

## NFC Girls Soccer

- Recommended dynamic exercises:
  - High skipping (go slow and jump high) not a race!
  - Carioca (swivel hips not shoulders)
  - Frankenstein's (concentrate on keeping both knees locked out)
  - Butt Kicks (quick with full knee flexion)
  - Sideways lunge steps with rock (keep knees behind toes) x 10 then sprint to finish
- Jumping drills and reinforce proper mechanics
  - Vertical jumps – land in athletic position
  - Broad jumps (remember to use your core)
    - Double leg
    - Single leg
- Core exercises
  - Front planks with patty-cake/hi-5's (start with 30 second hold, then increase time in 10 second increments)
  - Side planks (add in a leg lift to make it more challenging)
- Dynamic exercises
  - Skater jumps
  - 180 degree jumps
- Follow practice with slow stretching of hamstrings, hip flexors, quads
  - 30 sec for each stretch