

Dynamic Warm-ups

The dynamic warm-up is meant to prepare the body for practice and competition. It increases the heart rate, respiratory rate, and blood flow to the muscles. The core body temperature is increased and muscle elasticity is enhanced. Both of these warm-up routines focus on the whole body, both upper and lower extremities. At the end of the dynamic warm-up the athlete should feel warm, break a sweat, and be ready to practice or compete. Intensity on every movement that follows should progress from low to high once the athlete is confident and competent with the warm-up. Every movement should be repeated several times until sufficient warmth, flexibility, and mobility is achieved.

1. Circle Warm-up: (10 min.)

With the athletes arranged in a large circle and plenty of room to move, have them follow along as you take them through a full body dynamic warm-up from head to toe.

Shoulders:

- Arm Circles Forward
 - Start slow and small and work to larger.



- Arm Circles Backward
 - Start slow and small and work to larger.
- Bear Hugs
 - Alternate which arm is on top as you swing your arms across your body trying to hug yourself and touch your hands behind your back.



- Clappers
 - Clap your hands behind your head then swing your arms down past your sides and clap your hands behind your back. Then swing your arms back up and clap behind your head again to repeat.



Torso:

- Tree Hugs
 - Hold your arms up at shoulder height as if you were hugging a tree.
 - Rotate your hips to the left and your shoulders/arms to the right. Imagine you're wringing out your spine gently.
 - Switch by rotating your hips to the right and your shoulders/arms to the left.
 - Keep switching back and forth as you let your hands come down the tree and get lower and lower, and then come back up.



- Torso Twists
 - Twist from side to side allowing yourself to come up on a toe on either side in order to begin warming up the spine as well as the hips.



Hips:

- Hula Hoops
 - With your hands on your hips swivel your hips around in a circle as if you were using a Hula Hoop. This will start to loosen up the hips.
 - Switch directions.



- Leg Swings Front to Back

- Stand on one leg nice and tall while swinging the other leg front to back.
- In the front you'll feel a nice stretch in your hamstring and in the back you'll feel a nice stretch across the front of your hip flexor.
- Be sure to switch legs.



- Leg Swings Side to Side

- Stand on one leg and swing the other from side to side across the front of your body.
- You might feel a nice stretch in your hamstring as well as your hips continuing to loosen up.
- Be sure to switch legs.



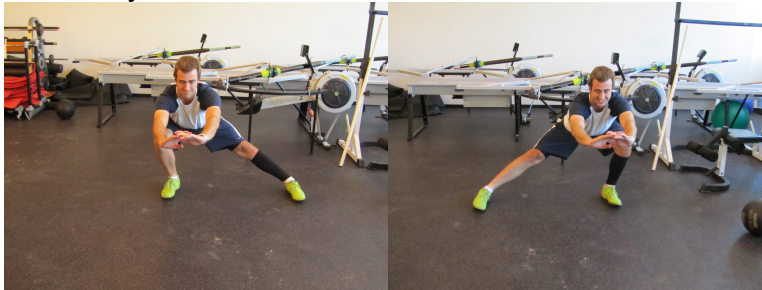
Legs:

- Sumo Floor Sweeps

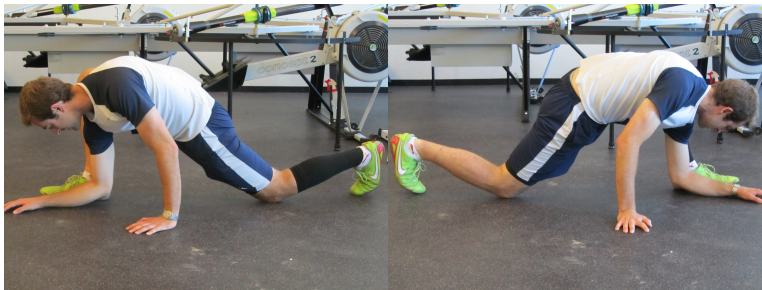
- Take a wide sumo stance and then slide both hands down the outside of your right leg, trace a large semi-circle across the floor in front of you, and let your hands slide up the outside of your left leg.
- This will dynamically stretch your hamstrings from one leg to the other.
- Do each side multiple times.



- Side to Side Hamstring Lunge
 - Keeping the wide stance go into a lunge to the right keeping your hips back, heels on the ground, and chest up.
 - It's ok to place your hands on the ground if extra support is needed.
 - Pause for a second on each side, switching back and forth to make the stretch dynamic.



- Side to Side Hip Stretch
 - Staying down with a wide stance, rotate to face the right so you are in a deep lunge and try to touch your right elbow to the ground inside of your right heel.
 - After holding for a second rotate to the left still in that deep lunge and try to touch your left elbow to the ground inside of your left heel.
 - Switch back and forth several times.



- Dyno Pigs
 - Get into a deep wide stance squat with your arms between your legs and grab your toes.
 - Keeping your chest up press your knees out with you arms to stretch your groin for a good second.
 - Then, without letting go of your feet, raise your hips into the sky trying to straighten your legs. You should feel a good stretch in your hamstrings as you hold it for a second.
 - Repeat several times.



Full Body Coordination and Final Heart Rate:

- Jumping Jacks
 - Have everyone follow you in jumping jacks for a set of 40 by counting three at a time and then having everyone yell the count, like “1, 2, 3, **1**, 1, 2, 3, **2**, ...” all the way up to a count of 10, and thus 40 jacks.

2. Line Warm-up: (10 min.)

With athletes arranged in lines have them travel a distance of 10 yards doing the following movements together starting each row of athletes with enough room between them so that no collisions occur. Emphasize that this is not a race but an opportunity to dynamically stretch and warm-up. Each movement can be done down and back.

- Butt Kicks
- High Knees
- Soldiers
 - Kicking legs straight up like tin soldiers getting a nice stretch in the hamstring.



- Mario Jumps
 - High, exaggerated skips focusing on explosiveness through the calfs while reaching to the sky with one arm.



- Inch Worms

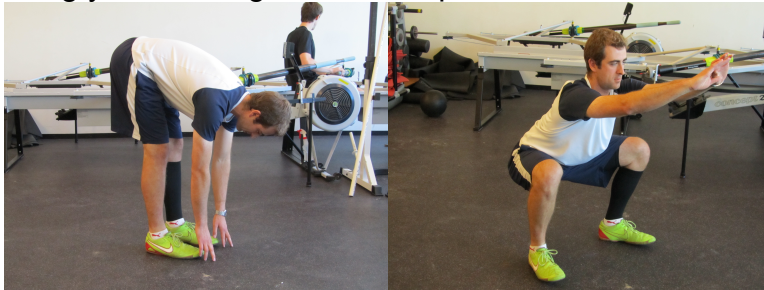
- Bend from the hips, keep the legs straight, touch the ground and walk your hands out as far as possible while keeping your abs tight.
- Then walk your feet to your hands with little baby steps while keeping your legs straight. You should feel a good stretch in you hamstrings.
- Continue to do this across the ground as if you were an inch worm.



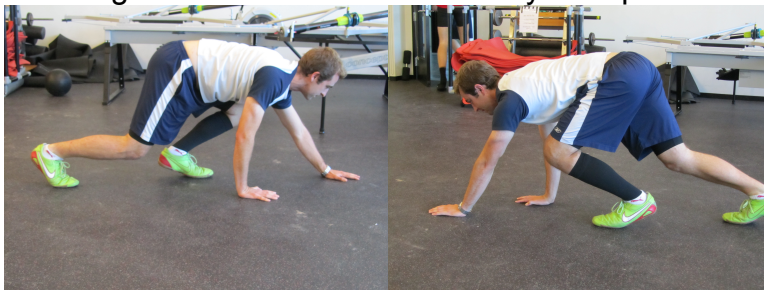
- Walking Lunges



- Side to Side Lunges (like in the Circle Warm-up)
- Toe Touch and Squat
 - Facing sideways touch your toes, step out, and squat.
 - Bring your feet together and repeat.



- Broad Jumps
- Bear Crawls
 - Crawling on all fours like a bear with your hips even with your shoulders.



Then finish by circling up for some leg swings and jumping jacks just like in the Circle Warm-up.