

CANES

Pre-Game Movement Prep

- **Dynamic Movements**

- (10 Yards Each)

- Crossover Shuffle/ Hamstring Stretch
 - Walking Glute Pull
 - Walking Quad Pull
 - Hip Openers
 - Reverse Hip Openers
 - Lunge & Twist
 - Reverse Lunge/Lat Stretch
 - Pogos
 - Reverse Pogos
 - Dynamic Marches
 - A-Skips
 - Skip Jumps

- **Mini-Band Work**

- Lift and Squat x 8 Each leg
 - Lateral Leg Lifts x 8 Each Leg
 - Monster Walk x 5 Yards Each Direction
 - Supinated Scap Retraction x 12
 - Banded “Y’s” x 12
 - No Moneys x 12

- **Pillar-Prep**

- World’s Greatest x 3 Each Side
 - Kneeling T-Spine Rotations x 5 Each Side
 - Quadruped Bear Crawl x 10 Yards Each Direction
 - Core-Engaged Single Leg Thruster x 6 Each Side
 - Single Leg RDL x 4 Each Side
 - Prone Swimmers x 5

- **Energy System Prep**

- (30 Feet)

- Lateral Shuffles 75% x 2 Each Side
 - Lateral Shuffles - 100% x 2 Each Side

- (90 Feet)

- Sprint - 75% x 2
 - Sprint - 90% x 2
 - Sprint 100% x 2

