Length of Oregon dynamic warm up = 3-6 minutes depending on how many kids

- top of head to the clouds
- min leaving the ground
- knee grab - tight to chest
- knees as far apart as possible
- frog - tip toes - knees for a port
- march - for top speed

10 yds
- Easy
- up and back
- HINGE & TILT

- forward lunge - knee to ground
- side lunge
- back lunge
- crawling
- straight leg - hips gotta move
- climbing
- toe grab - lift foot

Different Recovery Methods that Develop a Complete Athlete

Recovery Restoration Revitalization

1. Warm up
2. Core strength exercise 2-4 mins
3. Pull press type of thing 1/2rb body weight
4. Clean hang & jerk rapid
5. Split snatch
6. Med ball
7. Jump rope