



NEUROMUSCULAR TRAINING WARM-UP PROGRAM

● Aerobic
 ◆ Agility
 ■ Strength
 ◐ Balance
 ○ Neck control

m = meters

Complete one level from the following

Level 1: Static neck contractions



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

10 sec/direction

Level 2: Stationary bear crawl—neutral neck



- Eyes down
- Eyes forward

10-30 sec

Level 1: Partner bobbleheads—standing



- Double leg, eyes open
- Double leg, eyes closed
- Single leg, eyes open
- Single leg, eyes closed

Select one variation—30 sec

Level 2: Partner bobbleheads—bear crawl



- Eyes down
- Eyes forward

30 sec

Level 1: Snake run



10-20 m

Level 2: Snake run



2 x 10-20 m

Level 1: Forward zig-zag side shuffle



2 x 10-20 m

Level 2: Partner plant and cut



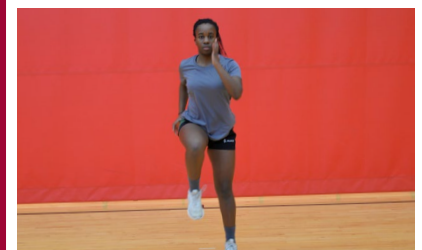
2-4 reps/direction

Level 1: Skipping—forward and backward



10-20 m/direction

Level 2: Skipping—sideways



10-20 m/direction

● Aerobic

◆ Agility

■ Strength

◐ Balance

○ Neck control

m = meters

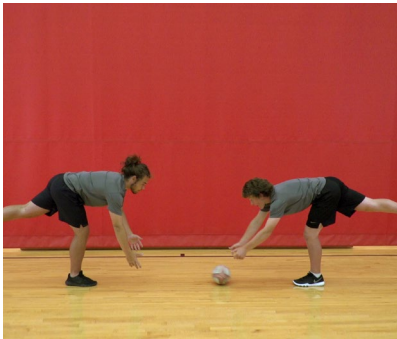
Complete one level from the following

Level 1: Airplane balance



x3-6/leg

Level 2: Hip hinge ball roll



x3-6/leg

Level 1: Dynamic squat



x6-10

Level 2: Single-leg squat pass and jump catch



x3-6/leg

Level 1: Front plank



10-30 sec

Level 2: Front plank with leg lifts



x3-6/leg, alternating

Level 1: Side plank



10-30 sec

Level 2: Side plank, torso rotation



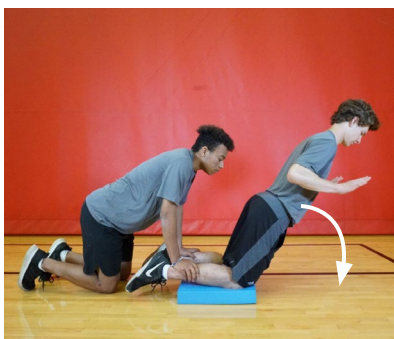
x4-8/side

Level 1: Nordic hamstring curl



x3-5

Level 2: Nordic hamstring curl



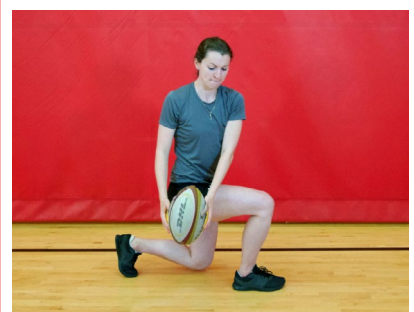
x6-8

Level 1: Stationary lunge with partner claps



10-30 sec

Level 2: Walking lunges with torso rotation and leg lift



x4-8/side

Complete one level from the following

Level 1: 4D lunges



x3-6/leg in each direction

Level 2: Side lunges with arm circles



x4-8/leg, alternating

Level 1: Multidirectional bear crawl



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

x8-12 steps/direction

Level 2: Bouncers



x6-10

Level 1: Single-leg hops



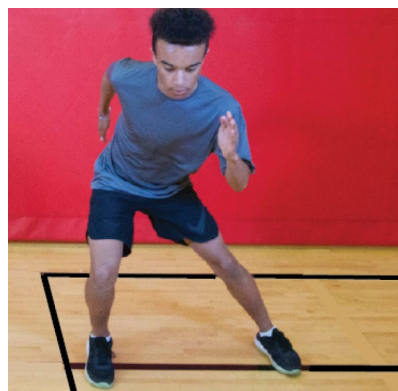
x6-12/leg

Level 2: Skate jumps



x6-12/leg

Level 1: Shuttle runs, outside foot pivot



x4-8 across 10-20 m each

Level 2: Shuttle runs, inside foot pivot



x4-8 across 10-20 m each