



## Game and Practice Warm-up

### **Full Dynamic Warm-up (approximately 10-12 minutes)**

Each exercise should be performed for 8 yards, unless noted otherwise. Abbreviated warm-up exercises, if limited on time, are italicized.

1. *Straight-Arm Jumping Jacks* (1 set of 25-50)
  - a. Start standing tall with feet together and arms down by side. Jump up slightly and straddle legs to slightly wider than shoulder width while simultaneously lifting arms by sides as high as possible, while maintaining completely locked elbows the entire time. Once feet hit ground in straddled position, jump back to starting point.
2. *Windmills* (1 set of 10)
  - a. Stand tall with legs straddled wider than shoulder width and feet facing forwards. Arms out to "T" position with arms straight. Keeping knees and elbows locked, take right hand and bring down towards left foot, bending and rotating at waist. Come up to starting position, repeat movement on other side (left hand to right foot). Return to starting position for rep 1.
3. *Arm Circles* (1 set of 20 each direction)
  - a. Stand up tall with shoulders level. Keeping arms straight, rotate one arm in a forward circle by your side. Alternate arm rotations. Repeat making backwards rotations.
4. *Arm Swings* (1 set of 20)
  - a. Stand up tall with shoulders level. Swing arms in front of you, crossing one over the other, then swing behind you, rotating thumbs downward and trying to clap hands. Alternate which arm crosses over the top of the other during front swing.
5. *High Knees* (2 sets of 8 yards)
  - a. Standing tall and on balls of feet, alternated bringing knees up to a 90-degree angle while moving forwards. Focus on good body lean, strong arm movement, relaxed upper body, and inverted toe with feet getting off of the ground quickly.
6. *Speed Skips*
  - a. Standing tall and on balls of feet, skip while bringing one knee up to 90-degrees while the other leg stays straight, extending through toes, feet, and ankles to create lift. Alternate knees going up, focusing on getting feet off of the ground quickly.



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### 7. Ballet Kicks

- a. Stand up straight with hands on hips. Kick one leg as high and hard as possible while keeping kicking leg toes pointed and leg straight. Non-kicking leg (posting leg), should also be completely straight with posting heel staying in contact with ground. Alternate leg kicks with no steps in between reps.

### 8. Sumo Squat Lunges (2 sets of 8 yards)

- a. Start sideways with legs straddled, hands on hips, and chest upright. Shift body weight forwards in a lateral lunge, then shift body backwards. Start shifting more weight on front foot while rotating body inside to turn to face the other way. Repeat shifts and continue moving forwards.

### 9. Carioca (1 set each direction)

- a. Start facing sideways with feet shoulder width. Step sideways with front foot. Once front foot makes contact with ground, back step with back foot. Once back foot makes contact with ground, rotate hips step front foot ahead of back foot. Once front foot hits ground, continue rotating hips while driving back foot knee over front foot leg. Repeat, focusing on pushing back leg up and over front foot.

### 10. Side Shuffle Runs (30 yards)

- a. Standing in lateral position with legs bent and chest upright, perform two explosive lateral side shuffles followed by a 90-degree turn to run. Reps go as follows:
  1. Reps 1&2: 70-75% run intensity
  2. Rep 3: 80% intensity
  3. Rep 4: 90% intensity