

Dynamic Warm-Up

*To be completed in the order they are listed before each training session and competition.

Exercise: Leg Swings (Front and Back/ Side to Side)

Purpose: This exercise is used to loosen up the legs.

- Stretches out the hamstrings and quadriceps.
- Works on balance and stability on the other leg and in the core.
- Side to side swing stretches the abductors and adductors of the hip.

Exercise Description:

1. Stand next to a wall, fence, or something to use as support if necessary.
2. Stand on your left leg; reach your right arm out to the wall for support. Swing your right leg forward keeping it straight.
3. Swing the leg back continuing to keep it straight.
4. Do 20 repetitions, then switch and do 20 repetitions on the other side.
5. Stand facing the wall, you may still reach an arm out to use as support.
6. Stand on your left leg; swing your right leg out to the right keeping it straight and then back to the left in front of your other leg.
7. Torso remains straight during this side to side swing.
8. Do 20 repetitions on each leg.

Exercise: Inverted Hamstring

Purpose: This exercise engages the whole body to help warm-up for the training session or competition.

- Helps improve strength in both the legs and core while working on maintaining balance.
- Helps to improve the flexibility in the hamstrings.

Exercise Description:

1. Start at the baseline facing center court.
2. Stand on one leg bend forward at the waist keeping the leg on the ground slightly bent at the knee.
3. As you bend forward raise the other leg off the ground until you feel a slight stretch in the hamstring.
4. Keep the back straight and flat. Avoid twisting, everything should be in line as you lean forward.
5. Hold this position for about 3 seconds then return to the starting position.

6. Repeat the same thing on the other side. Gradually walk forward to the half court line.
7. Return to the baseline doing the same thing.

Exercise: Lateral Lunges

Purpose: warm up the core temperature of the body.

- Improve the flexibility in the groin muscles, and legs in general
- Gets the body used to being in an active position as if the athlete was in a defensive stance.
- Improve balance and core stability.

Exercise Description:

1. Start at the baseline facing the right side of the court.
2. Get into an athletic position, knees should be bent; feet shoulder width apart, back straight, head looking up, and arms up bent at the elbows and held in front of you.
3. Take a large step sideways with your left leg. Left leg will be bent at the knee, keep your right leg straight and lower into a lunge.
4. Lower yourself until you feel a slight stretch in your groin. The left knee should stay behind the toe of your left foot, keep your butt back.
5. Hold this stretch for 2-3 seconds.
6. Return to your original athletic position by bringing your right leg up to join the left.
7. Repeat these movements until you reach the half court line.
8. Face the same way and come back to the baseline stepping with your right foot this time, keeping your left leg straight.

Exercise: Straight Leg March

Purpose: Warm up the core temperature of the body and add flexibility to the leg muscles.

- Loosen and improve flexibility in the hamstrings, gluteus, and lower back muscles.
- Improve balance and core stability.

Exercise Description:

1. Start at the baseline facing center court.
2. Hands start up above your head.
3. Swing your right leg forward and up until you feel a slight stretch in your hamstring. Try to touch your right foot to your left hand. You bring your left arm straight out in front of you.
4. As you swing the right leg up and forward, you go up on your left toe, remaining on balance.

5. Immediately after you feel the stretch in the hamstring pull your right leg down forcefully, contracting the butt muscles.
6. Back should remain straight throughout this exercise.
7. Repeat the same thing with the other leg.
8. Continue while walking forward to half court, turn around and come back to the baseline.

Exercise: Arm Hugs

Purpose: Warm up the core temperature of the body.

- Work on flexibility in the shoulders, chest, and upper back.

Exercise Description:

1. Stand in one spot with feet shoulder width apart. Have a good base of support where your body feels balanced.
2. Bring both arms up extend them out to the sides up at shoulder height.
3. Bring both arms in to hug yourself and hold for 2-3 seconds.
4. Open your arms back up as wide as possible.
5. Repeat this movement, speeding it up a little bit as you go.
6. This exercise should last about 30 seconds.

Exercise: Hand Walks

Purpose: Increase core body temperate and get the full body ready for training or competition.

- Increase flexibility in the shoulders.
- Increase core stability and strength.
- Increase flexibility in the hamstrings.

Exercise Description:

1. Start by standing on the baseline facing center court with your feet together.
2. Slowly bend forward until your hands touch the ground, keep your legs as straight as possible. You should feel a slight stretch in your hamstrings.
3. Walk your hands forward until your body is almost parallel with the ground.
4. Walk your feet forward towards your hands.
5. Repeat until you reach half court.
6. Slowly jog back to the baseline.

Exercise: Grapevine/ Carioca

Purpose: Increase core body temperature.

- Increase flexibility in hip flexors and groin.
- Increase strength in quadriceps, calves, and leg muscles.
- Improve dynamic balance and core stability.

Exercise Description:

1. Start on the baseline and turn to face the right side of the court.
2. You will be moving laterally at a slight jogging pace.
3. Step across in front of your body with your right foot. Bring your left foot from behind and step out to the left. Then step behind your body with your right foot. Bring your left foot from crossed back to the left.
4. Hips should be rotating freely as you go through this motion, but keep your shoulders facing the right sideline.
5. Continue this to the half court line.
6. Once you reach half court continue facing the right sideline and come back now bringing the left leg across in front and behind until you reach the baseline again.

Exercise: Power Skips

Purpose: Engage the whole body in explosive movements.

- Build explosive power
- Activate quadriceps, calves.
- Involve full body to raise core body temperature

Exercise Description:

1. Stand on the baseline facing the center court.
2. Skip towards the center court.
3. It is a powerful skip; the goal is to get as high off the ground as you can, not to skip for distance.
4. As your right knee comes up in the skip your left arm extends up, you are exploding off of the left leg, switch legs and arms.
5. Continue until you reach half court, turn around and come back to the baseline.

Exercise: Butt Kicks

Purpose: This exercise engages the whole body in warming up for the running necessary in basketball. Specifically it:

- Helps strengthen hamstrings
- Increases flexibility in calves and ankles

Exercise Description:

1. Start on the baseline facing center court.
2. Bend your right leg at the knee and attempt to kick your butt with your heel.
3. Bring your right foot back down to the ground and repeat with your left leg.
4. This should be done quickly and at a jog.
5. The goal is to move your feet up to your butt and back down to the ground very quickly; speed with your legs coming up not moving forward.
6. Arms should be moving in the same motion as if you were jogging.
7. Continue all the way to half court then turn around and come back.

Exercise: Bounds

Purpose: Raise core body temperature and get the body ready for some explosive movements.

- Strengthen leg muscles: quadriceps, hamstrings, calves.
- Improve explosiveness used in jumping and basketball motions.

Exercise Description:

1. Begin on the baseline facing center court.
2. Start out in a slow jog till about the free throw line area.
3. Push off explosively from your left leg. Bring your right knee up and out, driving it forward with force.
4. Strive to get maximum height on your bound.
5. As soon as your right foot hits the ground explode off of the foot bringing your left knee up and out driving it forward.
6. Repeat these steps until you reach the other end of the court.