

**Medfield Youth Soccer**  
U9-U10

**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

**Flexibility**

Front Thigh, Back Thigh ,Groin and Lower Leg  
Hold 30 sec /1x