ROLLER SKATING WARM UP

5 movements to get your body ready to play

1 ANKLE ROLLS



2 × 30 SECONDS

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

Use a wall or teammate for balance if needed.

2 SHOULDER ROLLS



20–30 SECONDS

Let your arms hang. Roll your shoulders up, back and down in slow circles. Then roll them forward.

3 TORSO TWISTS



20–30 SECONDS

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

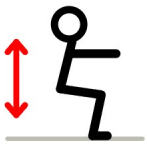
4 LEG SWINGS



2 × 30 SECONDS

Hold a wall for balance. Swing one leg forward and back, nice and loose. Switch legs.

5 BODY WEIGHT SQUATS



10–15 REPS

Feet shoulder-width apart. Sit back like you're sitting in a chair, then stand up tall.

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!