

Forward jog
1 minute

Forward skip
1 minute

Jog along all
court lines
1 minute

Jog: 5 fwd
3 bwd
1 minute

Jog w loose
swinging legs
1 minute

Jog, 3 fast
steps @ each
transverse
1 minute

Jog, get back
3ft @ each
transverse
1 minute

High knees
30 secs

Butt kicks
30 secs

Grapevine
30 secs

Bwd jog
30 secs

Zig Zags
30 secs

Hip flexors
30 secs

Lunges w twist
30 secs

Lateral lunges
30 secs

Bwd shuffle
30 secs

Leg swings
L/R + F/B
30 secs

Backstroke with
jog x 2

Big Ben x 2

L/R taps with
zigzag x 2

Figure 8
Thru legs x 2

Bwd jog with
dribble x 2

Jog, toss, clap,
pull x 2

Ball arnd head,
waist, knees x 2
1 minute:

Free choice

Slide w rainbow
ball x 2

Jog with ball toss
across chest x 2