

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

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August 25, 2009

This is a great way to combine a dynamic warm up with speed/agility drills. I begin with a hurdle drill, move to a ladder drill, then to a running form drill and follow up with a dynamic stretch.

Set 1.

High Knee Hurdle Drill (3x down and back)

Front / back hops ladder drill (3x down and back)

Form Skips (2x 15 yards)

Spiders (10 per leg)

Set 2.

Lateral high knees (3x down and back)

Ikky Shuffle (3x down and back)

Wall Drives (3x5 step)

Scorpions (10 per side)

Set 3.

Cross – Overs (3x down and back)

SL lateral hops (3x down and back ea leg)

Running Man drill (20s)

Back Lunge with trunk twist (10 per leg)

Points to Remember:

1. During the hurdle drills, make sure the knee drive is high, feet are flexed, and arm action simulates running.
2. During the ladder drills, make sure the knee drive is high, feet are flexed, and arm action simulates running.
3. Running form drills are meant to teach body positioning including triple extension of the back leg, running on the balls of the feet and strong arm drive with the elbows staying tight to the body.
4. You can substitute any of the exercises every time you complete the warm up. This prevents the athletes from getting bored and exposes them to a variety of drills to help improve their performance.