



INJURY PREVENTION SOCCER WARMUP

- 1** 50% INTENSITY JOG
- 2** HIGH KNEES
- 3** BUTT KICKS
- 4** WALKING LUNGES
- 5** HIP GAIT - WALKING HIP OPENING & CLOSING
- 6** SHUFFLE
- 7** KARAOCIA
- 8** 5 SQUATS AND A JOG
- 9** 5 SQUAT JUMPS AND A JOG
- 10** 5 JUMP SQUATS LANDING ON 1 LEG
- 11** FORWARD SKATER JUMPS - HOLD OUTSIDE LEG
- 12** SKIPPING
- 13** FORWARD SPRINT THEN BACKPEDALING
- 14** LEG SWINGS WITH A PARTNER



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GENERAL PRINCIPLES

- ✓ WARMUPS SHOULD BE DYNAMIC (ALWAYS MOVING)
- ✓ DO NOT HOLD STRETCHES OR POSITIONS
- ✓ DO NOT CAUSE PAIN
- ✓ START SMALL AND GRADUALLY INCREASE MOTIONS

WARMUP POINTERS

TO REDUCE THE RISK OF ACL AND OTHER INJURIES, CUE ATHLETES TO FOCUS ON PROPER CONTROL OF THE HIP AND KNEE DURING MOVEMENT

- ✓ **SQUATS**
POSITION FEET SLIGHTLY WIDER THAN HIPS AND TOES POINTED SLIGHTLY OUTWARD - CUE ATHLETES TO FOCUS ON KEEPING THE KNEE CAP POINTED IN LINE WITH THEIR TOES
- ✓ **JUMPING & LANDING**
CUE ATHLETES TO FOCUS ON KEEPING THE KNEE CAP POINTED STRAIGHT AHEAD WHEN LANDING

