leg swings across the body x10

Choice: Relay race or Marco polo for 3-4min



Post Game: Contrast or Ice Baths (1-5hrs post match)

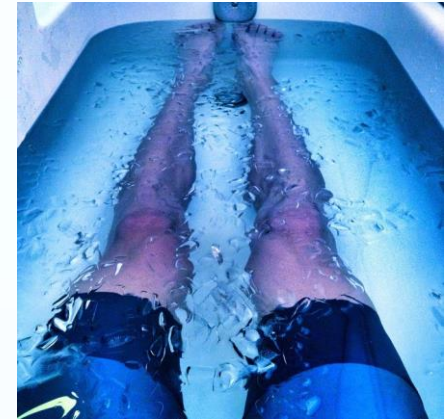
Contrast Bath/Shower:

1 min hot

1 min cold

X5 (10 min total)

**ALWAYS ENDING WITH COLD



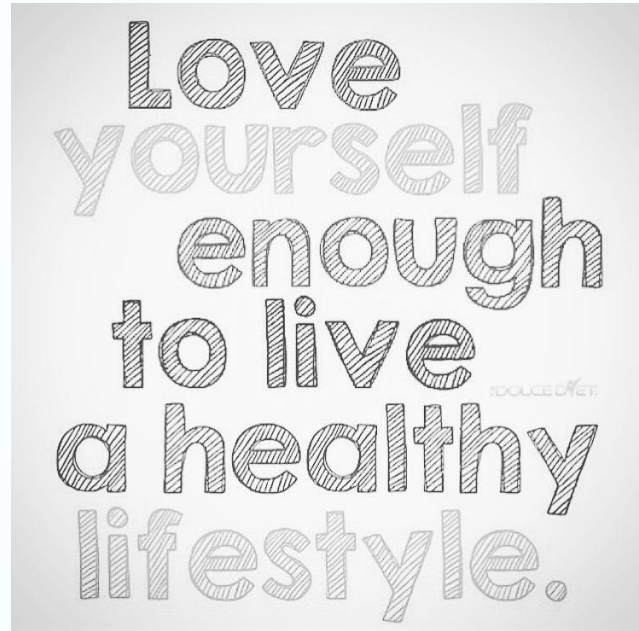
Ice Bath:

10 minutes straight

Why?

- Reduce inflammation
- Help flush out lactic acid
- Quicker recovery

Questions?



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