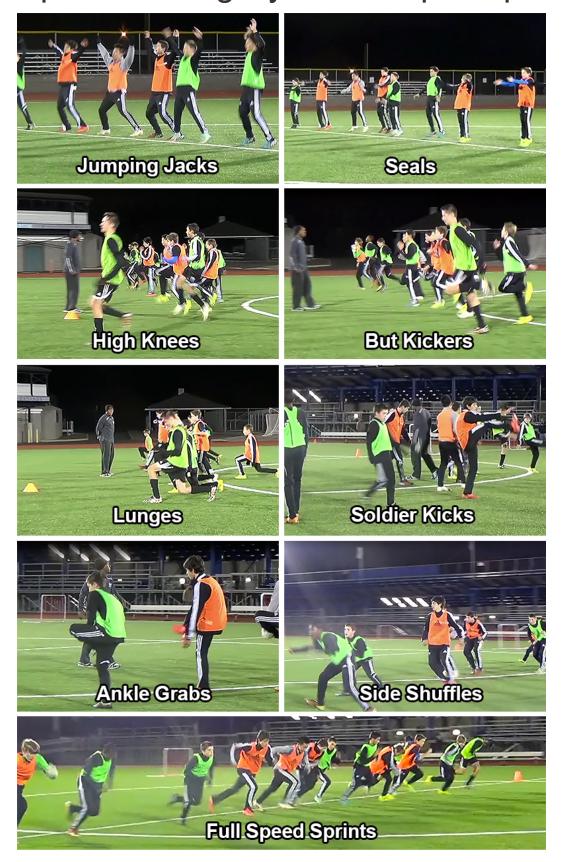


Speed and Agility Warm Up Sequence



Speed and Agility Warm Up Sequence

In the Speed and Agility Warm Up sequence the coach puts his players though 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