



# SC WAVE SOCCER

## ACTIVE WARM UP

2025-26 MLS NEXT Season | In partnership with Kinetic Sports Medicine



IN PARTNERSHIP WITH:

### KINETIC

SPORTS MEDICINE &  
PERFORMANCE

#### WHAT WE DO:

- Treat Common Sport Injuries (Strains, Sprains, Tendon Pain)
- Return-to-Play Rehabilitation Non-Operative & Post-Surgical
- ACL Rehabilitation
- Return-to-Sport Testing
- Performance Training
- Free Injury Consultations

#### CONTACT US:

[www.kineticsmp.com](http://www.kineticsmp.com)  
[info@kineticsmp.com](mailto:info@kineticsmp.com)  
 (262)-337-9331

#### LOCATIONS:

**BRX Performance**  
 665 S 72nd St, Milwaukee WI

**be FITNESS**  
 405 S. Genesee St, Delafield WI

@kinetic\_smp

## SOCCER ACTIVE WARM UP

### 1 RAISE

Get Heart Rate Up / Get Warm

- Skips With Cross Body Arm Swings x 10 yards
- Skips With Arm Circles x 10 yards
- Skips With Groin Circles Forwards x 10 yards
- Skips With Groin Circles Backwards x 10 yards
- High Knees x 10 yards
- Skips With Opposite Arm/Leg Touch x 10 yards

### 2 ACTIVATE

Activate Muscles Important For Sport & Injury Prevention

- Knee Hug Single Leg Hip Extension x 5-10 ea.
- Beginner: Kneeling Lat. Plank Bent Knee Hip Abduction x 5-10 ea.
- Advanced: Kneeling Lat. Plank Straight Leg Hip Abduction x 5-10 ea.
- Hamstring Walkouts x 5
- Beginner: Body Weight Split Squat x 5-10 ea.
- Advanced: Single Leg Skater Squat x 5-10 ea.

### 3 MOBILIZE

Address Movement For Sport Demands

- Low Lateral Squat Rocking x 5 ea.
- Drop Lunge to Lateral Lunge x 5 ea.
- Single Leg RDL with Reach x 5 ea.
- World's Greatest Stretch x 2 ea.
- Forward Walking Lunge with Top Arm Reach x 10 yards
- Backward Walking Lunge with Reach and Turn x 10 yards

### 4 POTENTIATE

Excite The System to Be Ready For Activity

- Lateral Bound x 5 ea.
- Forward Sprint to Back Pedal x 2-3 sprints x 5 & 10 yds
- Lateral Shuffle to Turn and Sprint 2 x 10 yards ea.
- Vertical Jump Bump and Run 2 x 10 yard sprint

### 5. TRANSITION TO SOCCER DRILLS!

\*Exercise names are hyperlinked to demonstration videos in the digital PDF version