

## 2019 JFK Girls Warm up and cool down (Daily)

### Jogging with Dynamic movements

- 1<sup>st</sup> lap jog
- 2<sup>nd</sup> lap jog with dynamic movements
- 1<sup>st</sup> 100m jog with arm swings, forward and back and side jacks
- 2<sup>nd</sup> 100m skipping
- 3<sup>rd</sup> 100m high knee jog and butt kicks
- 4<sup>th</sup> 100m backward jog

### Dynamic Drills

- Ankles 1 (rotations)
- Ankles 2 (in and out of feet)
  
- Knees 1 (feet together rotations)
- Knees 2 (feet apart rotate knees away)
  
- Toes 1 (toe touches short bounces move hands away from toes)
- Toes 2 (toe touches hands move wider)
  
- Hamstring work (toe up reach opposite arm)
- Inchworm
  
- A skip (hands on hip thumbs in back, helps with posture)
- B skip (pull foot to ground, show sole of shoe)
  
- High Kick (Hands high, never let heels touch ground)
  
- Up out down (Fences)
  
- Cariocoa (high cross explode up)
  
- 3-4 50m build ups