



## SAFE RETURN TO PLAY

# Sample Physical Literacy-Based Warm Up Sequences By Age Group



Suggestions based on US Lacrosse ADM “60 Ways to Play” and USL Developmental Considerations  
<https://www.uslacrosse.org/return-to-play>



## RETURN TO PLAY

### Ages 4-6

**Focus:** Help players at this age use basic movement skills to develop agility, balance, coordination, and speed.

**Progression:** Single leg balance → Squat → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → March

**Duration:** 10-20 seconds per exercise

**Sample Directions:** *We’re going to start warming up our bodies. First, let’s balance on one leg...now the other. Next we’re going to squat down like we’re picking something up from the ground and then stand up.*





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## Ages 6-8

**Focus:** Help players at this age develop basic movement skills.

**Progression:** Single leg balance → Squat → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → March

**Duration:** 10-20 seconds per exercise

**Sample Directions:** *We're going to start warming up our bodies. First, let's balance on one leg...now the other. Next we're going to squat down like we're picking something up from the ground and then stand up.*



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## Ages 7-10

**Focus:** Help players at this age use basic movement skills to progress into athletic movement skills.

**Progression:** Single leg balance → Squat → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → March

**Duration:** 10-20 seconds per exercise

**Sample Directions:** *Let's do jumping jacks. Let's see how many you can do in 20 seconds. Ready, go! Good job everyone. Now, facing me, I'm going to point to a side. When I say "go", you're going to move side to side without crossing your legs over. Ready, go! (point right and left for about 20 seconds).*





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## Ages 9-12

**Focus:** Reinforce athletic movement skills and other technical skills.

**Progression:** Game/Free Play\* (RTP Stage 3+) → Single leg balance → Squat → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → Skip

**Duration:** 10-20 seconds per exercise

**Sample Directions:** *We're going to play a game of Freeze Tag before we do our warm up exercises. \_\_\_\_\_ is it. Ready, go! Now that Freeze Tag is over, let's work on our balance. Pick your left leg up and balance the best you can. Now switch—right leg up.*

\*Incorporate game only in Stage 3 or beyond



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## Ages 12-14

**Focus:** Help players with basic and athletic movement skills as their bodies are changing through puberty.

**Progression:** Game/Free Play\* (RTP Stage 3+) → Single leg balance → Squat → Plank → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → Skip

**Duration:** 15-30 seconds per exercise

**Sample Directions:** (Stage 3+) *We're going to play a game of Sharks and Minnows before we do our warm up exercises. \_\_\_\_\_ are the Sharks. Swim, Minnows, Swim! Now that the game is over, let's work on our balance. Pick your left leg up and balance the best you can. Now switch—right leg up. Let's see who can hold a plank for 30 seconds. Ready? Go!*

\*Incorporate game only in Stage 3 or beyond





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### Ages 15-18

**Focus:** Help players feel ready to manage the training that will take place (keeping in mind the increased need for recovery).

**Progression:** Game/Free Play\* (RTP Stage 3+) → Single leg balance → Squat → Plank → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → Skip

**Duration:** 15-30 seconds per exercise

**Sample Directions:** *We're going to play a game of Keep Away with no sticks before we do our warm up exercises. You have 10 seconds to pick teams. Ready? Go! Now that the game is over, let's start with our routine. Let's start with single leg balance—right leg first. Switch. 30 second plank is next. Let me know if something feels tight so we can add that stretch.*

\*Incorporate game only in Stage 3 or beyond



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### Ages 18+

**Focus:** Help players feel ready to manage the training that will take place (keeping in mind the increased need for recovery).

**Progression:** Game/Free Play\* (RTP Stage 3+) → Single leg balance → Squat → Plank → Alternating Lunge → Jumping Jack → Lateral Shuffle → 2-Leg Hop → Run → Skip

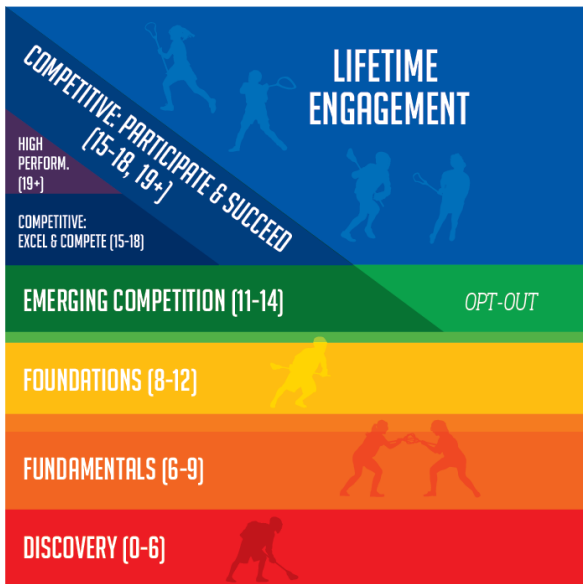
**Duration:** 15-30 seconds per exercise

**Sample Directions:** (Stage 3+) *We're going to play a game of Keep Away with no sticks before we do our warm up exercises. You have 10 seconds to pick teams. Ready? Go! Now that the game is over, let's start with our routine. Let's start with single leg balance—right leg first. Switch. 30 second plank is next. Let me know if something feels tight so we can add that stretch.*

\*Incorporate game only in Stage 3 or beyond



# Athlete Development Core Values



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US Lacrosse's Athlete Development is a framework using the six core values which bring out the full athletic potential in every player. When these values are embraced, players learn the sport better, love it more, and play it longer. Using the Core Values of Athlete Development helps keep players engaged in the sport longer as they reach physical maturity.

For more information about US Lacrosse's Athlete Development, go to [uslacrosse.org/athlete-development](http://uslacrosse.org/athlete-development).