

# WGBA FIT WARM-UPS



<https://youtu.be/ptrx7QavIBg>

## 1. JOG



## 2. HEEL/TOE WALK



## 3. ANKLE POP



## 4. RDL WALK



## 5. BUTT KICKERS



## 6. SKIPPING



## 7. BACK PEDAL



## 8. SQUAT JUMP



## 9. HIP OPEN D SLIDE



## 10. QUICK FEET



## 11. RUN



"If you over think things, the moment will pass you by" - Maya Moore



# WGBA FIT BANDS



<https://youtu.be/53exA6njuHY>

## 1. BENT ELBOW REVERSE FLY



## 2. BANDED D SLIDE



## 3. ANKLE EVERSION



# WGBA FIT PERFORMANCE



<https://youtu.be/12lrjID0go>

## 1. SPLIT JUMP SQUATS



## 2. JUMPING JACKS



## 3. HIGH PLANK SHOULDER TAP



## 4. ICE SKATER



WGBA FIT put together a collection of activities to get the kids bodies warmed up and ready to play - which greatly reduces the risk of injuries.

- Transition to the same activity following warm-up every practice and let the players start it
- Rotate players who lead the warm-up weekly, per tourney or whenever you feel it appropriate
- Keep an eye on 'em but let 'em connect
- You gotta EARN it!

