

Medfield Youth Soccer

U10-U14 Dynamic Warm up

2 x20 yds Each Drill

Butt Kickers

High Steps

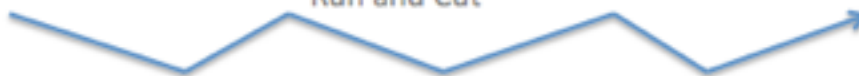
Side to side Shuffles ,grab the grass



Back Peddle running to start



Run and Cut



Back Peddle running to start

Plyometrics

Double Leg Jumps forward 2x10

Ice Skater Diagonal 1 Leg Jumps 2x10

Strength

squats or lunges 2x10 ,Bridge on Ball 2x20 DL to SL

Flexibility

Stretch Front Thigh, Back Thigh ,Groin and Lower Leg

Hold 30 sec /2x

Balance

SL ground touches 2x10