

Appendix A: Activity Description

Coaches: Please ensure that you only choose a few drills for your dynamic warm up and NOT all of them

**TALL GRASS RUN
(HIGH KNEES)**

Acting like they're in a field of tall grass, the players must take their leg up to their chest in a fast motion to get over the tall grass. Encourage participants to use their arms to move quickly through the field. Advise them to keep their backs straight and avoid leaning forward or backwards.

**HOT FLOORS
(BUTT KICKS)**

Acting like the floor is on fire, the players will place their hands behind their backs. They will keep their thighs perpendicular to the floor as the heels of their feet touch their hands. It will be a quick switch from one leg to the other.

**SPIDER STEPS
(CARIOCA)**

Starting in a lateral position facing the sideline, the "outside foot" is the designated foot facing the outside of the court. The "inside foot" is the designated foot facing the inside of the court. The player will begin by placing their outside foot over their inside foot to the other side. The inside foot will then go under the lead foot (outside foot) back to the normal position. The outside foot will then go under the inside foot to the other side. The inside foot will once again go over the lead foot (outside foot) back to the normal position. Continue this pattern and make sure to perform this drill in both directions. The hips will be swiveling as the player moves laterally.

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**CRAB SHUFFLES
(DEFENSIVE
SLIDES)**

Starting in a crab lateral position facing the sideline in a ready stance, the player will be low with their arms out. The lead foot will be moving laterally by stepping towards the opposite baseline. The trail foot will then follow, but it is important that the feet do not cross! Keep a shoulder width distance at all times.

**LION LUNGES
(WALKING
LUNGES)**

Players are to take a step forward with their lead leg bent in a 90 degree angle, lowering their hips with their thigh parallel to the floor. The trail leg must be straight for balance. Starting with the trail leg, take a step forward again and it will become their lead leg bent in a 90 degree angle.

BACKWARD RUN

Running backwards, tell players to maintain arm action to increase speed.

**SIDE-TO-SIDE
KICK**

Players start by facing the wall with their hands on it roughly 0.5m away from the wall. Begin by swinging legs side to side, back and forth, across the body. It is best to increase the full range of motion with each swing to feel the stretch. Use the hips to swivel and maintain swing.

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FRONT-AND-BACK KICK

Players start by standing beside the wall with the right leg closest to the wall and the right side of their body on the wall. Keep left leg in the stationary position and swing the right leg back and forth. Repeat with the other leg.

FROG JUMPS (JUMPING)

All players will start on the sideline. Each player will be in a frog position (knees bent, butt down, hands in front). They will then explode upwards from a frog position and jump as high as they can. The players jump until they reach the opposite sideline.