



The Beautiful 12 Warm Up

The Beautiful Twelve is a 4-part, 12-minute warm up that combines dynamic stretching with leg and core exercises designed to help prevent ACL Injuries and Concussions. It was designed for the Beautiful Project by CATZ. (Competitive Athlete Training Zone)

Part 1 - Dynamic Warmup - 4 minutes **Setup - 15 to 25 yards depending on player age**

Forward motion

EXERCISE	REPS	COACHING POINTS
Jog	1	Out and back, team stays together
High Knee Skips	1	Arms should swing, jog back
Skips w/Upper Body Twist	1	Upper body turns toward rising leg, jog back
Forward Diagonal Shuffles	1	Stay low and wide, shuffle back

Lateral Motion

Side Shuffles	1	Quick feet, out and back facing same direction
Side Hops	1	Rhythm on this is tricky at first
Carioca	1	Upper body should stay quiet

Multidirectional Motion

Backward Shuffles to Sprint	1	2 backward diagonal shuffles, turn to sprint, switch turn direction coming back
3-step 360° Turn to Sprint	1	3 steps, 360° turn, sprint, switch turn directions coming back

Part 2 - Dynamic Stretch - 3 minutes

Squat + Side Punches	12X (6 each side)	Athletic stance: Feet shoulder width apart, feet exactly parallel. KNEES GO DIRECTLY OVER FEET
Retro Lunges	6X (3 per leg)	Hold for 5 count and switch moving backward
Quad Stretchers	6X (3 per leg)	Hold for 5 count and switch moving forward
Pick Up and Reach	24X (6x each arm for each leg)	Shoulders square forward. Weight must transfer from leg to leg with each reach.

Part 3 - Dynamic ACL Prep - 3 minutes

Star Drill - (Setup: Demonstrator has 5 cones in a star pattern)

Two-Legged Squat & Reach	4X	Athletic stance: Feet shoulder width apart, feet exactly parallel. KNEES BEND DIRECTLY OVER FEET
Hops	4X	Always land facing forward
Forward & Side Lunges	4X	Don't go to back cones
One-Legged Squat & Reach	4X	On backward reaches, reach over shoulder

Part 4 - Concussion Prevention Core Work - 2 minutes*

Plank Series

Elbow Plank	30 seconds	Body in straight line
Side planks	15 seconds each side	Reach up with free arm
Hand Plank	30 second	Classic pushup position

*** Can be done at the end of training**