



NEUROMUSCULAR TRAINING WARM-UP PROGRAM

● Aerobic
 ◆ Agility
 ■ Strength
 ◐ Balance

m = meters

Perform each of the first five exercises. Choose between level 1 or level 2 for the last two exercises

Forward/backward jog



10-20 m each

Side shuffles



10-20 m/direction

Open/close gate



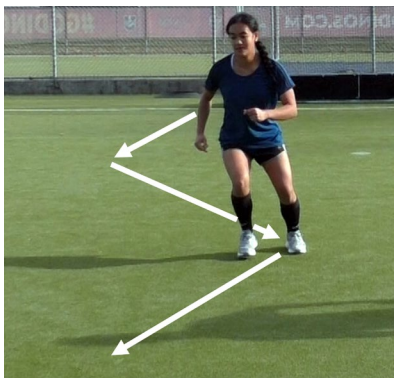
10-20 m each

Power skips



10-20 m

Zig-zag running



10-20 m

Level 1: Single-leg balance with high knee hold



15-30 sec/leg

Level 1: Jumps with partner nudge



x6-10/partner

Level 2: Two-foot jump to single-leg landing



x6-10/leg

Level 2: High knee to superman balance



x3-6/leg

 Aerobic

 Agility

 Strength

 Balance

m = meters

Choose between level 1 or level 2 for each exercise

Level 1: Stick handling on single-leg



20-30 sec/leg

Level 2: Passing on single-leg



20-30 sec/leg

Level 1: Nordic hamstring curl



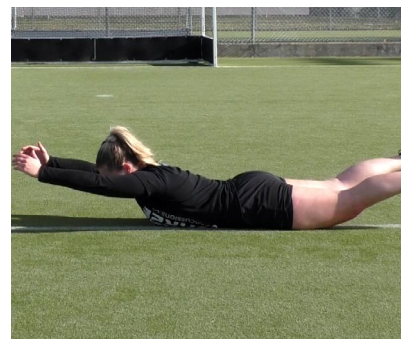
x3-6

Level 2: Nordic hamstring curl with push-up



x3-6

Level 1: Superman holds



x6-10, holding each rep for 2-4 sec

Level 2: Front plank with arm lifts



x6-10, holding each rep for 2-4 sec

Level 1: Side plank



15-30 sec/side

Level 2: Side plank, torso rotation



x6-10/side

Level 1: Squat hold



Work up to 30-sec hold

Level 2: Squat hold, torso rotation



x6-10/side, alternating

Level 1: Clock lunges: 12, 3, 6 o'clock



x3-6/leg in each direction

Level 2: Clock lunges: 2, 5, 7 o'clock



x3-6/leg in each direction

● Aerobic

◆ Agility

■ Strength

☪ Balance

m = meters

Choose between level 1 or level 2 for each exercise

◆ **Level 1: Skate jumps, controlled**



Moving forward, 10-20 m

◆ **Level 2: Skate jumps, quick**



Moving forward, 10-20 m

◆ **Level 1: Accelerations/decelerations**



Multiple stops/starts over 20 m

◆ **Level 2: Shuttle runs**



Multiple transitions over 20 m

◆ **Level 1: Ball chase, shot on net**



x2-4/player in each direction

◆ **Level 2: Run and cut, shot on net**



x2-4/player in each direction