



## NEUROMUSCULAR TRAINING WARM-UP PROGRAM

● Aerobic   
 ◆ Agility   
 ■ Strength   
 ▾ Balance   
 ○ Neck control

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

#### ○ Partner bobbleheads



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

Select one variation: 20-30 sec

### SECTION 2 | Perform all exercises

#### ● Forward run | Backward run



10-20 m each

#### ● Side shuffles



10-20 m each

#### ● Open the gate | Close the gate



10-20 m each

#### ● Leg swings | Ankle pops



10-20 m each

#### ● High knees | Butt kicks



10-20 m each

#### ● A-skips | Power skips



10-20 m each

**Aerobic**

**Agility**

**Strength**

**Balance**

**Neck control**

m = meters

**SECTION 3** | Complete one level from the following

**Level 1: Airplane balance**



x4-8/leg

**Level 2: Airplane, knee drive**



x4-8/leg

**Level 3: Airplane, knee drive and hop**



x4-8/leg

**SECTION 4** | Complete one exercise from each of the following groups

**Group A: Front planks or Side planks**

**Level 1: Front plank**



Work up to 30 sec hold

**Level 2: Front plank, leg lifts**



x6-10/leg, alternating

**Level 3: Front plank, arm lift**



x4-6/arm, alternating

**Level 1: Side plank**



Work up to 30 sec hold/side

**Level 2: Side plank, torso rotations**



x6-10/side

**Level 3: Side plank, leg lifts**



x6-10/side

**Group B: Bridges and Nordics**

**Level 1: Glute bridge**



x8-10

**Level 2: Single leg glute bridge**



x8-10/leg

**Level 3: Hamstring walkouts**



x4-8, take 3-5 steps each leg to walk out

**Level 1: Nordic hamstring curl**



x3-5

**Level 2: Nordic hamstring curl**



x6-8

**Level 3: Nordic hamstring curl, reverse to start**



x3-6

**Aerobic**

**Agility**

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Complete one exercise from each of the following groups

**Group C: Copenhagen hip adductions**

**Level 1: Knee-supported raises**



x4-8/side

**Level 2: Knee-supported hold**



Work up to 20-30 sec hold/side

**Level 3: Foot-supported raises**



x4-8/side

**Group D: Lunges—Sagittal plane or Multidirectional**

**Level 1: Squat with calf raise**



x8-12

**Level 2: Walking lunges, forward and backward**



x6-12 steps/leg in each direction

**Level 3: Walking lunges, knee drive and rotation**



x6-8 steps/leg

**Level 1: Lateral lunges**



x4-8/side

**Level 2: Clock lunges (12, 3, 6 o'clock)**



x3-6/leg in each direction

**Level 3: Clock lunges (12, 2, 3, 5, 6, 7 o'clock)**



x3-6/leg in each direction

**SECTION 5 | Complete one level from the following**

**Level 1: Hops on the spot**



x8-12/leg

**Level 2: Multidirectional hops**



x8-12/leg

- Forward
- Backward
- Lateral
- Diagonal

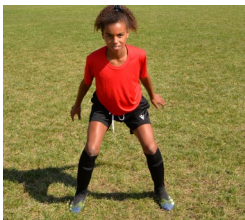
**Level 3: Combination multidirectional hops**



x8-12/leg

- Forward/backward while moving laterally along a line
- Side-to-side while moving forward along a line

**Level 1: Multidirectional jumps**



x10-12

- Forward
- Backward
- Lateral
- Diagonal

**Level 2: Skate jumps**



x6-10/leg, alternating

**Level 3: Partner jumps, shoulder contact**



x4-6/side

**Aerobic**

**Agility**

**Strength**

**Balance**

**Neck control**

m = meters

Complete one level from the following

**Level 1: Zig-zag running**



20 m

**Level 2: Quick start and stops**



Multiple stops/starts over 20 m

**Level 3: Partner plant and cut**



x2-4/direction

**Level 1: Throws on single-leg**



20-30 sec/leg

**Level 2: Volleys on single-leg**



20-30 sec/leg for each partner

**Level 3: Passing on single-leg**



20-30 sec/leg

**Ball tracking**

**Level 1: Open to receive pass**



30 sec/partner

Set up in a diamond. Central players receive ball from outer players, open and play to opposite outer player. Central players cross and receive from original outer player.

**Level 2: Toss with eye tracking**



30 sec/partner

Working player runs away from supporting partner while using their eyes to follow the arc of the toss. Player traps ball, facing same direction as their run.

**Level 3: Toss with eye tracking and cut back**

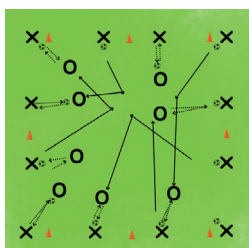


30 sec/partner

Working player runs away from supporting partner while using their eyes to follow the arc of the toss. Player cuts back to trap ball, facing their supporting partner.

**Chaos and change of direction**

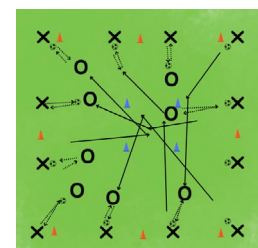
**Level 1: Pass and turn**



Half the players around perimeter with ball, half inside without ball. Inside players perform a one-touch pass with an outside player, then turn and accelerate to receive a pass from another outside player.

30 sec/group

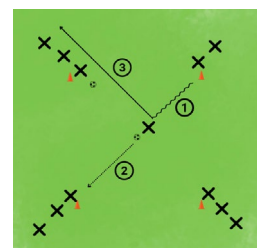
**Level 2: Passing with box chaos**



Create an area with small box of 4 cones in center. Half the players around perimeter with ball, half inside without ball. Inside players run and cut through center box before accelerating to receive and complete a one-touch pass with outside player.

30 sec/group

**Level 3: Pass and cut**



Create a large square with 4 cones. Players line up behind each of the 4 corners; two adjacent lines start with a ball. First players in each starting with the ball dribbles the ball to the center, then passes straight across and immediately performs cut to join an adjacent line (always cutting right or left). Both balls should always be moving.

1-2 mins/direction