

BEFORE GAMES

A Dynamic Basketball Warm-up

This is an example of a dynamic warm-up to increase core temperature, increase the heart rate and engage the muscles specific to basketball. Complete each exercise by going across and back the width of a basketball court. This is just over 500 yards and should take close to 5 minutes.

1. Quarter-speed jog/Back pedal
2. Toe walk/Heel walk - a toe walk is when the athlete completely extends onto their toes and a heel walk is when the athlete pulls the toes back to the shins
3. Skip forward/Skip Backward
4. Forward Lunge/Backward Lunge – in the forward lunge the athlete should ensure the knee does not extend beyond the toes and the knee of the back leg should be inches above the floor
5. Half-speed defensive slides – the athlete should attempt to stay low and slow to warm-up the groin area, ensure the legs are apart and do not bob up and down
6. Half-speed jog/Back pedal – the athlete should attempt to reach slightly back with the legs when doing the back pedal
7. Carioca – the athlete starts perpendicular to the sideline. If the athlete begins with their right foot – the right foot crosses over in front of the body and then the next step with the right foot goes behind the body
8. Crossover step – the athlete starts perpendicular to the sideline. If the athlete begins with their right foot on every step with the right foot the right knee comes up and across the body then the athlete completes several short steps and again the right knee comes up and across the body
9. Front step-over/Reverse step-over – the athlete moves forward bringing the right leg across the left leg and then the left crosses over the right
10. Three quarter sprint/Back pedal – the athlete should attempt to reach back more aggressively with the legs when doing the back pedal
11. Three quarter speed defensive slides – again the athlete should attempt to stay low on these defensive slides to warm-up the groin area
12. High knees/Butt kicks – the athlete runs across the floor bringing the knees up and the heels to the butt as quickly as possible and then on the way back the athlete points the knees down and brings the heels to the butt as quickly as possible
13. Frankenstein walk – this is a walk to increase the dynamic flexibility of the hamstring muscles; the athlete extends the arms straight in front and kick a straight leg up to meet the hands

AFTER GAMES

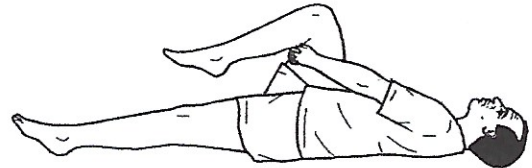
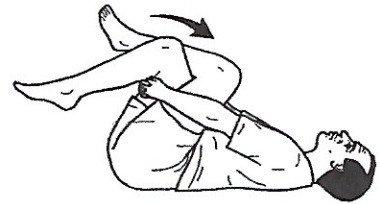
- ☐ Lie on your back on the floor. Cross your legs.

Bend your knees and reach your hands around your knees.

Pull your hands to bring the knee towards your chest until you feel a stretch in your hip or buttocks.

Hold. Relax and then repeat.

Option: This exercise can also be done with one leg straight.



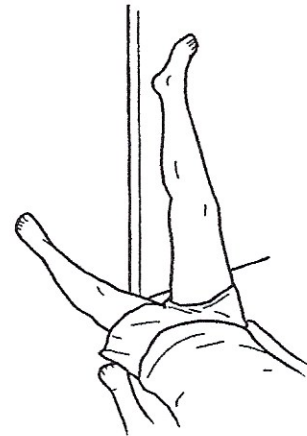
- ☒ Lie on your back near a doorway or corner. Put your leg up against the wall with the other leg straight on the floor.

Slide your buttocks toward the wall until you feel a stretch in the back of your upper leg.

Hold and then slide your buttocks closer to the wall as your leg relaxes.

Scoot your buttocks back and take your leg down.

Relax and then repeat.

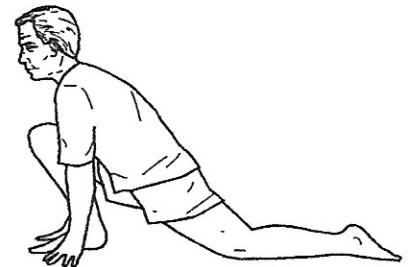


- ☒ Squat down and use your fingertips for support.

Straighten your leg out towards the back.

With your chin up and your back slightly arched, push your hips down until you feel a stretch at the front of your hip.

Hold, then relax and repeat.



- ☒ Stand near a sturdy chair or stool. Place your foot on the chair or stool.

Slide your hands down your leg as you lean forward until you feel a stretch in the back of your upper leg.

Hold. Relax, then repeat.



☒ Stretch Calves 1 minute on a Step before and after