

Warm Up Progression- Outline

1. Dynamic Walking Drills (slow and controlled)
 - a. Heel walks
 - b. Toe walks
 - c. Heel to Toe (10 rep)
 - d. March with high knee twist)
 - e. March with Hamstring extension
 - f. Open / Close Gate
 - g. Ice skaters
 - h. Squats - 5 regular
 - i. Squats - pushing in on glutes
 - j. Jump in place x 10

2. Jogging (1-2 laps)

3. Hurdle Progression DRILLS
 - a. Walkovers x2
 - i. Lead leg, then trail leg
 - ii. No arms for beginners
 - iii. Same lead leg all the way down
 - iv. Change lead leg for the second repetition
 - b. Step Overs (2 sets)
 - i. Just step over, alternating legs with each step)
 - c. Step Overs (2 sets)
 - d. Backwards step overs
 - i. (Same as 2 but backwards)
 - e. Side Stepping Drill
 - f. Skip over sideways
 - g. Over-Unders

- i. Set up - Raise every other hurdle to 39 inches so it is 30-39-30-39, etc. Step over the low (30 inch) hurdle, squat under the high (39 inch) hurdle

4. Second progression

- a. Spread the hurdles to about **4 feet apart**
- b. Make **2 lanes** of four hurdles that are 4 feet apart - one lane for boys with the hurdles at 33" and one lane at 30 inches for the girls.
- c. Hanging trail leg -1 time each leg
 - i. Put leg lead over, then push off the trail leg and snap to the front
- d. Skipping Drills
 - i. Trail leg-1 time each leg
 - ii. Lead Leg-1 time each leg

5. **Third progression (Jogging drills)**

Note: The next portion is for the hurdle squad only. The development group should stop the warm up progression at this point and go their lanes to continue practicing.

Set up:

- Spread hurdles out even further to:
- Girls: 8 walking steps apart (approx. 20 feet/6.1m). Hurdles at 30" height.
- Boys: 9-10 walking steps (26 feet/8m). Hurdles at 36" height.

Drills (cont.)

- a. 9. Trail leg (1-2 time each leg)
- b. 10. Lead Leg (1-2 time each leg)
- c. 11. Over center of hurdle (1-2 time each leg)