Developing a Dynamic Warm-up

Univ. of Oregon

Answer the Questions

- Strength
- Speed
- Atlantic Play
- Performance
- Agility
- Endurance

Guidelines for Effective Development

- Exercise progressions that foster proper habits
  - Posture
  - Balance
  - Stability
  - Mobility

The search for optimal protocols in the preparation of athletic performances requiring explosive strength, speed, & agility

* Foster these things; don't kill them

Golden Circle

WHAT

How

WHY

$1 factor of elite athleticism

Ground Negotiation

Postural Control

Training drills / Training Skills

What is happening on the ground?

What are we doing to help hinder those two things?

Core strength aspect is key

Total Mobility

Upright Movement Patterns

Over a smaller base of support

Fighting and Tilting Defenses

$2 factor of success in athletics

Surge - Acceleration

- Do not do

- Do not do