SOCCER WARM UP

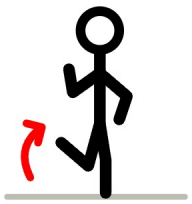
5 movements to get your body ready to play



1 LIGHT JOG / WALK

1–3 LAPS

Go around the field at an easy pace. Start slow to wake up your whole body.



2 BUTT KICKS

20–30 SECONDS

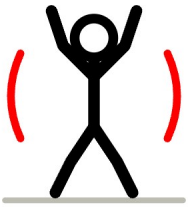
Jog in place. Kick your heels up toward your bottom. Stay light on your toes.



3 HIGH KNEES

20–30 SECONDS

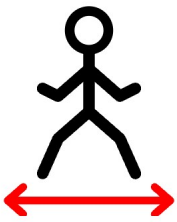
Run in place. Lift each knee up to your waist and pump your arms.



4 JUMPING JACKS

20–30 SECONDS

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



5 SIDE SHUFFLES

1–3 TIMES

Shuffle sideways from the goal to midfield. Keep your knees bent and don't cross your feet.

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!