**Dynamic warmup**

See link below for video instruction

https://www.youtube.com/watch?v=y6WqKxXa73w

-½ speed run down and back (20-30 yards max)

-Toe touches (toes up) with arm circles

-Quad pull back

-Hip roll out (out to in/in to out)

-Lateral lung

-Lung with a reach w/arm action

-Progressive high knees

-Opposite arm/opposite leg

-Dynamic side lung

-Finish with some sprints (50%,75%,100%)