



FC BOULDER  
FOOTBALL FOR LIFE

## Movement Preparation

Performed in circle, 8-10 minutes

### BEFORE EACH ACTIVITY

Exercise	"Cue"
Hip Rotation- hands on hips	Small mvmt's
Hip Rotation w/ Knee Drive	Knee in line with toes, hips out
Upper back mobility's, on toes	Reach high, across and back
Lunge and Reach- open back foot marching fwd	Down/up, side/side, twist/twist
Balance Matrix- single leg #	Test the Water Temp- "reach"
Pivots- arms overhead #	Test the Water Temp- "reach"
Jog frontwards, backwards with arm circles	Balls of feet
Squat Matrix, feet offset	Sit down, toes ahead, pointed in, then out
Shuffle at angle forwards, rotate 180 ° to go backwards, then forwards, add 3 step acceleration on turn	Get low, rotate hips <b>DO NOT CROSS FEET</b>
Step with opp hand in b/w legs, bkwd lunge	Heel into ground, Belt buckle fwd
Light Skip with arms high	Stand tall
Carioca	Quick feet
Partner Reaches, lateral, across 2 foot first then hop to 1 foot	Good athletic Stance, Sit down, get low, chest up

Exercise	"Cue"
2 leg to single leg hops # **	Stick the landing for 1- 1,000
Hops in various foot placements, directions, then turn and accelerate in new direction # **	Stick the landing for 1- 1,000
Bounding- knees up high, sprint	Stand tall, height
<b>Younger players 7-11yrs- play tag instead of hops/bounding</b>	
	<b>Fwd/back/ lateral/crossover in front or behind, open door, close door or make a 'T'</b>
<b># Balance Matrix, Pivots, hops follow the following order:</b>	
<b>** Add ball once demonstrated proper technique</b>	

Per The Santa Monica Sports Medicine Research Foundation (The PEP Program): "If you are using this program with athletes that are 12 or under, please perform the plyometrics (hops) over a visual line on the field or a flat 2" cone and land each jump with two feet. Do not perform single leg plyometrics with young individuals until they demonstrate substantial control. The emphasis of these activities is the landing technique – not the height of the object that the athlete is jumping over."

Sources: The Santa Monica Sports Medicine Research Foundation The PEP Program: Prevent injury and Enhance Performance, Chelsea FC, Dr. Nick Studholme, Athletes' Performance, Sportsmetrics ACL Prevention Program, Surpass Fitness, M-Power Movement and the Boulder Center for Sports Medicine.

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