

STRIKE & UPLIFT - FIELD WARM-UP FOR ULTIMATE

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.



Circling Partner

Jog to first cone. Shuffle in a circle around partner between cones. High five as you pass! Repeat each cone, jog back. Switch sides & repeat.



Partner Contact

Jog to cone, shuffle toward partner. Jump & contact in air. 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.



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.

Maintain proper mechanics throughout the warm-up!

Proper Mechanics



Improper Mechanics



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 Fallout

With partner holding legs firmly, maintain plank as you slowly lower toward the ground. Repeat for 60 seconds (3-15 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.



Single Leg Throwing

Stay on one leg for as much of the time as possible. Throw backhands for ~30 seconds standing on each leg. Repeat with forehands.

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.



Forward Lunge

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



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.

This warm-up was adapted from the FIFA 11+ protocol, with modifications by Deb Scheibe, DPT, Dr. Leslie Yen, and Strive & Uplift coaches. For more info, visit www.striveanduplift.com

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 however you like! We suggest forming a circle, except for single leg throwing.