



Stationary Dynamic Stretches

Strength & Conditioning Coach: Chet Koneczny

Program Emphasis: Control/Full ROM

Program Frequency: Prior to Competition/Training

Cardio: *5 Minute General Warm-Up (See Video)

***Run Forward/Backward x4, Side Shuffle (both directions) x4, Tracking Forward/Backward x4, Carioca (both directions) x4 - 20m**

Exercise	Weeks	Prescribed			Tempo	Actual								Technique Cue	
		Sets	Reps			Week 1		Week 2		Week 3		Week 4			
						Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep		
1) Hip Rotations - Set 2 variation: cross one leg behind the other	1	3	3-5e	2:2											- Stand in the athletic position (See Glossary) being sure to keep hips square and feet planted - Set 1 with arms up at 90° rotate your torso from side to side 180° - Set 2 imaginary hula-hoop (both directions); Set 3 trunk rotations bent at the waist (both directions)
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														
2) Single-Arm Chest Flies (bend at the waist variation)	1	1	5e	2:2											- Stand in the athletic position, keeping a neutral spine (See Glossary) with your hands in a clapping position out in front of you; head up (stay square) - Reach back with one arm then the other , meeting your hands in the middle after each rep.
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														
3) Rock the Baby	1	1	3-5e	2:2											- Bend arms at 90° across your stomach, holding your opposite elbows (as if rocking a baby) - Do compact arm circles in front of your body (left & right) - Keep your shoulders set (See Glossary) while using full ROM (do as big of circles as possible).
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														
4) Stationary Lunges	1	2	3e	2:2											- Set 1 from the athletic position, lunge one leg forward to an 80° shin angle, stretching the front of the trail hip/leg (alternate legs); Set 2 lunge backwards - For further stretching, raise the same side arm as into the air, or twist to the side of the lead leg.
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														
5) Arm & Neck Circles	1	6	3-5e	2:2											- Raise your arms up and out to the side 90°; palms facing down - Set 1 do arm circles forward getting progressively bigger - Set 2 palms up, go backwards - Set 3 criss-cross arms in front - Set 4-6 (neck) side to side; ear to shoulder; roll in front (3 reps)
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														
6) Spider Climbers	1	1	5e	2:2											- From the push-up position , take a long stride forward bringing the foot of one leg outside of the same side hand - Return back to the starting position and alternate legs - Keep a neutral spine, head up, and feet/hands at shoulder width
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														
7) Calf Extensions Ankle Rolls: Clockwise & Counter-Clockwise	1	1	5e	2:2											- Keep hands and feet on the ground while bending your torso to a 90° angle (butt in the air) - Place big toe of one foot on the back of the other - With the foot that's still planted push upward on the "ball" of the foot ; return to flat foot.
	2	“	“	“											
	3	“	“	“											
	4	“	“	“											
	Notes:														

BW Body Weight, **DB** Dumb Bell, **KB** Kettle Bell, **BB** Bar Bell, **MB** Medicine Ball, **SB** Swiss Ball, **EB** Exercise Bar, **e** each side, **s** seconds, **m** metres



Active Dynamic Stretches

Strength & Conditioning Coach: Chet Koneczny

Program Emphasis: Maintain Athletic Posture

Program Frequency: Prior to Competition/Sprint Cardio Training (only)

***Do over a distance of 20m (Find an open space - Modify if space is limited)**

Exercise	Weeks	Prescribed			Actual								Technique Cue
		Sets	Reps	Tempo	Week 1		Week 2		Week 3		Week 4		
					Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	
1) High Knee Skip to Butt Kickers	1	2	20m	1:1									<ul style="list-style-type: none"> - Skip (double step on each foot) from one leg to the other; bring knees to chest height, keep toes in dorsiflexion (See Glossary) - On the way back, kick back alternating legs into your butt cheeks (directly under torso) - Coordinate arms; 90° arm angle.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													
2) Knee Hug to Quad Pull	1	1	20m	1:1									<ul style="list-style-type: none"> - Starting in the athletic position, grab one knee, pulling to chest, jumping up off of opposite foot - Release the knee and return to neutral; bring the same side hand (also use opposite hand) and leg behind you pulling back; take a few steps; alternate.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													
3) Single-Leg Toe Touch to Punters	1	1	20m	1:1									<ul style="list-style-type: none"> - From the athletic position (legs kept straight) slowly kick one leg back; reach down & touch the toe of the same side leg - Return back to neutral, take a few small steps, swing your leg back then forward in front of you touching your toe; alternate.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													
4) Hip Flares - “Open the Gate,” & “Close the Gate”	1	2	20m	1:1									<ul style="list-style-type: none"> - Open Gate - face away from the direction you are travelling - Skip backward (2 steps on each foot), raising opposite knee up to 90° then rotating hip outward and back to middle; alternating legs - Close Gate - take leg outward, up, back to the middle; alternate.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													
5) *Squat to Reverse-Crossover Lunge	1	1	3e	1:1									<ul style="list-style-type: none"> - Facing perpendicular to the direction you are headed, do a BW squat; keeping your knees over your toes & spine neutral - Reset, then do a side crossover lunge (bring trail leg laterally behind you as far as possible) - Turn 180° & alternate protocol.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													
6) Side-to-Side Leg Swings	1	1	5e	1:1									<ul style="list-style-type: none"> - Stand stationary on one leg holding an object (fence, pole etc.) for balance in front of you - Swing other leg from side to side in front of you, as high as possible; maintain neutral spine - Kick leg directly out to the side crossing the body at the midline.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													
7) Tuck Jumps to Sprints	1	2	20m	1:1									<ul style="list-style-type: none"> - Jump as high and quick as possible, bringing your knees to your chest with each jump and keeping your head up - After completing 5 jumps in a row, sprint 20m to the other side and repeat.
	2	“	“	“									
	3	“	“	“									
	4	“	“	“									
Notes:													

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