



DYNAMIC WARM UP

TEAM JOG

- | | |
|----------|--|
| 1 | In two (2) straight lines, <u>jog together</u> with your glove and as a TEAM around the outside of the field |
|----------|--|

After done with jog, set gloves together on baseline with fingers pointing to the field

STRAIGHT LINE

(Everyone across one line – one person leading from middle of line)

- | | |
|-----------|--|
| 2 | <u>Jog</u> down & backpedal back |
| 3 | Slide sideways shuffle down & back <i>(stay facing the same direction both ways)</i> |
| 4 | Leg swings “Frankenstein’s” – reach forward, bring one leg up & touch toe |
| 5 | Forward lunge with twist |
| 6 | Drop step walk - backwards, walk while lifting knee up and out |
| 7 | Side lunge – reach with leg and dip <i>(alternating directions)</i> |
| 8 | Reach run “cherry pickers” |
| 9 | Carioca <i>(stay facing the same direction both ways)</i> |
| 10 | High knees |

CIRCLE

(with 1 person in center of circle)

- | | |
|-----------|---|
| 11 | Arm circles – front stroke, bring right arm over & then left arm |
| 12 | Trunk twists/twisters/helicopters |
| 13 | Hugs – hug the world, hug yourself |
| 14 | Elephant stretch – hands together, arms outstretched & rotate around with arms (reverse) |
| 15 | Calf stretch – place right foot on top of left foot & stretch calf by bending over |
| 16 | Heel to butt “ankle pulls” – lift leg with hand to butt, lift heel off ground |
| 17 | Knee hugs |
| 18 | Leg cradle – stand, bend knee and lift foot & heel |