



Coventry Soccer, Inc.

Standard Dynamic Warmup Program



Purpose of the Standard Dynamic Warmup Program: To provide a consistent and efficient dynamic warmup which aids in reducing the risk of injury, increasing proprioception, kinesthesia, and body awareness by providing proper neuromuscular recruitment and education.

Desired Outcome: Adoption and use of the dynamic warmup by program coaches U7/U8 (Intermediate level) and older. The goal is to provide consistency for the players, comradery amongst the program and warmup efficiency for coaches. Another goal is to progress to a player led dynamic warmup program, teaching responsibility and leadership.

The CSI Standard Dynamic Warmup Program is performed over a 20-yard distance.

The players perform the exercises in the listed order. The exercises may be performed at the same time, by aligning the players in one long row, or by small groups of players, by aligning the team into several groups of smaller rows.

Verbal cues to start or stop an exercise are suggested over a whistle. Generally, a whistle should probably only be used to simulate what a referee would do during a match.

The Standard Warmup Program

- Lunge Walk (20 yards) → Jog Back
- High Knees → Jog Back
- Butt Kicks → Jog Back
- Hip Open the Gate → Jog Back
- Hip Close the Gate → Jog Back
- Monster Walk(aka. Frankenstein or Soldier walk) → Jog Back
- Walking SLRDL (aka.Lever)→ Jog Back
- Elephant Walk(aka Scoops) → Jog Back
- Side (Lateral) Shuffle (or Carioca) → Jog Back
- “Jog down” → Sprint Back

*This information will be available on the CSI website in the Coaches Corner. A video of the program and exercise descriptions will be available as well.