ELITE Functional Movement Warmup 2011-2012

**Group 1. Core / Glute Activation - Paced Controlled Movement**

Rainbow Position - 10 slow deep abdominal breaths

Cat Camel x 6

Front Plank position hip extension x 6 each side

Quadruped extension - sweep the floor w/hand and foot hold at parallel x 5 each side (Older Players)

Rainbow position 1 arm extended 1 behind head - Thoracic Spine Mobility x 8 each side

Clam Shell x 10

Glute Activation single leg hip press x 10

Supine hip slide / mobility x 5

Band Neutral Stance Knee press In and Out x 10

Band lateral shuffle - Net and Back

**Group 2. Active stretch / Functional Movement - Medium Controlled Movement**

Leg Swings Front and Side x 10

Kneeling Ankle Mobility x 9 each leg

Scapula Wall (or floor) Slide x 10

Arm circles small forward and back x 20

90 degree rotator cuff rotation x 10

Quad Knee Stretch w/ overhead extension to net

High Knee Stretch from net

Hamstring Pendulum to net

Quad Knee stretch w/forward extension from net

Slow Ankle Pop to 10ft line

Spider Man from net

Inch worm to net

Backward Lunge to opp lead leg reach from net

**Group 3. Functional Movement - Quick Controlled Movement**

**Skip Patterns**

Standard skip forward to net - backward from net

Wide Skip forward to net - backward from net

Crossover skip in front to net and back

Crossover skip behind to net and back

Ankle skip to net

Heel to hamstring skip from net

**Group 4. Hip Thoracic Spine Integration / Active Muscle Lengthening - Medium Controlled Movement**

**Multi Planar lunges**

x3 - x5 - x7 - x9 (increase every 3 weeks until 9 reps)

Sagittal Plane (straight) lunge

Frontal Plane (lateral) lunge static/active

Transverse Plane (rotational) lunge static/active

Back crossover lunge

Hamstring stretch step back

Frontal plane Side step lunge w/foot roll over

Frontal plane pivot and turn lunge

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