

DYNAMIC WARM-UP GUIDE



FLOOR HOCKEY

**Special
Olympics**





Special Olympics **Health**

MADE
POSSIBLE BY **Golisano** FOUNDATION

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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.**



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
- High Knees
- Jog or Fast Walk
- 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:

- Forward Lunges
- Heel Walks
- Hip Hinges
- Lateral Leg Swings
- Toe Walks
- Walking High Kicks
- Walking Leg Sweeps



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.



High Knees



DIRECTIONS

- Walk or jog while raising your bent knee up to the level of your hip or higher.
- Quickly alternate legs. Keep arms bent at the elbows and swinging back to front.
- Start slowly with a walk/march and then speed up to a jog or run.
- This exercise can be done in place or while moving around an activity space.



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.



Light Jog



DIRECTIONS

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

NOTE: Try to change directions, similar to how you change directions in floorball, when jogging around.



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.



Heel Walks



DIRECTIONS

- Start in a standing position.
- Shift your weight back onto your heels.
- Lift your toes off the ground.
- Stay on your heels and walk forward for 15 - 20 steps.



Hip Hinges

DIRECTIONS

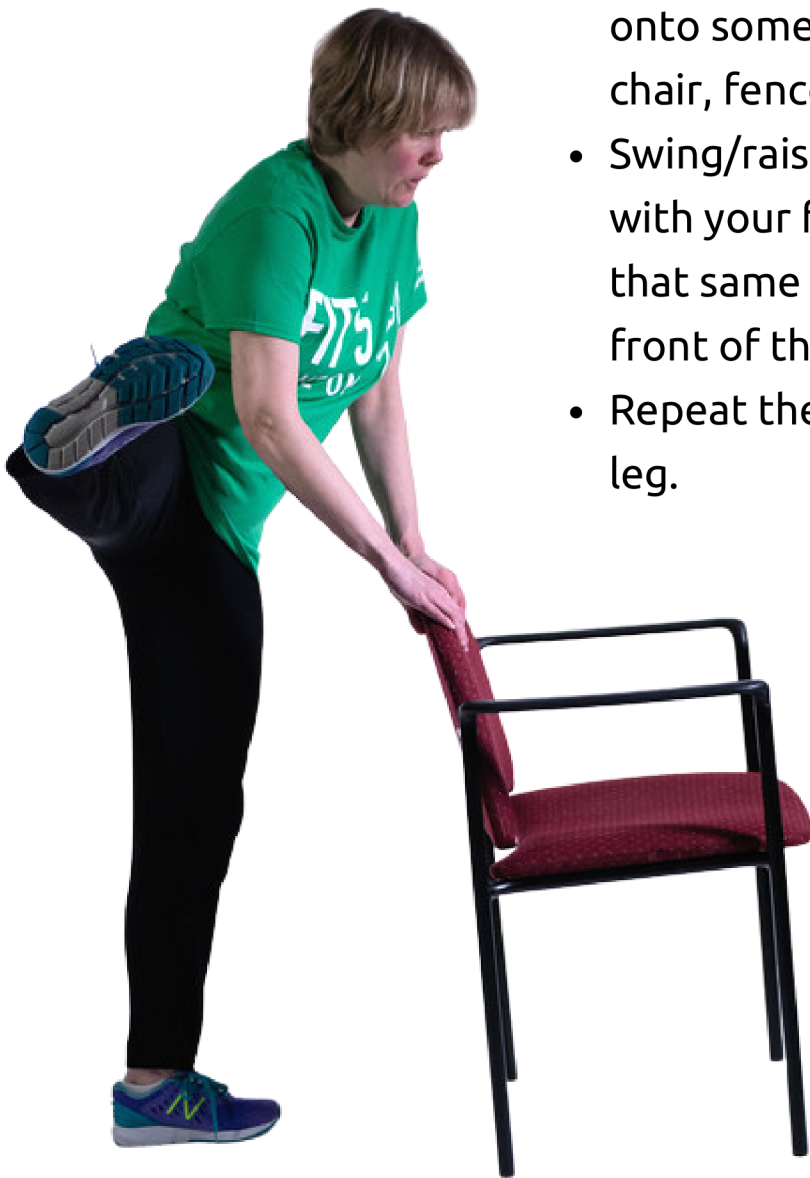
- Stand with your feet shoulder width apart and your hands on your hips.
- Raise your right knee up in front to hip level, rotate your leg out to the right side, and touch your foot down.
- Raise your right knee up in front to hip level, rotate your leg inward to the left side, and touch your foot down.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



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.



Toe Walks



DIRECTIONS

- Start in a standing position.
- Shift your weight onto the balls of your feet.
- Raise your heels off the ground to stand on your tiptoes.
- Stay on your toes and walk forward.



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.



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.



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