

Speed and Agility Warm Up Sequence



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In the Speed and Agility Warm Up sequence the coach puts his players through a dynamic warm up, using a variety of stretches and movements.

- Jumping Jacks
- Seals
- High Knees
- Butt Kickers
- Lunges
- Soldier Kicks
- Ankle Grabs
- Side Shuffles
- Full Speed Sprints

Field Preparation

Entire group

Area 30 x 30 yards

Cones