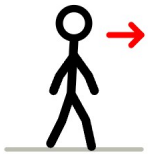
BOCCE WARM UP

5 movements to get your body ready to play

1 WALK



2 LAPS

Walk around the bocce court at an easy pace to warm up your whole body.

2 JUMPING JACKS



20–30 SECONDS

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

3 ARM CIRCLES



2 × 30 SECONDS

Hold your arms straight out to the sides. Start with small circles and slowly make them bigger.

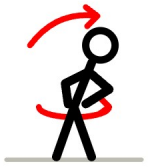
4 WRIST ROTATIONS



2 × 30 SECONDS

Hold your arms out in front of you. Roll your wrists in slow circles, then switch directions.

5 TRUNK ROTATIONS



2 × 30 SECONDS

Hands on your hips. Bend gently side to side, then slowly twist left and right.

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!