

Dynamic Warmup

Dynamic warmups are often used before a variety of sporting events or exercise classes, with the intent of increasing blood flow to the areas of the body which will be in use during the follow-on activity. Ideally, you should mimic movements that will be used throughout your activity but at a slower pace. The warmup should last approximately 5-10 minutes. Here are some ideas for your dynamic warmup, along with some helpful videos on proper technique.

Have your players start at the end line of the volleyball court and perform each of these dynamic stretches as they move to the net and back again:

High Knees: <https://www.youtube.com/watch?v=ZZZoCNMU48U>

Butt Kicks: <https://www.youtube.com/watch?v=-dtvAxibgYQ>

Lunges: <https://www.youtube.com/watch?v=YYWhkctnP2o>

Frankenstein: <https://www.youtube.com/watch?v=m7muRa-r0LE>

Quad Stretch: <https://www.youtube.com/watch?v=CZBKSOtyssM>

Walking Knee Hug: <https://www.youtube.com/watch?v=m9vsPdnG3JQ>

Additional movements you might consider include:

- 10 High Fives
- 10 Sit-ups
- 10 Push-ups
- Tick Tock to the net and back
- Shuffle to the net and back