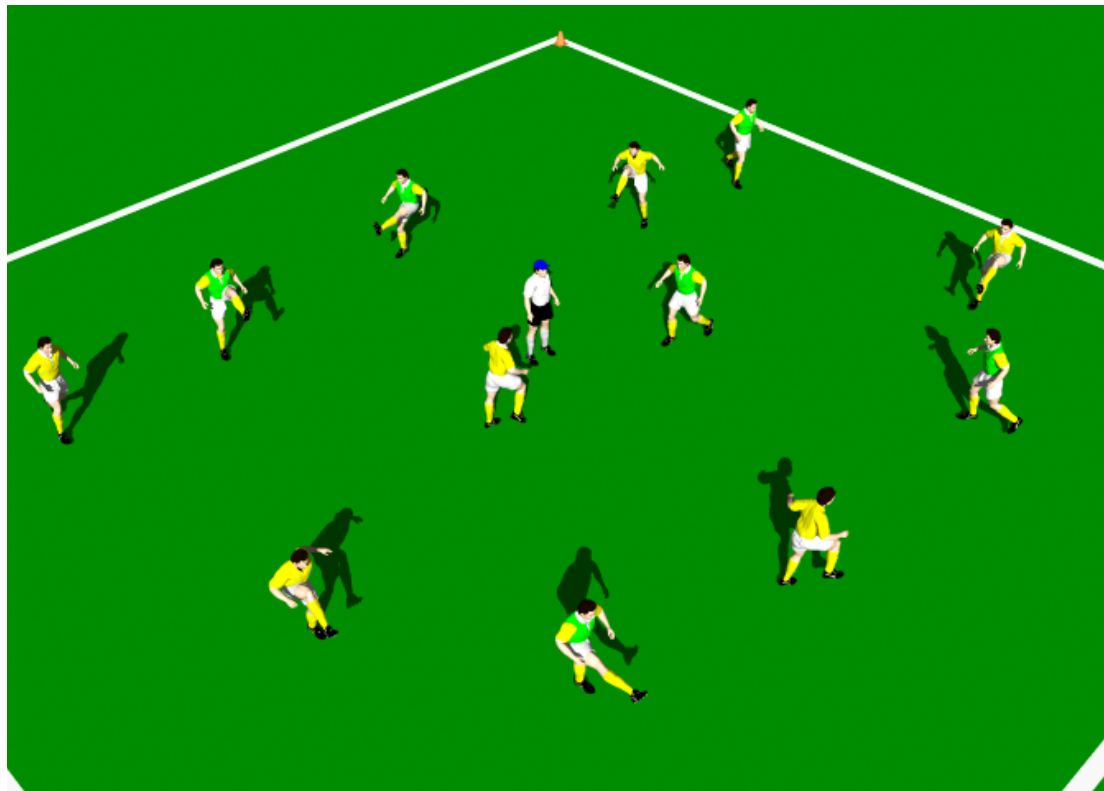


## Salsa Warm Up



### **Exercise Objectives:**

This warm up includes ball work and dynamic stretching.

### **Coaching Pointers:**

Place your entire group in a square approximately 20x20 yards. Divide your group with two different colored pinnies.

### **The warm up is conducted in the following sequence:**

- Within their own groups, players circulate the ball around the square. Play one and two touch. Add a second ball for each group.
- Pass ball within group. After a player passes the ball they must sprint around an outside cone.
- Pass ball to a player in the other group (different colored pinnie). After a player passes the ball they must sprint around an outside cone.
- Dynamic stretches are performed intermittently between ball work.

### **Dynamic Stretches through Cones:**

1. High Kicks.
2. High Kicks with trunk twist.
3. Groin stretch inside (close the gate).
4. Groin stretch outside (open the gate).
5. In pairs, both players jump up and challenge shoulder to shoulder.
6. Behind leg hamstring stretch.
7. Lunges.
8. Squats.