

Heritage HSC Program (Standard Warm-up and Sample WOD's) 3-19-2011



A. STANDARD HSC DYNAMIC WARM-UP, STRENGTH & PLYOMETRICS (Refer to www.aafpla.org/3ce/ACL/BerMan.htm and www.smsmf.org for ACL Prevention information)

Basic Body Mechanics for ACL tear prevention:

- Athletic position when landing or changing direction = On balls of feet, knees bent, push hips back/bend at waist, chest up, absorb load when landing/changing direction
- Running = Hip, knee, ankle should be aligned
- Refer to www.crossfitkids.com, www.crossfit.com, www.crossfitsweatshop.com, www.YouthSoccerSpeed.com for demos, proper techniques and additional workouts
- Refer to www.FIFA.com for 11+ warm-up program which has additional exercises
- Warm-up in unison to show team togetherness. 20 yard length for U13+. Cut length/time/reps in half for U9-U12's.

2 lines, facing each other

1. Shoulder warm-up (arm circles, elbow pulls, palms together overhead) Option: [BOUNCE WITH ARM SWING](#)
2. [Good mornings](#) (10 each)—On heels, knees slightly bent, push hips back, bend forward at waist
3. [Body weight squats](#) (10 each)— VERY IMPORTANT: Weight on the heels, feet slightly angled out, knees track in line with toes, full squat, chest up, arch back, drive up with lower back [AGAIN FASTER](#), [CROSSFIT](#)
4. Toe raises—front and back, side to side (10 each)

2 lines, facing forward

5. [Light jog](#) 4 x 20yds, touch ground—Hip, knee, and ankle are in line
6. [Inverted toe touch hamstring stretch](#) (10 yards, 3 sec hold max)—Opposite hand to opposite toe
7. [Walking quad stretch](#) (10 yards, 3 sec hold max)—Grab opposite ankle, tighten butt
8. [Elbow to instep stretch](#) (10 yards, 3 sec hold max)—Back leg straight, front leg at 90 degrees to ground, same elbow to same instep
9. [Knee hug to lunge](#) (10 yards)—Chest up, toes up
10. [Side Shuffle](#) 2 x 20 yds (hug)—Balls of feet, knees bent, push hips back/bend at waist, hug yourself to warm up shoulders. DO NOT STAND UP OR CLICK HEELS
11. [High knees](#) (10 yards)
12. [Butt kickers](#) (10 yards)
13. High knees (10 yards)
14. Butt kickers (10 yards)
15. [Hip out](#) (20 yards) [FIFA 11+](#)
16. Hip in (20 yards) [FIFA 11+](#)
17. [Carioca](#) 2 X 20 yds (switch at 10 yds)
18. [Backward Run](#) 2 x 20 yds—Balls of feet, knees bent, push hips back/bend at waist(don't lock knees)
19. 75% run 2 x 20 yds
20. Shoulder contact (20 yds) [FIFA 11+](#)
21. [Skip for height](#) (20 yds) and [Skip for distance](#) (bounding) (20 yds)
22. [Speed skater](#) (20 yds) or Plant & Cut [FIFA 11+](#)
23. Sprint full speed 2x20 yds

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2 lines, facing each other (strength & plyometrics) (2 sets of each—pick one from each group)

24. **Upper Body/Shoulders:** [Push-ups](#) (10 each, raise hands at bottom), [Hindu Push-ups](#) (5 each), [Alligator walk](#) (5 each side), [Planks](#) (30 sec), [Frog stands](#) (5 each), or [Pull-ups](#) (5 each) **ADVANCED KIPPING PULL-UP**
25. **Lower Body/Ankles/Knees:** Body weight squats (10 each), [Pistols](#) (5 each leg), Lunges (5 each leg), Cone jumps (10 front/back, 10 side/side), [Knee tuck jumps](#) (5 each), [Box jumps](#) (10 each), or [Russian Hamstrings](#) (5 each),
26. **Core/Abs:** [Sit-ups](#) with arm swing (10 each), [Russian Twists](#) (20 each), [V-ups](#) (10 each), [L-sits](#) (5x10sec), [Knees to elbows](#) (5 each)
27. **Full Body:** [Burpees](#) (10 each), [Mountain Climbers](#) (10 each), [Groiners](#) (10 each), [Wall balls](#) (10 each), [Kettle bell swings](#) (10 each), Squats with single kettlebells (5 each side), [Thrusters with dumbbells](#) (10 each), Jump rope (20 singles), Jump rope (10 [double-unders](#)),

B. Strength/Conditioning Work out of the Day (WOD)—See next page. Keep track of time/# reps

C. Speed and Agility Work

- Go to [YouTube](#) for www.YouthSoccerSpeed.com speed and agility work videos.
- Quick feet
- Ladder work
- Hurdles
- Sprint/Shuffle/Backward/Carioca in square

D. Ab Work

- L-overs
- Front, rear and side planks—Time
- Knees to elbows
- Sit-ups—Use arms
- V-ups
- Russian twists

E. Warm-down/Stretching (20 sec per stretch)

- Elbow to instep stretch
- Riptoe (frogs) squat stretch
- Calf stretch
- Quad stretch
- Figure 4 stretch
- Hamstring stretch
- Pectorals, Biceps stretch

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Sample WOD'S

Refer to www.crossfitsweatshop.com , www.crossfitkids.com or www.crossfit.com for information

"TEAM NAME"

2 sets x 6 minutes, 3 min rest in between (Record # of rounds completed)

- 5 Burpees
- 30 yd sprint
- 10 body weight squats

"HERITAGE"

4 Rounds (Record time)

- 200 yd run
- 24 body weight squats
- 16 sit ups (8 knees to elbows if pull-up bar is available)
- Forward sprint, side shuffle right, backward run, side shuffle left (10 yd x 10 yd square)
- 8 pushups

"ALL LEAGUE"

2 sets x 6 minutes, 3 min rest in between (Record # of rounds completed)

- Shuttle runs—sprint to/jog back 10,20,30,40 yds
- 24 body weight squats
- 16 sit ups (8 knees to elbows if pull-up bar is available)
- 8 pushups
- 10 hurdle jumps
- 10 burpees

"BLACK" ("GOLD"= 2 rounds x 8 min, 3 min rest in between)

1 set x 12 minutes (Record # of rounds completed in time)

- 400 yd run
- 10 push-ups
- 15 body weight squats
- 20 sit ups