

Dynamic Warm-Up Exercises

THESE EXERCISES

A dynamic warm-up can be easily defined as a series of movement drills performed in a progressive, deliberate sequence from low to moderate intensity. The initial drills might include jogging using different movements or running drills, and then gradually advancing to fast accelerations and changes of direction.

This measured build-up in intensity enables the circulatory system to move blood to the working muscles for a steadily paced warm-up of the soft tissues. It includes movements that stretch certain muscles and joints to prepare them for the work ahead. This should be part of a standard warm up, that also includes static stretches, performed both before matches as well as practice sessions.

A dynamic warm-up does six very important things:

1. It increases your body temperature allowing muscles to contract more efficiently and generate greater force.
2. It prepares the cardiovascular system to engage in vigorous activity and efficiently deliver oxygen to working muscles.
3. A dynamic warm up elongates muscles actively, improving joint range of motion and the body's ability to handle the forces experienced during play.
4. It helps to engrain proper movement patterns, which in turn leads to improved technical performance.
5. It warms up the nervous system, getting the brain talking with the muscles, allowing your muscles to work more efficiently.
6. It facilitates the athlete to focus their mind and to allow them to move into their competitive mind-set.

Leg Swing

Hold on to a table (tree/fence/rail), and swing your leg in front of you and then behind you in a controlled way. Then turn to face the table and swing your leg outwards and inwards. It's a great way to dynamically warm up your leg and hip, but is also used to gain more mobility to your hip joint.



 **Video:**
<http://youtu.be/ihsH785vBq0>

SETS REPS

Supine Lumbar Twist Stretch

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. Try to do this with your top leg straight, aiming to get your toes up towards your opposite shoulder. Then switch to the other side, rhythmically switch sides to make this a dynamic rather than static stretch.



 **Video:**
<http://youtu.be/BzYBkAvdCJY>

SETS REPS

Full Squat

Open your legs slightly wider than shoulder width, and bend your knees to the full squat (90 degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your kneecap in line with the middle toes of your foot. Always keep your feet flat on the ground.



 **Video:**
http://youtu.be/d_xB-41ieqw

SETS REPS

Walking Abduction and Adduction

Walk with good upright posture, and bend your hip to 90 degrees, moving your leg outwards and then back to the midline. This exercise is good for improving the flexibility of your hip joints.



 **Video:**
<https://youtu.be/2xArC7VUMA0>

SETS REPS

Walking Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Now follow this into another lunge position using the other leg. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards.



 **Video:**
http://youtu.be/pytdbvXQ_pl

SETS REPS

Walking with High Knees

Maintaining a good upright posture, walk. Push off from your toes to create a gentle bounce. Make sure you keep your head up, with your eyes on the horizon line. alternate this with heel flicks, walking flicking your heels up towards your buttocks.



SETS REPS

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