

DYNAMIC WARM-UP GUIDE



NETBALL

***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
- Forward Jacks
- High Knees
- Jog in Place
- Jumping Jacks

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
- Hip Hinges
- Lateral Leg Swings
- Rotational Jumps
- Torso Twists
- Walking High Kicks
- Wrist Rotations



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.



Forward Jacks

DIRECTIONS

- Stand with one foot in front of the other and your arms down by your sides.
- Jump up and switch your feet. Swing your arms sideways over your head.
- Jump to bring your arms back to your sides and switch your legs back to the starting position.



Jog in Place



DIRECTIONS

- Jog in place.
- Make sure you are also swinging your arms the whole time.



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.



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.



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.



Hip Hinges

DIRECTIONS

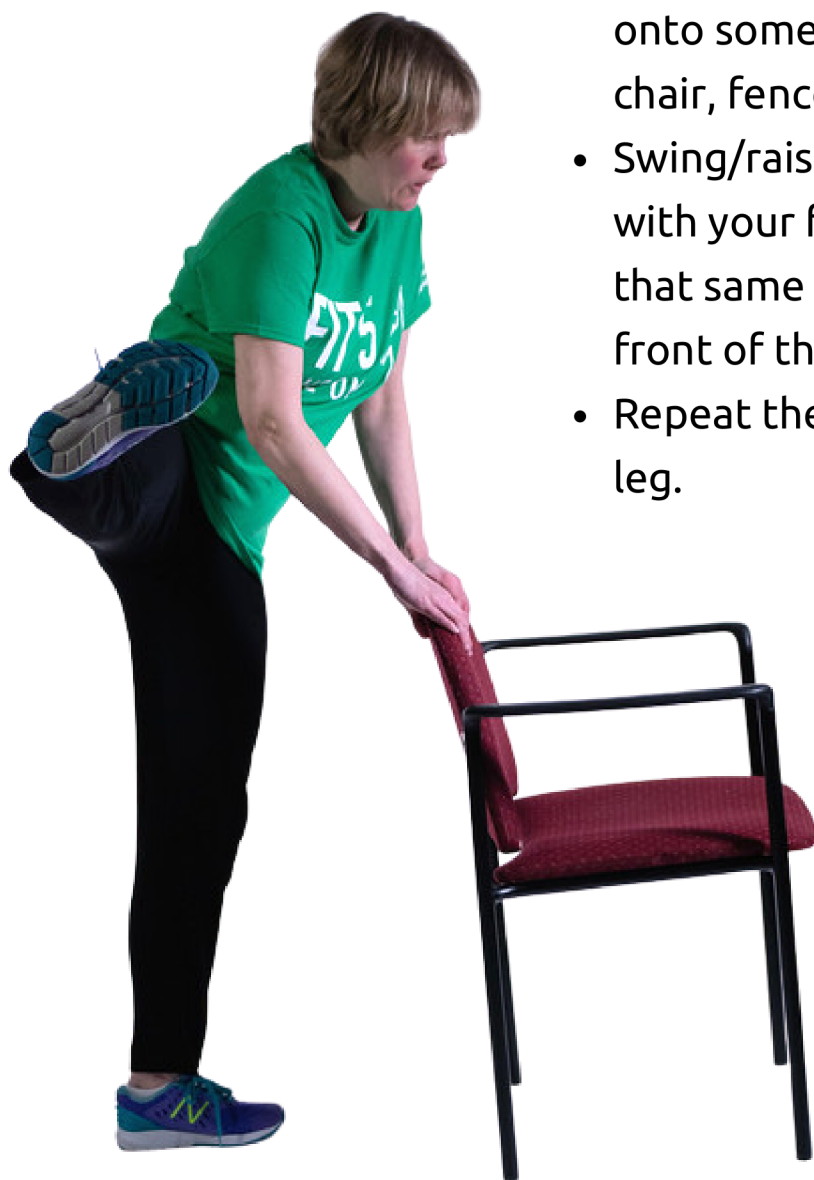
- Stand with your feet shoulder width apart and your hands on your hips.
- Raise your right knee up in front to hip level, rotate your leg out to the right side, and touch your foot down.
- Raise your right knee up in front to hip level, rotate your leg inward to the left side, and touch your foot down.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



Rotational Jumps

DIRECTIONS

- Stand with your feet together and knees bent.
- Jump to the left and turn so your hips and toes point left. Then jump to the right and turn so your hips and toes point right.
- Keep jumping and rotating your body.



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.



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.



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.



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