

PICKLEBALL



WARM-UP and COOL-DOWN



Minimize Injury – Increase Range of Motion, Agility and Flexibility – Play Better – Minimize Soreness

Warm-up Before Drills or Games

1. Dynamic Warm-up Activities

Gets your heart rate up. Gets blood to muscles before doing dynamic stretching and strenuous activity.

- Jog, run, jump in place
- Skip-Jumping
- Monkey swings
- other
- Karaoke Shuffling
- High Knee Lifts (Up & Out)
- Kick butt steps



2. Dynamic Warm-up Stretching

Increases range of motion and flexibility, prepares body for quick stops and starts.

- Lunges
- Torso Twists
- Ankle Rotations
- Head Rotations (stretch neck)
- Leg Swings
- Arm / Shoulder Swings
- Wrist Rotations
- other

3. Full body movement through the various aspects of the sport

E.g. with your pickleball partner, warm up with “50-75% effort” dinks, volleys, drop-shots, serves, forehand and back-hand drives, lobs and overheads. Or hit against a wall.

Cool-down (Recovery) After Drills or Games

1. Dynamic cool-down activities

Gradually slows down your heart rate and cools down your body temperature.

- Jogging . . . run-in-place . . . fast walk
- other

2. Static stretching

Minimizes soreness and injury by stretching (not bouncing) a muscle to the end of its range of motion, then maintaining it without pain for a count of 10-20 seconds. Repeat 2-3 times.

- Hamstrings
- Quadriceps
- Shoulders and Neck
- Torso
- Wrist and Fingers
- Heels, Ankles and Toes

