


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

**Classifying Negotiation**  
Short vs. Long Responses [coupling]




CONTACT		FLIGHT	
DOWN	UP		
Ground Contact Time		"Sprinting" 100-150 ms	"Bouncing" 250 ms
Anatomical Plane		"Shock" > 250 ms	"Jumping" > 250 ms

Schmidbleicher 1998, Bosco et al. 1997, Wilton et al. 1991, L. King 1993, Bosch & Kemp 2005

# Biomechanics

**Top of the Head**

- Knee Grab
- Frog Style
- March



10 yds  
fast  
up and  
back

do you want to be a "super ball" or a "tomato"

- top of head to the clouds  
w/out leaving the ground

① knee grab - tight to chest  
knees as far apart as possible

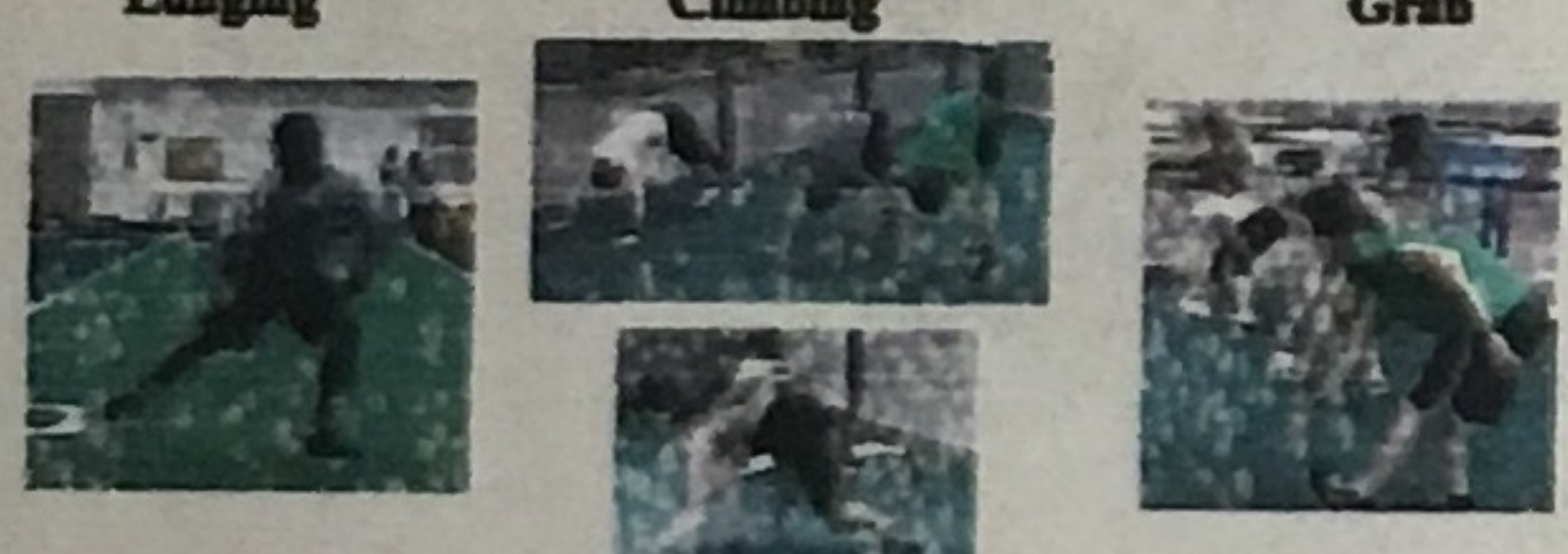
② frog - tip toes - knees far apart

③ march - for top speed  
Snap foot back down - whip at hip  
kick foot w/ hand

## HINGE & TILT


**Postural Hinge & Tilt**

- Dimensional Lunging
- Crawling Climbing
- Toe Grab




**PUSH TECHNIQUE**

- Walking
- Skipping
- Bounding
- Skating



**PUSH TECHNIQUE**

- Walking
- Skipping
- Shuffling
- Sliding



④ forward lunges - knee to ground  
⑤ side lunges

⑥ backward lunges ⑦ crawling  
- straight leg - hips gotta move  
⑧ climbing ⑨ Toe Grab  
L to R foot  
hard

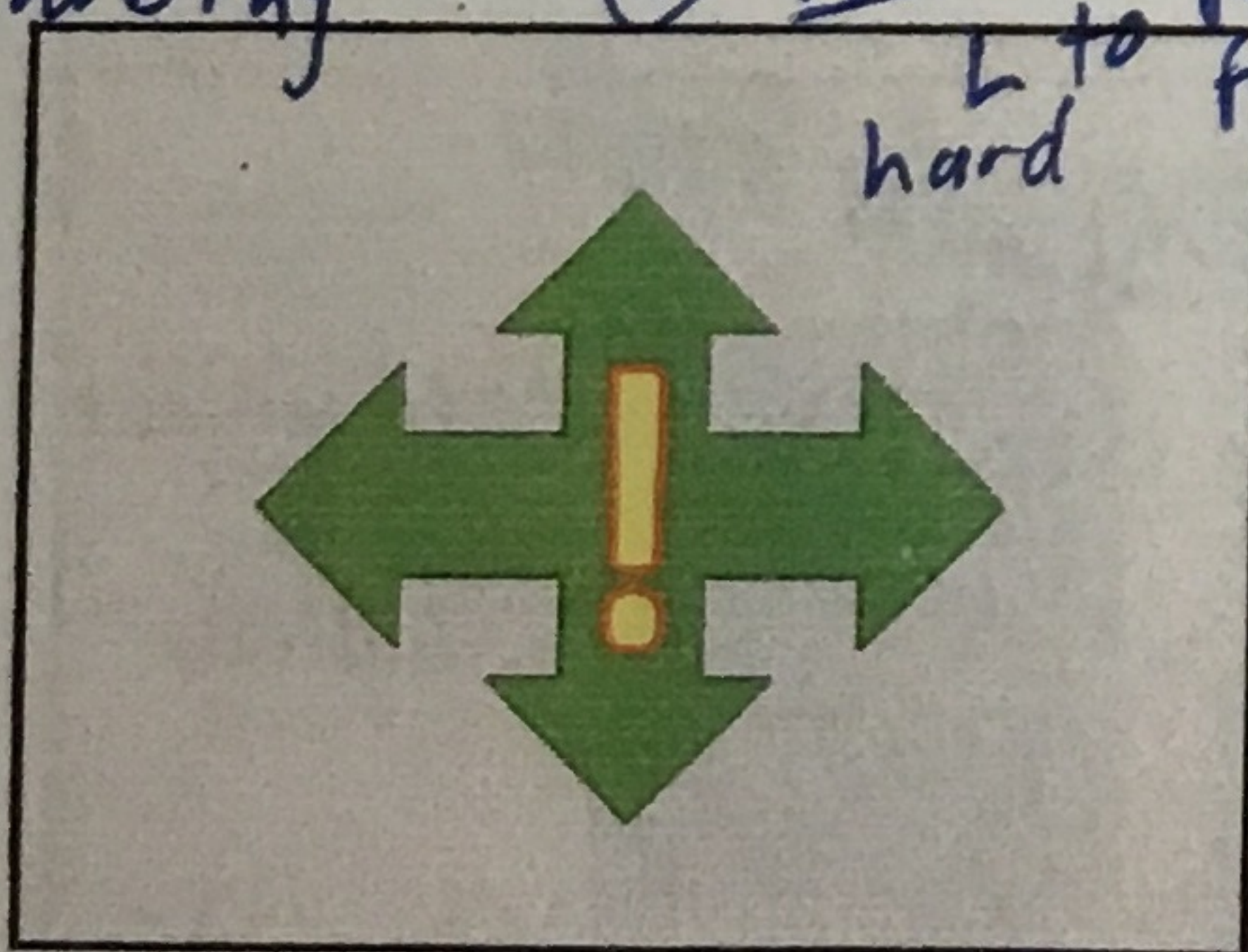
⑩ high knee walk - quick

⑪ Sprinters skip - sprinting in a skip

⑫ Bounding

⑬ Shuffling

⑭ backpedal = push mechanics



**Different Recovery Methods that Develop a Complete Athlete**

James Radcliffe  
February 2016

**Recovery  
Restoration  
Revitalization**

- ① warm up
- ② core strength exercise 2-4 mins
- ③ pull/press type of thing
- ④ clean hang & jerk rapid
- ⑤ split snatch

1/2 of body weight

- ① med ball
- ② jump rope