

the ultimate warmup

WARM-UP LAP

Gather your team and run an easy lap around the field together. This gets your body moving, gives you a chance to check out the field, and mentally prepare to play.



CATCH AND THROW

Grab a partner to practice your backhand, forehand, and hammer. Throw at different distances, aim for different heights, and practice lunging and fakes.

DYNAMIC WARM-UP

Perform these drills under control within your own ability and you will improve gradually. Keep an upright posture for strength, engage your core for stability, and breathe comfortably.



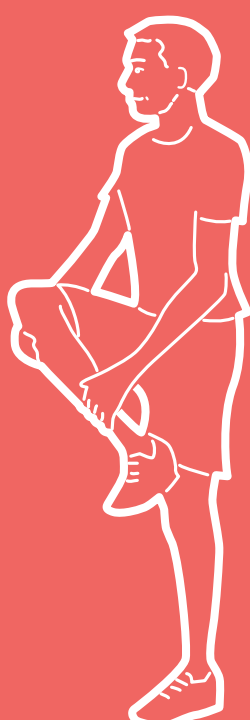
Knee Hug and Tip-Toe Walk

Raise one knee and hug it to your chest, then tip-toe on your standing leg. Release your leg, lower your heel, and move forward.



Straight Leg March

Keep one leg straight and kick it forward. Aim for the height of your knees or hips, depending on your hamstring flexibility.



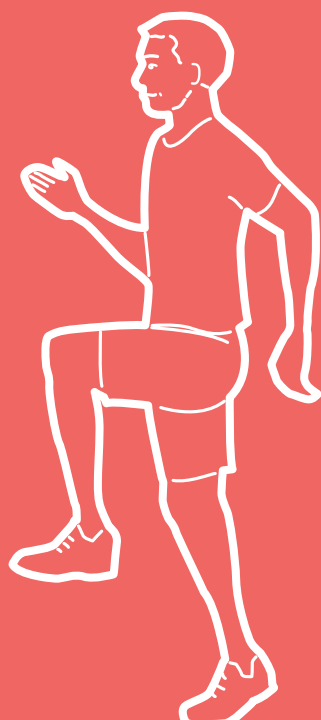
Leg Cradle Walk

Raise one knee, rotate your hip outwards, and grasp your leg with both hands so your inner thigh is facing upwards. Release your leg and lower it back down.



Over the Fence Walk

Imagine stepping over a small fence that is the height of your knees. Raise one knee to your side to open up your hip and step forward over the fence.



High Knees

Run by lifting your ankles forward above knee level with each step. Focus on cycling your feet quickly.



Butt Kicks

Run by raising your knee forward and kicking your heel directly under your butt.



Lunge and Rotate

Lunge forward and touch your back knee to the ground. Gently rotate your upper body towards your front knee, return facing forward, and rise back up.



Carioca

Facing sideways, cross one foot in front of the other and then behind. Take small quick steps and rotate with your hips (not your knees!). Repeat by leading with the opposite leg.



Lateral Shuffle

Shuffle sideways while maintaining a wide athletic stance. Keep your knees bent and push off your back foot with quick, choppy steps. Repeat by leading with the opposite leg.



Skip and Sky

Use powerful skips to propel forward, extend your body, and reach your hand towards the sky. Imagine winning your next sky battle!



Drink water, eat a snack, check your gear, and perform any pre-game routines. Use this time to focus on yourself and mentally prepare for the game.



Disclaimer

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