



EFFECTIVE WARM UP STRATEGIES TO MAXIMIZE PERFORMANCE AND REDUCE INJURIES IN STUDENT ATHLETES

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THE GOALS OF THIS SEMINAR

- Quick look at the facts (what we know)
- Effective warm up strategies you can implement before practices and games
- Demonstrate movements and drills that can be done on the court/field/off ice with no to minimal equipment
- Reduce the risk of injuries and maximize performance for athletes



WHAT WE KNOW

- Sitting 6+ hours a day before practice/games
- Injury rates for youth athletes are on the rise
 - Open discussion
- Studies show conclusively that dynamic warm ups and activation drills minimize injuries and maximize performance.
 - Even in gym class



CAUSES:

- Early Specialization
- Athletes are playing one sport year round
- Not recovering after practices and games
 - Multiple games in a weekend
 - Athletes feel pressure that they need to play in off-season leagues to “be seen” for college
 - What happened to the off season?
- Extra time outside of practice and games is being focused on skills and drills

CAUSES:

- Lack of Sleep (recovery)
- Poor Nutrition (recovery)
 - We will discuss recovery strategies at a later time



SOLUTIONS: LET'S START WITH THE WARM UP

- 15-minutes (3 Stage Process to warm up and prepare tissue for strenuous activity)
 - *Foam Rolling (18" Rollers)
 - 5 Minutes: Stretching
 - 5 Minutes: Activation
 - 5 Minutes: Mobility/Active Warm Up



STRETCHING SERIES (5 MINUTES)

- First let's dispel the myths
- 4 Stretches
 - "Bang for your buck"
 - Done in one spot
 - No equipment needed
 - Address all lower body muscle groups



TEAM STRETCH CIRCUIT

- Areas Addressed: Quads, Hip Flexors, Hamstrings, Hip Rotators, Adductors





ACTIVATION (5-MINUTES)

- Glutes
 - Why: Hip Stability/Balance/Preventing Knee Injuries
 - How: Hip lifts, single leg holds, band walks, BW lunges/squats
- Core/Shoulders
 - Why: Balance/Torso Stability/Preventing Low Back Discomfort and Shoulder injuries
 - How: Crawling (linear and lateral) patterns (these can be implemented in the active warm up), front planks, bird dogs



GLUTE ACTIVATION PROGRESSIONS: TWO LEG HIP LIFT

- Two Leg Hip Lift (Glute Bridge)/One Leg Hip Lift (Progression)



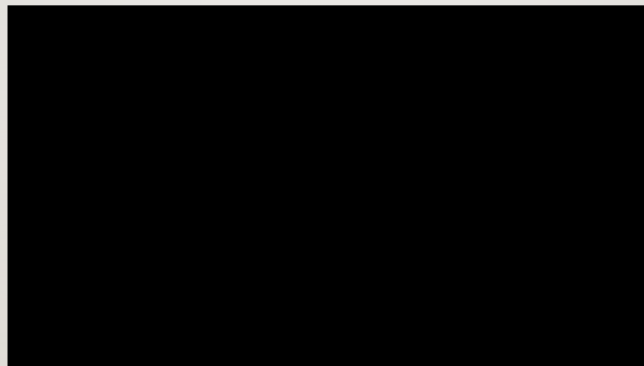


GLUTE ACTIVATION DRILLS: MINI BAND WALK

- PerformBetter.com Mini Bands (\$2)



BAND RESISTED BODYWEIGHT SQUAT

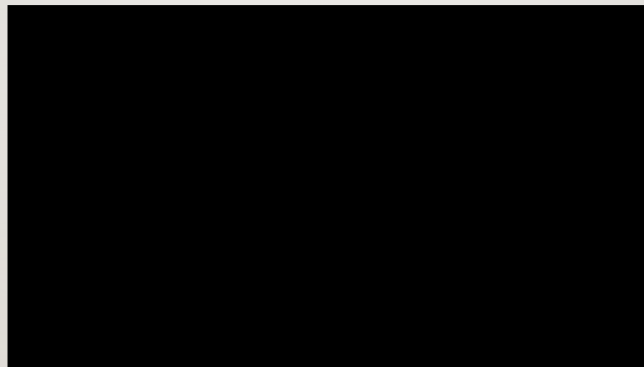




MOBILITY/ACTIVE WARM UP

- Make sure you hit the major muscle groups
 - Glutes, Quads, Hamstrings, Adductors, Abductors, pecs/back (shoulder stabilizers)
 - Don't forget the feet and ankles
 - Work through multiple patterns and planes (sagittal, frontal, transverse)
- Prepare the tissue to perform
- Active warm up drills should be done for about 8-10 yards

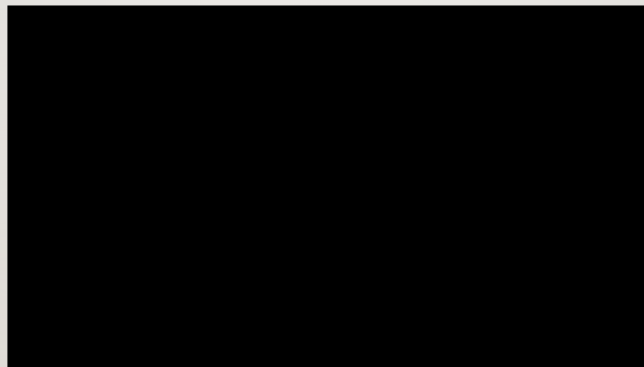
ANKLE MOBILITY



BEAR CRAWL



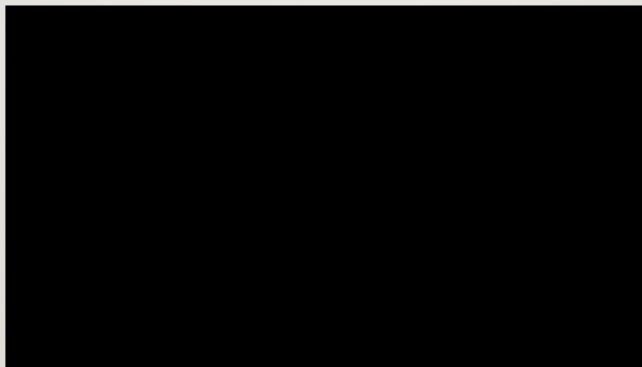
QUAD PULL BACK



INCHWORM (HAMSTRINGS)



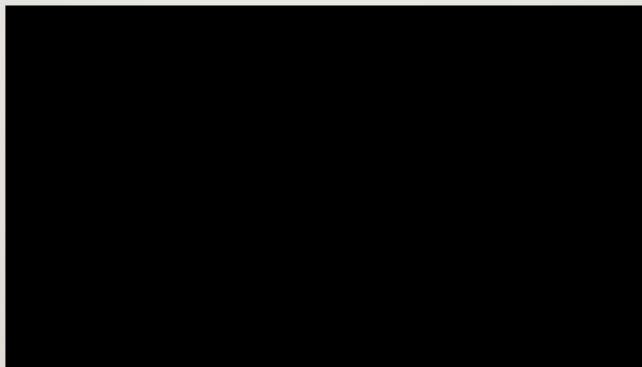
LEG CRADLE (HIP ROTATORS)

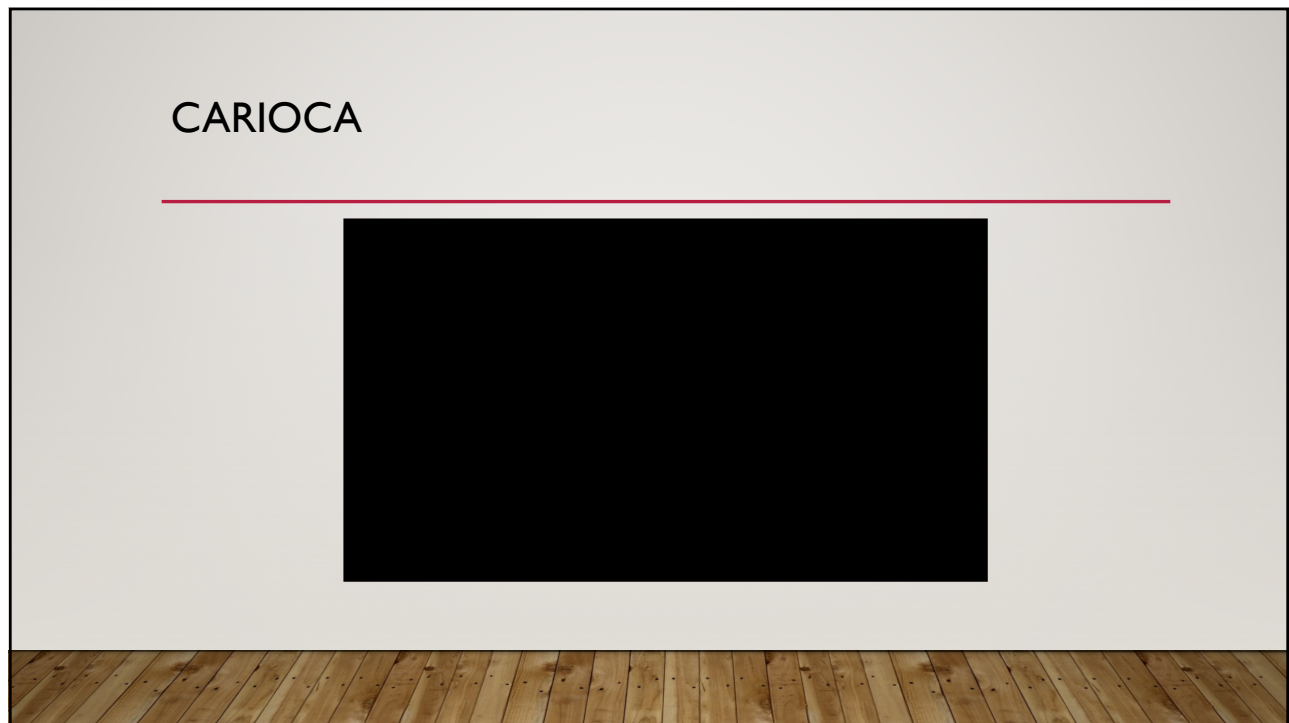


REVERSE SLDL



HIGH KNEE SKIP/HIGH KNEE RUN







RECOGNIZING FATIGUE

- Many non contact injuries can be attributed to athlete fatigue.
- Signs:
 - Having issue catching their breath
 - Wobbly legs
 - Problems with concentration
 - Poor attitude/frustration

WRAP UP

- Prioritize 15-minutes before practices and games to warm up
- Prepare your athletes for performance while reducing their risk of injury
- How can I help you? Questions?
 - AlliedStrength.com
 - Videos/One Sheet
 - kevin@alliedstrength.com