



Developmental Skills

(Michael M. Hensley • Technical Skills Trainer • TYSL)

Three Line Warm Up & Cool Down

(All Three Lines Are To Do The Warm Up Simultaneously in Unison)

(Three Lines, 40 Meters - A Light Jog, Go Slow!!)

- Jog Forward, Return Forward
- Jog Backward, Return Backward
- Two Step Forward Slide
- Two Step Backward Slide
- Windmill Out (Magic Hop in between – Rhythm “We Will Rock You”)
- Windmill In (Magic Hop in between – Rhythm “We Will Rock You”)
- Upper Extremity Skip (Across The Chest, Backward Butterfly, Forward Butterfly)
- Karaoke
- Heel To Heel, Double Clap
- Thighs, Chest, Clap (above the head), Chest, Thighs, While Skipping
- Monkey Bars (Extend The Arms Over Head), Double Clap, While Skipping
- Four Step Swipe-Four Steps Swipe Right Hand, Four Steps Left Hand, Four Steps Both Hands
- Four Steps Header Off Right Foot, Left Foot, Both Feet
- Running Technique- High Stepping w/Correct Arm Movements (15 yards, walk back)

Dynamic Stretching

(Four Steps – Hold for Four Seconds)

- Two Step Forward Slide, Knees to Arm Pit
- Two Step Forward Slide, Can Can (Toes to Hand)
- Butt Kicks, Quads
- High Step, Hamstring
- Inch Worm (Walk Up, Walk Out)
- Lunge & Turn (Upper Torso)
- Adductor Double Stretch & Step
 - Push-Ups (Hands on the Ball, 30 seconds, Two Sets)
 - Partner Sit-Ups (Hand the ball to your partner, One Minute, Two Sets)

Stretches-Hold for Twenty Seconds

- Two Feet Together Touch Toes
- Right Foot Over Left Reach Toes-Left Foot Over Right Touch Toes
- Spread Legs Reach Through
- Spread Legs Reach w/Both Hands To Right Foot-Spread Legs Reach w/Both Hands To Left Foot
- Spread Legs Bend Right Knee-Spread Legs Bend Left Knee
- Butterfly-Squatting
- Right Calf-Left Calf
- Right Quadriceps-Left Quadriceps
- Right Hurdle-Left Hurdle
- Right Sexy (iliotibial band)-Left Sexy (iliotibial band)
- Hip Flexors

H Drill Pre-Game Warm Up 4:4:2

- Turn With Outside Of Front Foot
- Turn With Inside Of Front Foot
- Turn With Inside Of Back Foot Behind The Standing Leg
- Short, Short, Long (On The Ground)
- Short, Short, Long, Drop, Wide
- Short, Short, Long, Drop, Wide, Drop, Through
- Short, Short, Long, Drop, Wide, Drop, Through, Drop
- Short, Short, Long, Drop, Wide, Drop, Through, Cross

Y Drill Pre-Game Warm Up

- Turn With Outside Of Front Foot
- Turn With Inside Of Front Foot
- Turn With Inside Of Back Foot
- Short, Short, Long (On The Ground).
- Short, Short, Long (In The Air).
- Short, Short, Long With a One Two
- Short, Short, Long, Drop, Through (Put A Shot On The End)
- Short, Short, Long, Drop, (Put A Shot On The End)

Diamond Drill

(In the event there is not much in the way of available space)

- Long, Short Short
- Inside to Inside (Outside of the Diamond)