

Special Pops Tennis ® - Group Warm Up Activity (Use With Exercise Photo Board)

Have athletes form a circle. Go around the circle asking each athlete to pick a warm up exercise and then roll the dice (1-2 indicate the number of times to perform the exercise. If it is a small group go around twice or have coaches take a turn. If ball toss is chosen the athlete needs to name or point to the person they are tossing to before they throw the ball.

Items Needed

