



Tips from the Training Floor



*The Ultimate Sports
Fitness Training Center*

John Milligan, CORE Sports Fitness
Professional Trainer

How do you get ready for a workout? Do you lie on the ground, acting like you are doing some kind of a stretch, further procrastinating the start of the upcoming pain? Do you still static stretch a cold muscle only to feel less ready for the competition? An old coach of mine used to say, "train like you play, train like sport." Your warm up and the start of your workout should follow this same idea.

Dynamic Preparation is a great way to prime your body for the movements and rigors it is subjected to during practice or competition. Dynamic Prep drills are designed to activate your nervous system, enhance athleticism, and will help put you in the right frame of mind for training or play. Dynamic Preparation is also a valuable tool you can use to improve on your weak areas. Focus on what you may need the most work: speed, agility, flexibility, strength, or even fun. Each workout can have a different drill or series of activities to start.

Examples of Dynamic Preparation drills:

◆ Star Drill

- Squat and reach waist level
- Feet together jump with no turns
- Feet together jump with turns
- Single leg squat and reach with upper extremity
- Foot fire jumps without turns
- Foot Fire jumps with turns

◆ Magic Cone

- Visual cues:
 - ✓ Cone up – forward sprint
 - ✓ Cone down – back peddle
 - ✓ Coach touches ground – push up
 - ✓ Coach jumps – vertical jump
 - ✓ Coach turns back – sprint past Coach
- Verbal cues:
 - ✓ Yell out – "Forward, Back, Down, Jump, Through"

◆ Various Sprint Starts (30 yards)

- Face down, face up, on knees
- Foot Fire
- Hop side to side, forward to back , squat jump

◆ Mirror Drills (partner drills)

- Mirror and sprint (lateral, fwd/bwd/chaos)
- Mirror box
- Pro agility