



## Colorado Rapids Movement Preparation

1. **Glute Activation: Bands / Glute Bridge's**
2. **Dynamic Flexibility**
3. **Movement Integration: March's and Skips**
4. **Neural Activation / Plyometrics**

### Basic Movements:

- Jog – Skips with arm circles, with chops, with hugs, with twist
- Jog – Lateral shuffle, carioca, knees up, heels to butt
- Jog – left leg to right hand march and opposite to hip height
- Hip circles - out to in and in to out, forwards and backwards (6 reps each hip)
- Accelerate start to finish + jog back to start x2
- "S" runs for 40 yards
- Build up runs for 40 yards to return

### Dynamic Flexibility:

- Cross-overs(on back)
- Handwalks x5 – add lower back and calf stretch
- Inverted Hamstrings
- Quads (1/4 squat to stretch) x5 each
- Reverse Lunge x5 each
- Lateral Lunge x5 each
- Drop Lunge x5 each
- Forward Lunge – elbow to ankle, add twist, add hamstring stretch
- Knee Hugs
- Leg Cradles

### Faster Movements to Movement Integration:

- Fast knees up, fast heels to butt
- Left leg to right hand march and opposite – more dynamic with greater range of motion
- Lateral shuffle to acceleration x2
- Pillar skip to acceleration x2
- Leg swings – linear and lateral x10 each
  
- March, to march forwards, to skips, to skip forwards

### Neural Activation / Plyometrics:

- Drop squat, Bounce, 2 inch run in place, 2 inch run, to acceleration
- Drop squat, jump, land in drop position, then land on one leg