



NEUROMUSCULAR TRAINING WARM-UP PROGRAM

● Aerobic
 ◆ Agility
 ■ Strength
 ◐ Balance

m = meters

Complete one level from the following

Level 1: Skipping—forward and backward



10 m/direction

Level 2: Skipping—sideways



10 m/direction

Level 1: Side shuffles



2 x 10 m/direction

Level 2: Carioca



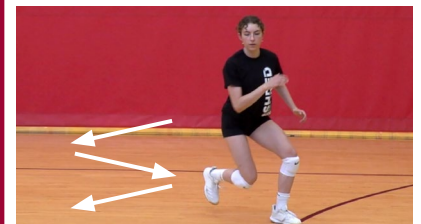
2 x 10 m/direction

Level 1: Forward zig-zag run—controlled



2 x 10 m

Level 2: Forward zig-zag run—game speed



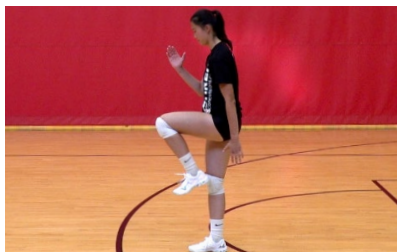
2 x 10 m

Level 1: Airplane balance



x3-6/leg

Level 2: Airplane balance T-walk



x3-6/leg

Level 1: Partner bobbleheads, standing



30 sec/partner

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

Level 2: Jumps, partner nudge at landing



x6-10/partner

Complete one level from the following

Jumps—partner bumps

Level 1: 2-leg landing



x3-6/leg

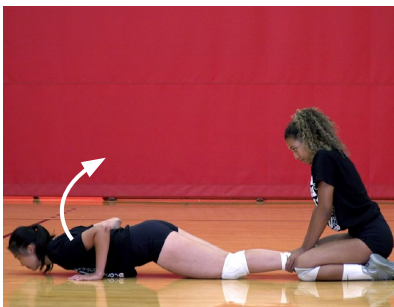
Level 2: 1-leg landing



x3-6/leg

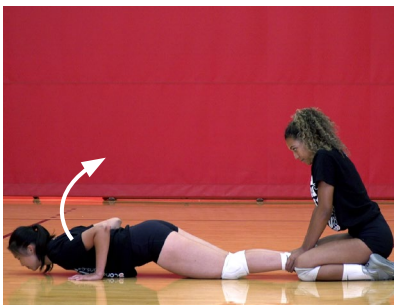
Nordic hamstring curl with push-up

Level 1



x3-5

Level 2



x6-8

Side plank torso rotation

Level 1: Knee supported



x6-10/side

Level 2: Foot supported



x6-10/side

IYTWs

Level 1: Alternating reps



x3-6/direction

Level 2: Cluster reps



x3-6/direction

Clock lunges

Level 1: 3 directions



x3-6/leg in each direction

Level 2: 6 directions



x3-6/leg in each direction

Compass jumps

Level 1: 2-leg jumps



x3-6/direction, alternating

Level 2: 1-leg hops



x3-6/leg in each direction, alternating

Complete one level from the following

Shuttle runs

Level 1: From push-up start



2 x 10 m, include 4-6 transitions in each

Level 2: Reactive from push-up start



2 x 10 m, include 4-6 transitions in each

Block jumps

Level 1: Controlled



x4-8

Level 2: Game speed



x4-8

Approach jumps

Level 1: Controlled



x4-8

Level 2: Game speed



x4-8