DYNAMIC WARM-UP GUIDE



FLAG FOOTBALL

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Special Olympics Health

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Warm-Up Directions

A warm-up should be the first physical activity in every training session or competition. A good warm-up helps you to reach a state of physical and mental readiness.

A proper warm-up should include:

- Aerobic activity
- Dynamic stretching

The aerobic activity in a warm-down should increase your heart rate. Some aerobic activities are high knees, jumping jacks and a jog around the playing field.

After you complete the aerobic activity, you will want to dynamic stretch the different muscles you'll be using.

HOW TO USE THIS GUIDE

- Try to do about **15-20 repetitions** of each exercise.
- Many of these stretches can be **done in place or across the playing area.**
- Select a few exercises that **focus on different muscles.**

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Sample Warm-Up

AEROBIC ACTIVITIES

Aerobic activities are whole body movements should last about 5 minutes and increase the heart rate. Select a few exercises from the list below:

- Butt Kicks
- Fast Feet
- Jumping Jacks
- Light Jog
- Power Skips
- Side Shuffles

DYNAMIC STRETCHES

Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion. If you don't have enough time, select a few that focus on the different muscles used in your sport:

- Arm Circles
- Arm Swings
- Forward Lunges
- Hip Hinges
- Lateral Leg Swings
- Torso Twists
- Walking High Kicks
- Walking Leg Sweeps
- Walking Quadriceps Stretch
- Wrist Rotations

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Butt Kicks

DIRECTIONS

- Walk or jog while kicking your heels up to touch or nearly touch your glutes.
- Quickly alternate legs. Keep arms bent at the elbows and swinging back to front.
- Start slowly with a walk and then speed up to a jog or run.
- This exercise can be done in place or while moving around an activity space.



Featuring Special Olympics athlete, Novie Craven

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Fast Feet



DIRECTIONS

- Stand with your feet shoulder width apart and your knees bent.
- Put your arms at your sides with elbows bent.
- Rise to the balls of your feet and run in place as fast as possible.
- Keep your feet moving quickly.

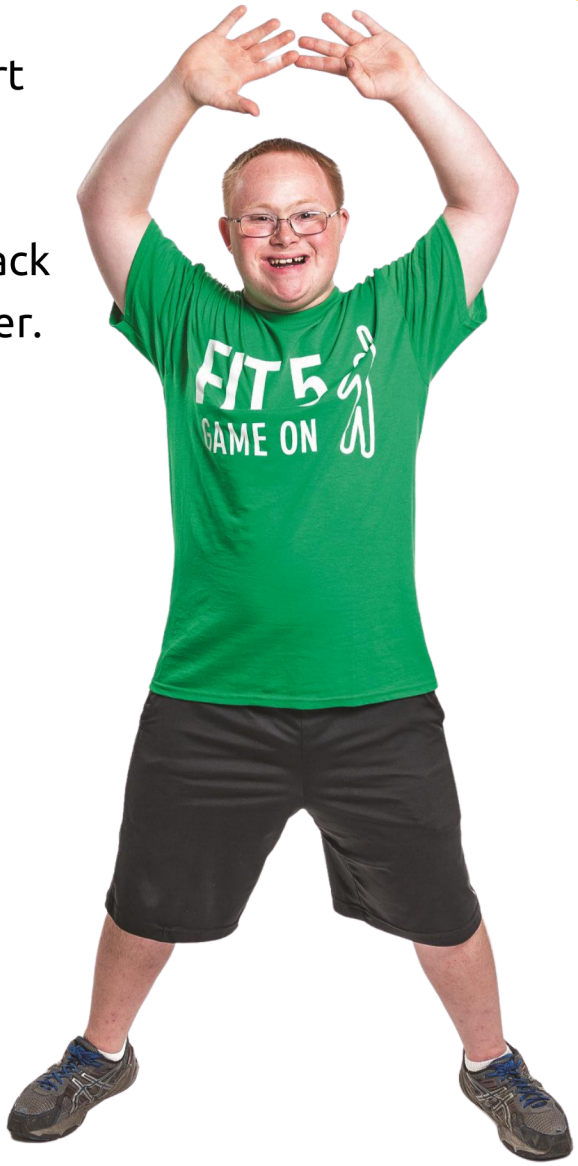
Featuring Special Olympics athlete, Joe Wu

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Jumping Jacks

DIRECTIONS

- Jump up and spread your legs apart as you swing your arms over your head.
- Jump again and bring your arms back to your sides and your legs together.



Featuring Special Olympics athlete, Matthew Whiteside

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Light Jog



DIRECTIONS

- Lightly jog around your training area.
- Make sure you are also swinging your arms the whole time.

Featuring Special Olympics athlete, Alicia Gogue

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Power Skips

DIRECTIONS

- Stand with your feet hip width apart.
- Lift your right knee and spring up off your left foot, hopping into the air.
- Switch sides. Lift your left knee and spring up off your right foot, hopping into the air.
- Continue in a “skipping” motion and swing arms back to front.





Featuring Special Olympics athlete, Joe Wu

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Side Shuffles

DIRECTIONS

- Stand with your feet shoulder width apart and bend your knees. Put your arms out at your sides.
- Step with your right foot to the side, and then bring your left foot in beside it.
- Do 5 shuffles to the right, then switch directions.
- Do 5 slides to the left, leading with your left foot. Keep shuffling from side to side.



Featuring Special Olympics athlete, Novie Craven

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Arm Circles

DIRECTIONS

- Stand tall with your arms straight down. Slowly make large circles with your arms in the forward direction.
- Repeat exercises in the backward direction.



Featuring Special Olympics athlete, Jayla Neal

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Arm Swings

DIRECTIONS

- Start in a standing position with your feet apart and stretch your arms out to the sides making a “T” shape.
- Cross your arms in the front of the body and reach as far back as possible to touch your shoulders or back.
- Uncross your arms and return to your starting position.



Featuring Special Olympics athlete, David Godoy

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Forward Lunges

DIRECTIONS

- Stand with your feet shoulder width apart and put your hands on your hips.
- Take a big step forward with your right foot and bend both knees so that your left knee is almost touching the ground.
- Push off your left leg and return to the starting position. Repeat with your left leg forward.





Featuring Special Olympics athlete, Jimmy Tadlock

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Hip Hinges

DIRECTIONS

- Stand with your feet shoulder width apart and your hands on your hips.
- Raise your right knee up in front to hip level, rotate your leg out to the right side, and touch your foot down.
- Raise your right knee up in front to hip level, rotate your leg inward to the left side, and touch your foot down.
- Switch sides. Raise your left knee up in front to hip level, rotate your leg out to the left side, and touch your foot down.
- Raise your left knee up in front to hip level, rotate your leg inward to the right side, and touch your foot down.
- Continue to alternate sides.



Featuring Special Olympics athlete, John Bossard II

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Lateral Leg Swings



DIRECTIONS

- Start in a standing position and hold onto something stable (e.g., wall, chair, fence) lightly with both hands.
- Swing/raise one leg out to the side with your foot flexed and then swing that same leg across your body in front of the standing leg.
- Repeat the exercises with the other leg.

Featuring Special Olympics athlete, Garrett Barnes

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Torso Twists



DIRECTIONS

- Start in a standing position with your feet apart.
- Stretch your arms out to the sides making a “T” shape.
- While keeping your arms out straight and your hips facing forward, turn your upper body and head slowly to one side, return to center, then turn to the other side.

Featuring Special Olympics athlete, Jayna Neal

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Walking High Kicks



DIRECTIONS

- With a tall posture and straight back, walk forward and kick one leg out in front as high as you can.
- Keep arms out to your sides or in front, whichever is better to keep your balance.
- Switch sides and kick the other leg in front of you.
- Continue to alternate legs as you walk forward.

Featuring Special Olympics athlete, Justin Hunsinger

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Walking Leg Sweeps

DIRECTIONS

- Stand with your right heel out in front, toes pointed up, and your leg straight.
- Bend forward and reach down toward your right foot and scoop with your hands.
- Step forward and return to a standing position. Repeat with your left heel in front.



Featuring Special Olympics athlete, Lindsey Wilkes

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Walking Quadriceps Stretch

DIRECTIONS

- Step forward onto your right foot and raise your left foot up behind you.
- Reach your left hand back, grab your ankle, and make sure your knee points down.
- Let go of your ankle, step forward with your left foot, and repeat on the right side.
- Keep walking and alternating sides.







Featuring Special Olympics athlete, Jimmy Tadlock

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Wrist Rotations

DIRECTIONS

- Put your arms out straight to your sides or in front of you.
- Make circles with your wrists in one direction and then the opposite direction.





Featuring Special Olympics athlete, Joe Wu

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Benefits of a Warm-Up

A warm-up should be the first physical activity in every training session or competition. A good warm-up helps you to **reach a state of physical and mental readiness.**

Physical and Mental Benefits

- Increase heart rate
- Increase breathing rate
- Increase body and muscle temperature
- Greater blood flow to the active muscles
- Shift focus from life to sport
- Connects the mind and the body

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