

# **Pre-Game Warm-Up: Dynamic Stretches and Mobility Drills**

## **Dynamic Stretches**

- Leg Swings: Swing each leg forward and backward 10 times.
- Arm Circles: Perform large and small circles to warm up shoulders.
- Hip Openers: Bring knees up and rotate them outward for 10 reps per side.

## **Mobility Drills**

- High Knees: Run in place while bringing knees to waist height for 30 seconds.
- Butt Kicks: Jog in place while kicking heels toward your glutes for 30 seconds.
- Lunges with a Twist: Step forward into a lunge and twist your torso toward the front leg.