



DYNAMIC WARM UP

TEAM JOG

1 In two (2) straight lines, **jog together** 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 **Jog** down & backpedal back

3 Slide sideways shuffle down & back *(stay facing the **same** direction both ways)*

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 *(alternating directions)*

8 Reach run “cherry pickers”

9 Carioca *(stay facing the **same** direction both ways)*

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