



# STRIVE & UPLIFT - FIELD WARM-UP FOR ULTIMATE (SOLO VARIATION)

## PART I - LIGHT RUNNING



### Forward Jogging

Jog straight forward to the end inside the cones, jog back on the outside. Repeat in colder weather.



### Hip Out

Jog forward to first cone. Lift leg & open hip to side, repeat on other leg. Repeat for each cone, jog back.



### Hip In

Jog forward to first cone. Lift leg to side & close hip toward front, repeat on other leg. Repeat for each cone, jog back.



### Shuffle Around Cone

Jog to first cone. Shuffle sideways, then in a circle around cone, shuffle back. Repeat for each cone, jog back. Switch sides & repeat.



### Shuffle - Hop

Jog to cone, shuffle sideways. Jump & land deliberately, shuffle back. Repeat each cone, jog back. Switch sides & repeat.



### Forward/Back Running

Run forward to second cone. Run backward one cone. Repeat running forward two cones, back one to the end, jog back.

Maintain proper mechanics throughout the warm-up!

### Proper Mechanics



### Improper Mechanics



### Forward/Drop Step & Bail Running

Run forward two cones. Drop step or bail run back one cone, alternating sides. Repeat to the end, jog back.

## PART II - STRENGTH, PLYOMETRICS, BALANCE (OMIT BEFORE TOURNAMENTS/GAMES)

### Set 1



### Plank Hold

Set up in low plank position. Keep shoulders over elbows and spine neutral. Breathe! Hold for 30 seconds.



### Side Plank Hold (Bottom)

Set up in side plank with bottom leg bent at 90 degrees and top leg extended in air. Hold for 30 seconds on each side.

### Set 2



### Scapular Press

Set up in low plank position. Send sternum up, then down. Maintain neutral spine. Repeat for 30 seconds.



### Side Plank Rotation

Set up in side plank as in set 1. Rotate by sending top arm under body, then open to starting position. Repeat for 30 seconds/side.

### Set 3



### Scapular Press

Set up in low plank position. Send sternum up, then down. Maintain neutral spine. Repeat for 30 seconds.



### Side Plank Hold (Top)

Set up in side plank with bottom leg bent and top leg extended on ground. Hold for 30 seconds on each side.

PART II - CONTINUED



**Hamstring Walkout**  
Perform glute bridge. Slowly walk legs out and back. Keep hips high! Repeat for 60 seconds (5-15 reps)





**Single Leg Faking**  
Fake with dominant hand standing on pivot leg for 30 seconds. Perform on other leg with non-dominant hand. Repeat for 2 sets.

This warm-up was adapted from the FIFA 11+ protocol, with modifications by Deb Scheibe, DPT, Dr. Leslieanne Yen, and Strive & Uplift coaches.





Level 1




**Squat to Toes**  
Squat down slowly with knees tracking in line with toes. Ascend quickly, rising onto toes. Repeat for 30 seconds, 2 sets.

Level 2




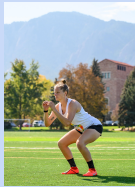
**Forward Lunge**  
Perform alternating forward lunges; do not allow knee to buckle inwards. Repeat 10 times on each leg, 2 sets.

Level 3



**Single Leg Squat**  
Squat on one leg with knee tracking in line with toes. At the bottom, shoulder, knee, and toe are in a plane. Repeat 10/side, 2 sets.

Level 1



**Squat Jump**  
Descend to bottom of squat and hold for 2 seconds. Jump up, reaching up if you want. Repeat for 30 seconds, 2 sets.

Level 2




**Lateral Jump**  
Bound from one leg to other. Land with knee stable & tracking with toe. Only jump as far as you can control. Repeat for 30 sec, 2 sets.


PART III - FAST RUNNING




**Forward Running**  
Run forward inside cones at 75-80% of maximum speed. Jog back on the outside. Repeat in cold weather.



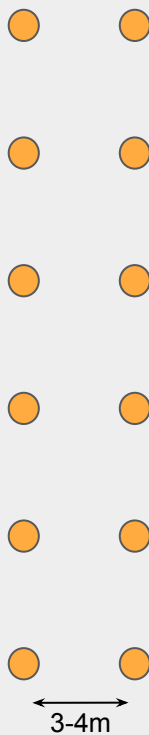
**Lateral Start**  
Set up sideways. Drive off back leg, hip turn, and accelerate to second cone. Decelerate by third cone. Perform twice on each side.



**Bounding**  
Run with high bounding steps, landing on ball of foot. Exaggerate knee drive, hip extension, & arm action. Jog back.



**Plant & Cut**  
Run diagonally to first cone on other side; reaccelerate diagonally to next cone. Drive off outside leg at each turn. Switch lines & repeat.



**Setup for Parts I & III**  
Use two pairs of six cones in parallel lines. Space the lines of six cones 5m apart from each other. Put the two lines of cones 3-4m apart.

Perform each exercise inside the cones, then jog back to the start on the outside of the cones.

**Setup for Part II**  
Perform the exercises wherever you like, no cones required!