

2026

WISCONSIN
SOCCER
SYMPOSIUM

KINETIC

SPORTS MEDICINE AND PERFORMANCE



EXPERTS IN ATHLETIC
REHABILITATION AND
RETURN TO SPORT

WHAT WE DO:

- Treat Common Sport Injuries: Muscle Strains, Ligament Sprains, Tendon Pain etc. Helping You Return-to-Play Effectively and Maximize Your Performance
- Rehab. for Non-Operative and Post-Surgical Conditions
- Specialize in ACL Rehabilitation
- Specialize in Return-to-Play Preparation and Testing
- Performance Training
- Provide Free Injury Consultations

CONTACT US:

- www.kineticsmp.com
- email: info@kineticsmp.com
- Phone: (262)-337-9331
- Locations:
BRX Performance
665 S 72nd Street
Milwaukee, WI 53214
be FITNESS
405 S. Genesee St.
Delafield, WI 53018

SOCCER ACTIVE WARM UP

1. Raise: Get Heart Rate Up/Get Warm

- A-Skip fwd/bwd x 10 yards
- Lateral A-Skip x10 yards ea
- High Knee Build Ups x 10 yards
- A-Switch x10 yards
- 45deg Shuffles x 10 yards
- Straight Leg Bounds or standing leg swings x 10 yards

2. Activate: Activate Muscles That Are Important For Sport and Injury Prevention

- Knee Hug Single Leg Hip Extension x10-15 ea.
- Beginner: Kneeling Lateral Plank Bent Knee Hip Abduction x 5-10 ea.
- Advanced: Kneeling Lateral Plank Straight Leg Hip Abduction x 5-10 ea.
- Beginner: Hamstring Walkouts x 5
- Advanced: Partner Nordic Hamstring Curls x 5
- Beginner: Body Weight Split Squat x 5-10 ea.
- Advanced: Single Leg Skater Squat x 5 -10 ea.

3. Mobilize: Address Movement For Sport Demands

- Low Lateral Squat Rocking x 5 ea.
- Drop Lunge to Lateral Lunge x 5 ea.
- Single Leg RDL with Reach x 5 ea.
- World's Greatest Stretch x 2 ea.
- Forward Walking Lunge with Top Arm Reach x 10 yards
- Backward Walking Lunge with Reach and Turn x 10 yards

4. Potentiate: Excite The System to Be Ready For Activity

- Lateral Bound x 5 ea.
- Forward Sprint to Back Pedal x 2-3 sprints x 5 & 10 yards
- Lateral Shuffle to Turn and Sprint 2 x 10 yards ea.
- Vertical Jump Bump and Run 2 x 10 yard sprint

5. Transition to Soccer Drills!



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SOCCER ACTIVE WARM UP - THE WHY/HOW

1. Why warm up?

- Psychological, physiological, neuromuscular benefits
- These benefits decrease onset of fatigue, improve power production, decrease sprint times, lead to reduction in injury risk
- A great time to introduce and work on refining movement patterns
- Provide a chronic stimulus for neuromuscular control, flexibility, strength

2. Key Components to a Warm Up

- Specificity - some general movements, but some specific to position
- Progression - progress intensity beginning to end and over season
- Individualization - intensity fit to the individual
- Variety - different planes of movement, slow, fast etc
- 10-15min
- AT LEAST 2x/week, most effective when done every game and practice

3. Structure: RAMP

- Raise - activities that raise heart rate, body temp. can be general or specific
- Activate - activities that activate key muscle groups to be used during training and/or areas that are commonly neglected/weak
- Mobilize - activities that create enhanced mobility/range of motion
- Potentiate - activities that prime the nervous system, challenge proprioception and build towards sport specific soccer drills



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