

PRE-GAME WARM-UP PLAN

By Cayla White

*Train The Position.
Master The Mindset.*



PREPARE

01 DYNAMIC WARM UP

- ☐ Light jog
- ☐ Dynamic stretching
- ☐ Hip mobility
- ☐ Activation exercises
- ☐ Stretching band routine

02 BALL HANDLING

- ☐ 4 to 6 passing combinations while switching the point of attack
- ☐ 8 volleys
- ☐ 8 scoops

SHARPEN

03 FOOTWORK AND COLLAPSE DIVES

- ☐ 2 turn ins from each post into strikes directly at you (both sides)
- ☐ 3 turn ins into low dives (both sides)
- ☐ 2 turn ins into mid height collapse dives (both sides)

04 SHOT STOPPING

- ☐ 6 dipping volleys
- ☐ 3 angle shots from approximately 18 yards (right side)
- ☐ 6 central shots from approximately 18 yards
- ☐ 3 angle shots from approximately 18 yards (left side)

FINISH

05 CROSSES

- ☐ 4 to 6 high balls on each side
- ☐ One service from deep
- ☐ One service from the angle
- ☐ Focus on timing, decision making, and communication

06 DISTRIBUTION

- ☐ 4 to 6 two touch long balls
- ☐ 4 to 6 punts or drop kicks
- ☐ Finish feeling sharp and confident

— POST WARM UP REFLECTION

How do you feel going into this game?

What is your one focus for today?

I am ready. I am prepared. I trust my work.



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Confidence Is My Edge.