PICKLEBALL WARM UP

5 movements to get your body ready to play

1 JUMPING JACKS



20–30 SECONDS

Jump your feet out wide as your arms go up. Jump back together as your arms come down.

2 SIDE SHUFFLES



2–3 TIMES

Shuffle sideways from sideline to sideline. Keep your knees bent and don't cross your feet.

3 ARM CIRCLES



2 × 30 SECONDS

Hold your arms straight out to the sides. Make circles forward, then backward.

4 TORSO TWISTS



20–30 SECONDS

Stand with your feet apart. Keep your hips facing forward and slowly twist side to side.

5 ANKLE ROLLS



30 SEC EACH LEG

Lift one foot and slowly roll your ankle in circles. Switch directions, then switch legs.

Use a wall or teammate for balance if needed.

WARM UP TIPS

- ✓ Drink water before you start
- ✓ Go at your own pace
- ✓ Tell a coach if something hurts

Special Olympics Virginia

READY? LET'S PLAY!