

Warm-Up Drills:

- Walking with dorsi-flexion and arm-action
- Ankling
- A-Skip
 - Quick down
 - Pulling up
- B-skip
 - Quick down
 - Pulling up
- C-skip
- Backwards skip abduction
- Skip for height
- Skip for distance
- Karaoke
 - High knee
 - Quick foot
- Speed Skaters
- Ankle Poppers
- Single leg run
- 2-3 rt → transition → 2-3 left
- High knees
- Fall and stride
- 3 point stance & stride

Dynamic Stretches:

- Step lunge - elbow to the ground -with a push back
- Stork (quad stretch, knee to chest, knee externally rotates)
- Sumo - side lunge
- Frankenstein's
- Dipping Birds
- Inch Worm
- Spiderman
- Heels & Toes
- Sweeps