**Dorsal Flexion Drills**

A and B Skip - <https://youtu.be/YFGw5pTcUl4>

Backward Skip - <https://youtu.be/z66cjvmIgFk>

Lateral Walk - <https://youtu.be/5wUk8wQNUT8>

Ankle Dribble - <https://youtu.be/DHv8Q-55TRY>

Open Gate - <https://youtu.be/hGeDpI2yX30>

**Dynamic Stretching**

Bent Knee Grab (knee to chest) – <https://www.youtube.com/watch?v=Q2GgP3hkZhU> (45sec mark)

Open the Gate – <https://www.youtube.com/watch?v=hGeDpI2yX30>

Heel Walk – <https://www.youtube.com/watch?v=oQ_-LIbhYgo>

Toe Walk –

2 Handed Toe Sweep –

Lateral Leg Swings - <https://youtu.be/HUpg2Secu7Q>

Horizontal Leg Swings - <https://youtu.be/kcnUhWvsboQ>

Inchworm - <https://youtu.be/1YFMeoRneE8>

Straight Leg Kicks (Walking) - <https://youtu.be/Jg9zq5NOpYk>

**Neural Priming (only workout days)**

Backwards run - <https://www.youtube.com/watch?v=PU6qPvT6sAc>

Carioca Step-Overs - <https://www.youtube.com/watch?v=YRfUr2fvxME>

Side Skips (swinging arms)

Front Skips (alternating arms)

Front Skips (both arms same time)