Warm Up for Injury Prevention & Performance

Sportsmetrics™ WIPP

20 Exercises in 20 Minutes

COMPONENT #1: WARM UP

1 STRAIGHT LEG MARCH
20 seconds

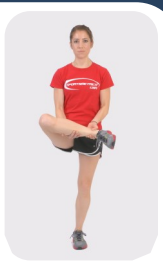
Walk with both legs straight. Alternate bringing up each leg as high as possible without jeopardizing form (no bent knees) or leaning backward. The entire body should remain tall and facing forward.

2 HAND WALK
20 seconds

Bend at the waist and place the palm of the hands on the ground. Keeping the legs & back straight, walk using hands and feet. Try to keep the legs shoulder-width apart.

3 CRADLE WALK
20 seconds

Walking forward, lift one leg in front of the body, bending at the knee. Rotate the knee outward and the foot inward. Hold the foot with both hands, standing on one leg. Hold for 3 sec. and repeat on other leg.



4 HIP ROTATOR WALK
20 seconds

Pretend that there is an obstacle beside you. Facing forward and keeping shoulders and hips square, rotate one leg out at the hip then bring the leg up and over the obstacle placing it back on the ground. Repeat with other leg.

COMPONENT #2: PLYOMETRICS

1 TUCK JUMP
30 seconds

Start in an upright neutral stance and jump to tuck the knees simultaneously to chest and repeat. *Mistakes to correct: bringing chest to knees with head down, double bouncing between jumps, landing loudly or with straight legs.*

2 SQUAT JUMP
30 seconds

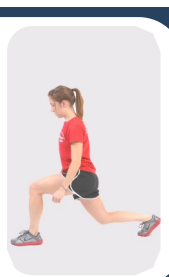
Begin in squat position with chest/head up and back straight. Reach hands to the outside of heels, then jump up reaching as high as possible. Return to squat position and repeat. *Mistakes to correct: knees over toes, knees going inward..*

3 180 DEGREE JUMP
30 seconds

Starting from an upright neutral stance, jump straight up into the air and make a 180-degree turn before landing. Reverse direction and repeat. *Mistakes to correct: over-rotating, body not turning as a unit, loud, straight leg landing, and jumping in the same direction.*

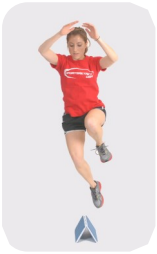
4 SCISSOR JUMP
30 seconds

Start in a deep lunge position with front knee directly over ankle. Alternate legs by pushing off the front leg and landing with opposite leg bent in front. *Mistakes to correct: landing with wobbly knees or knee past toe, switching legs without power or height and landing straight-legged..*



5 BARRIER HOP SIDE/SIDE
15 seconds/leg

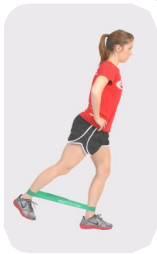
Using a 6-8" barrier, perform a single leg hop side to side over the barrier. Start with a double leg jump if the single leg hop is too difficult. *Mistakes to correct: landing with stiff , straight knees or wobbly knees and ankles.*



COMPONENT #3: STRENGTH

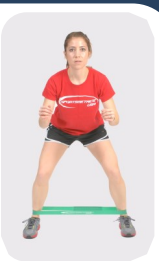
1 STEAMBOATS
30 seconds/leg

Place band around ankles. Begin with feet shoulder width apart. Slightly bend one knee so the foot is off the ground. Balancing on one leg, begin kicking the bent leg forward and backward at the hip. Be sure to keep upper body still, not swaying back and forth. Body control is key.



2 LATERAL STEP
30 seconds/direction

Place band around ankles. Start with feet shoulder width apart and step out to the side approx. 10 to 12". Slowly and under control, follow with the other foot to return to the initial position. Repeat for the allotted amount of time, then switch direction so other leg leads.

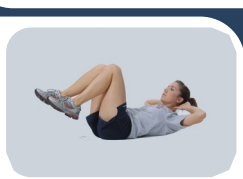


3 SUPINE HAM BRIDGE
30 seconds/leg

Lie flat on back, bend one knee and place heel close to the gluts. Extend other leg straight up in the air. Push with the heel to lift gluts off the ground and the extended leg higher in the air. Keep abs tight and upper back on ground. Repeat for the allotted amount of time, then switch legs.

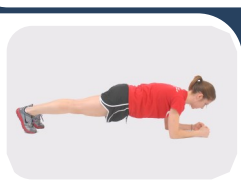
4 AB CRUNCH
60 seconds

Lie on back with knees bent and feet flat on the floor. Raise upper body off the ground until shoulders are no longer touching the ground. Hold for 3 seconds and return to start. Repeat for the allotted amount of time. Hands can be placed behind head or across the chest as long as the neck remains neutral and relaxed.



5 PLANK
60 seconds

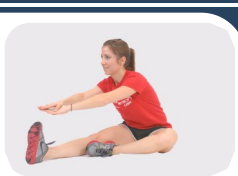
Lie facedown placing elbows under shoulders and forearms on the ground. Place legs hip-distance apart and curl the toes under. Lift the body up onto elbows and toes. Maintain a neutral position with back flat and neck straight. Hold the position for the allotted amount of time.



COMPONENT #4: FLEXIBILITY

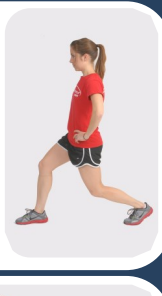
1 HAMSTRINGS
20 seconds/leg

While seated, extend left leg fully and bend right leg placing the inside of the foot along the left calf. Keeping the back straight, bring the chest toward the knee. Reach with both hands toward the toes.



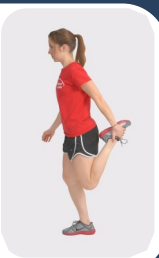
2 HIP FLEXOR
20 seconds/leg

Stand with feet in a lunge position with the front knee slightly bent. Push up on the rear toe. Press the hips forward while tightening the gluts until a stretch is felt in the front of the hip. The upper torso should remain upright and centered directly over the hips.



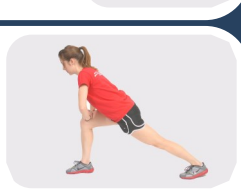
3 QUADRICEPS
20 seconds/leg

While standing, grab the foot or ankle and lift it up behind the body. Press the foot into the hand while pressing the hips slightly forward. The lower leg and foot should be directly behind the upper leg with no twisting inward or outward. The foot should not rest on the gluts.



4 CALF
20 seconds/leg

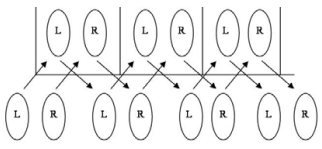
Stand in a long lunge position with the front knee bent. Make sure the front knee does not extend past the ankle. Place hands on front of thigh, press forward and keep the back leg straight. Press the rear heel down.

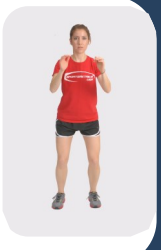


COMPONENT #5: AGILITY

1 QUICK FEET
30 seconds/direction

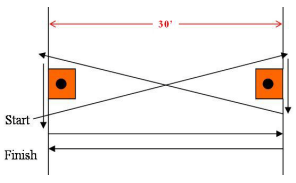
Start at left end of a sideline, in front of the line, facing the field/court. Step right foot forward and diagonally to the right over the line followed quickly by the left. Next step right foot backward and diagonally to the right over the line followed by the left. Repeat for the allotted amount of time, then switch direction so other leg leads.

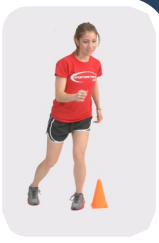




2 NEBRASKA DRILL
2 reps

Set 2 cones 30' apart. Begin on right side of 1st cone, sprint to left side of 2nd cone. Pivot around cone until facing 1st cone. Sprint to right side of 1st cone. Pivot around cone until facing 2nd cone (make a figure 8). Staying on right side of both cones, sprint to 2nd cone. Upon reaching the 2nd cone, backpedal to the start. Make sure to bend at knees and touch every cone with one hand.





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