

# **Sioux Falls Lincoln Sprint Warm Up Drills**

## **Warm – up Jog**

1. Jog 400 meters
2. Skip 100, Backward Skip 100, Shuffle Left 100, Shuffle right 100

## **Dynamic Warm Up**

3. Leg Swings
  - a. 10 Side to Side (each Leg)
  - b. 10 Front to Back (each Leg)
4. Heal Walk – Forward and Backward
5. Toe Pulls
  - a. With hand sweep
6. Twisty Walk – Torso Twist
7. Ankle Grab – Walking Quad Stretch
8. Knee Grab
9. Frankensteins
10. Lunge to Walk up
11. Shuffle with cross arms
12. Karoke – Both Directions
13. Straight Leg Run
14. “Knee to Pit”

## **Sprint Drills**

15. Ankle Flips
16. Two Leg Hops
17. Quick Skips
18. High Knees
19. Line in Heel or “Crack the Egg”
20. A Walk
  - a. Hands Up
  - b. Hands Out
  - c. Hands to Knee
  - d. Hands running
21. B Walk or Modified “B” Walk
22. C Walk
23. Single Fast Right
24. Single Fast Left
25. Double Fast Right
26. Double Fast Left
27. Bound to Sprint