

## Speed and Agility Warm Up Sequence



**Jumping Jacks**



**Seals**



**High Knees**



**But Kickers**



**Lunges**



**Soldier Kicks**



**Ankle Grabs**



**Side Shuffles**



**Full Speed Sprints**

## **Speed and Agility Warm Up Sequence**

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