VOLLEYBALL WARM UP

5 movements to get your body ready to play

1 LIGHT JOG



2–4 LAPS

Jog around half the court at an easy pace. Start slow to wake up your whole body.

2 SIDE SHUFFLES



2 TIMES

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

3 FORWARD SKIPS



2 TIMES

Skip from the baseline to the net. Lift your knee and swing the opposite arm up.

4 WALKING ARM CIRCLES



2 TIMES, THERE & BACK

Walk to the net making big circles with straight arms. Circle the other way on the walk back.

5 WALKING HAMSTRING STRETCH



2 TIMES

Step forward, heel down and toes up. Bend at your hips and reach toward your toes. Switch legs each step.

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!