



## NEUROMUSCULAR TRAINING WARM-UP PROGRAM

<span style="color: red;">●</span> Aerobic	<span style="color: orange;">◆</span> Agility	<span style="color: red;">■</span> Strength	<span style="color: yellow;">◐</span> Balance	<span style="color: green;">○</span> Neck control
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m = meters

### SECTION 1

The following exercises are performed on the spot.

#### ○ Static neck contractions



- Chin to chest
- Eyes to sky
- Ear to shoulder
- Shoulder check

10 sec/direction

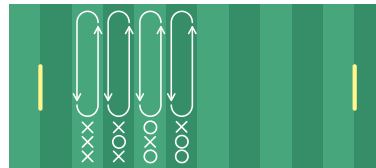
#### ○ Bobbleheads



30 sec

### SECTION 2

Players line up in lines along the length or width of the field, performing exercises up and down their channel.



#### ● Figure 8 jog



5-10 yards

#### ◆ Forward zig-zag run



20 yards

#### ● Backward zig-zag side shuffle



20 yards

#### ■ Lunges with torso rotation + leg lift



20 yards

#### ● Partner shoulder run



20 yards

#### ◆ Partner plant and cut



2-4 reps

● Aerobic

◆ Agility

■ Strength

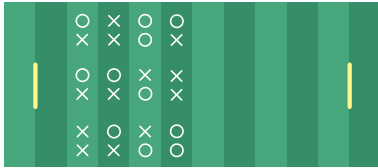
◐ Balance

○ Neck control

m = meters

### SECTION 3

Players within each line spread out across the field, positioning themselves beside a partner.



#### Partner nudges



15-20 sec/leg

#### Jousting (single-leg)



15-20 sec/leg

#### Partner push-ups



3-6 reps

#### Standing wrestling



30 sec

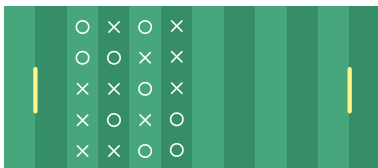
#### Nordic hamstring



3-6 reps

### SECTION 4

Remaining dispersed across the field, players should separate from their partner to perform the following exercises individually.



#### Front plank with rotation



4-8 reps/side

#### Jumping jacks



20 reps

#### Dynamic squat



10 reps

#### 4-D lunge



3-6 reps/leg in each direction

#### Single-leg hops



10 reps/leg

● Aerobic

◆ Agility

■ Strength

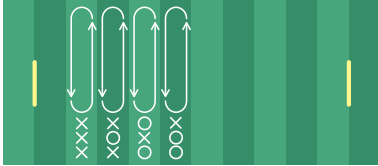
☺ Balance

○ Neck control

m = meters

## SECTION 5

Players return to their original lines along the length or width of the field, performing exercises up and down their channel.



### ◆ Side shuffle to quick direction change



2-4 reps/leg

### ◆ Shuttle runs



4-6 reps over 10-20 yards each