EPSC Dynamic Dozen-An injury prevention warm-up

The following warm up is used as a method to fully prepare players to train or compete in a match. Dynamic stretching is the preferred method due its injury prevention success as proved in studies. We also use some strengthening exercises to strengthen the whole body and also aid in the process of keeping our players injury free.

Set Up: This can be as simple as a disc 15 to 20 yrds from the touchline or a 15 to 20 yr square grid.

Start: Players always jog to first disc and perform Dynamic Stretch to next point.

Here is the EPSC Dynamic Dozen

1. Walk on balls of feet
2. Ankle flicks with a light jogging motion
3. Low skips
4. Carioca, reverse half way back
5. Butt kickers with correct arm drive
6. Abductors (open the gate)
7. Hurdles
8. Leg across volleys
9. High knees
10. Walking lunges halfway switching to Russian walk
11. Defensive jockeying
12. High leap headers

This completes the warm up phase and has prepared the muscles to perform soccer specific acts.

Core Strength
1) Abdominal Crunches (20)
2) Lay down low leg lifts (10 each leg)
3) Lay down on side leg lifts (10 each leg/side)
4) Pushups (20)

Balance Exercises
1) Stand on one leg arms out (20 secs per leg)
2) Single Leg Stand Headers and Volleys

Strengthening Exercises
1) Squats
2) Wall Sits

All of the above exercises can be performed in a relatively small area.
If you are waiting for the field space do the Dynamic Dozen in a narrow lane 2 or 3 players wide at a time.
Static stretching should not be performed before Dynamic Stretching; it is best done after the cool down at the end of a session.
Take time to cool down, this can be done using some of the Dynamic Dozen in the opposite order.
Be creative, look to incorporate a ball in some warm ups such as doing volleys in pairs whilst jogging, throw, volley catch.
Consult DoC regarding helpful resources available to explain exercises in detail

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