

## Pre-Game Warm-Up Routine for Lacrosse Officials

The following program was assembled with the lacrosse official in mind. That person likely leaves from another workplace, has driven in traffic, and has arrived close to 30 minutes prior to game time. Transitioning to game mode involves mental and physical preparation, as well as a uniform change.

### Phase 1: Joint Mobility (2 min)

Goals: Overall wake up call for body. Physical check-in. Begin to clear mind for upcoming game. *Tip: Conduct on way from car, in restroom.*

1. Wide stance, overhead reach with both arms. Sideways bend R and L, Forward bend, Gentle backwards bend. Add: Reach to ground. Option: Lace fingers. *Spine, from neck through low back.*
2. Point toes down and back up toward shin, move ankle in circles. Rise up on heels and balls of feet. 3x. *Ankles.*
3. Wide stance, rotate at waist, keeping knees and arms loose. 3x. *Torso.*
4. Shrug and roll shoulders forwards and backwards. Add swinging loose arms across chest, in a crisscrossing motion. Switch to overhead reach behind neck. 3x. *Shoulders, elbows, wrists.*
5. Athletic stance, raise thigh up and rotate to the side as if clearing a hurdle. Include L and R sides, Switch to internal rotation. 3x. *Hips.*

### Phase 2: Light Jog (5 min)

Goals: Increase blood flow, heart rate, and muscle temperature. Further prepare body and mind. *Tip: Conduct field inspection during this phase.*

### Phase 3: Dynamic Stretch (3 min)

Goals: Take major muscle groups through a brief stretch, to a comfortable end point, increasing range over series. Combine joint movements. 3x each side, over 10 yards. Option: Repeat series or cover 20 yards.

1. Knee Hugs. (Raise knee up and grab back of thigh towards chest.) *Glutes, high hams.*
2. Ankle/Quad Pulls. (Bend one knee, grasp front of ankle, and pull heel toward glute. Raise opposite arm.) *Quads.*
3. Heel Pull Up/Ins. (Bend knee and grab heel and ankle, creating Figure-4 position, pull up.) *Hip rotators, glutes.*
4. Straight Leg Reach. (Staggered stance, front leg straight, toes up, bend at waist reaching for toes.) *Hams, calves.*
5. Lateral Lunge. (Step to side, with knee flexed over toes, allowing opposite leg to go straight.) *Groin/adductors.*
6. Forward Lunge with torso rotation. (Arms extended, rotate at waist to each side.) *Hip flexors, hams, glutes, torso.*
7. Frankenstein March. (Kick straight leg up to opposite hand, held straight out in front.) *Hams.*
8. **Spiderman.** Start straight arm plank position, bring R knee up toward R elbow, progressing to R foot outside of R hand. Switch to L side. Repeat 3x per side. (Options: Start in Downward Dog position, Start with push-up.) *Calves, hip flexors, hams, groin, glutes, torso, shoulders.*

### Phase 4: Movement Series (5 min)

Goals: Activate nervous system. Increase coordination of muscle groups, including arm movements. Keep core tight, head up, shoulders back. Move arms. Cover 10 yards, 2+x. *Tip: Perform away from teams, progressively increase speed.*

1. High knees. *Raise knees up towards chest in rapid, but not maximum, fashion, landing on balls of feet.*
2. Butt kickers. *Flex knees, trying to raise heel to glute, at moderate speed.*
3. Hurdle clearing. *Hip rotations. See Phase 1, #5.*
4. Side shuffle. *Lead L, Lead R.*
5. Cariocas. *Lead L, Lead R.*
6. Back pedal.
7. Zig zag run. *Change of direction every few yards.*
8. Accelerations to Full Sprint. *Includes decelerations.*

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