

WARM-UP



Keep your fingers on your toes and squat down with your back rounded. Slowly straighten out knees with fingers staying on toes.



Shifting hips side to side with arms going opposite direction of hips. Keep entire foot flat on ground.



Pull hip back (zipper L), L arm in front/R behind, make a half moon with R leg and arms alternate. Put R foot down and shift into that hip (zipper R). Alternate this 10 steps.

Can make this a **strength activity by adding a band above your knees**



Dig heels down to tuck bottom & lift tailbone. Back needs to be flat ground. March your feet up and down without engaging low back.

STRENGTH



Lay on L side. Feet together with teammate. Band above knees. Slide R knee forward and Lift R knee up to feel R glute engage.



R side lying plank—pull R hip so it is behind L (Zipper R). Feel R obliques. L arm up towards ceiling.

L side lying plank—Lift with obliques and keep L hip back (zipper L)

COOL DOWN



Teammate squat down keeping weight in your heels and back rounded. Knees can go forward over your toes.



All four walk—try to keep heels down and back rounded with obliques engaged. Lift one leg up and take a few breaths and alternate.



Hip flexor stretch—tuck bottom first and shift weight forward into the front leg.