

Exercise: Ankle Pops with arm movement

Purpose:

- Engages the whole body while specifically warming up ankles and arms, which are much needed entering a game of basketball
- Progressively adds range of motion to ankles and shoulders while performing this exercise, which are both responsible for many movements on the court; running, jumping, catching, and shooting in particular.
- Elevates the temperature of the muscles and also begins to get the lungs and heart ready for play.

Exercise Description:

- Begin on the baseline, and stand in one spot facing forward with feet shoulder width apart.
- Hold your arms in a bent position at your side, as if you were going to be running.
- Lightly bounce off both toes keeping your knees slightly bent, while moving in a forward motion. This is similar to a skipping motion, but not a skip!
- With each bounce off one foot, lightly elevate your opposite arm in an upward motion in rhythm with your bounce.
- Do this from the baseline, to the half court line. As you are on your way back to the baseline you can add more bounce, and upward arm movement as you are actively increasing your range of motion.

Exercise: High Knees

Purpose:

- Engages the whole body while integrating upper and lower body coordination.
- Warms up leg muscles, hips, torso and upper body all in the same exercise
- Activates the nervous system as players have to wake up their muscles and coordination of these muscles during this exercise
- Works on proper movement patterns that involve running which is needed when playing basketball
- Elevates the temperature of the muscles while preparing the body's heart and lungs for play.

Exercise Description:

- Start on the baseline in one spot facing forward with feet shoulder width apart.
- Hold your arms in a bent position at your side, as if you were going to be running.
- Begin moving forward in a running motion, but with each step you are driving your knee up as high as you can.
- At this same time your opposite arm is elevated, in over-exaggerated motions of running.
- You are not starting for speed, but height of your knee and finding the coordination of working your arms with your legs.
- Aim to move as fast as possible, with high knee height, while your ankles, knees, hips, and shoulders face forward.
- Execute high knees with every step until you reach half court.

Exercise: Butt Kicks

Purpose:

- Warms up glutes, hamstrings, and quadriceps and elevates the temperature of all of these muscles.

- Also warms up the knees, which is extremely important in the game of basketball, as the knees are involved in most motions and this works on flexion of the knee.
- Involves coordinated movements from the lower body, and quick movements of the feet.
- Prepares heart and lungs for play, while actively elongating your muscles and increasing range of motion in the legs.

Exercise Description:

- Stand at half court, facing back to the baseline with your feet shoulder width apart.
- Hold your hands behind you on your butt.
- Moving forward, flex your knees while keeping your thighs perpendicular to the ground.
- Kick your heels up to your backside, or hands on your buttocks while moving forward.
- This is not race but more important to increase the range of motion and flexion in your knee, so lift your heel to your hands.
- Aim to move as fast as you can, with kicking up your heels to your butt, while your ankles, knees, hips and shoulders are all in alignment.
- Execute these butt kicks all the way back to the baseline.

Exercise: Low Lunge with rotation

Purpose:

- Engages entire body by combining upper and lower body movements.
- Works and strengthens leg muscles that are needed for movement on the basketball court.
- Warms up the abdominal and oblique muscles that are needed for the twisting and turning that takes place in a basketball game. Also works on flexion and extension of the trunk.
- Works on balance and flexibility when engaged in this exercise.
- Elevates the temperature of the muscles, while at the same time increases range of motion and works on proper movement patterns.

Exercise Description:

- Start on baseline facing forward with feet shoulder width apart.
- Arms are elevated and both hands are held together on the back of your head.
- Step forward with your left leg into a lunge position.
- Your ankles, knees, hips and shoulders should all be facing forward and your torso upright.
- Rotate your torso by moving your right elbow towards your left knee. Also flex your torso forward when making this motion. Hold for 2-3 seconds.
- Bring your torso and arms back to starting position, and step your right leg out of the lunge and up to your left leg.
- Now step forward with your right leg and execute the same procedure.
- These are low lunges and need to be executed slowly so you engage your muscles.
- Alternate legs while walking forward until you have reached the half court line.

Exercise: Over the fence

Purpose:

- Warms up the entire body, while increasing the temperature of the muscles in your body.
- Works on balance and flexibility, as well as coordination of your upper and lower body.
- Improves strength in the legs, core, and arms which is all needed when playing basketball.
- Engages the hamstrings and actively elongates them, which is a critical muscle to properly warm-up upon playing basketball.

- Also prepares the heart and lungs for play, and activates the nervous system throughout this exercise.

Exercise Description:

- Stand with feet shoulder width apart at the half court line, facing opposite the baseline you are traveling too.
- Hold your arms out to your sides, as if your arms were the wings of an airplane.
- Lift your left leg off the ground, while keeping your right knee slightly bent.
- Lift your left knee as high as possible, and then rotate it behind you as if you were trying to step backwards and step over a fence.
- While doing this lean forward at the waist, so that you have a flat back as your leg is extended straight behind you.
- Your extended leg should be in line with your back, and hold this position for 2-3 seconds.
- Return to starting position, with a slight step backwards as you lower your extended leg.
- Repeat this on the right leg, and continue to move back to the baseline while alternating legs.

Exercise: Squats with lateral lunge

Purpose:

- Warms up the lower body, glutes, quads and hamstrings with a motion that is used throughout the entire game of basketball.
- Increases the range of motion of knees and ankles by actively using these muscles in a game like motion. Also works the groin area which is largely used in sliding and defense when playing basketball.
- Works on strength and power of legs and lateral movement, while using multiple planes of motion, which is very similar to the reality of playing basketball.
- Warms up the temperature of the muscles, and also gets the heart and lungs ready to play.

Exercise Description:

- Stand in your basketball stance on the baseline facing forward.
- Flex your knees down into a squat position, while elevating your arms up to shoulder level.
- From this position, take a large step to the side, keeping one leg bent and the other closer to a straight position.
- Hold this position for 2-3 seconds while lowering your body more, and stretching out your groin.
- Return straight leg to your bent leg in your basketball stance.
- Take a step forward and repeat this with your other leg.
- Slowly move your steps with the squat and lunge from the baseline until the half court line, and then repeat the same thing back to the baseline.

Exercise: Shuffle with your arms

Purpose:

- Actively warms up your entire body in a movement pattern that is needed in the game of basketball.
- Warms up the shoulders and rotates them, which is beneficial with the amount the shoulder is used in basketball.
- Warms up the temperature of muscles in the lower and upper body, while at the same

time increasing coordination of the lower and upper body.

- Engrains proper movement patterns that will carry over to playing basketball, specifically working on the basketball stance and sliding needed to play defense.

Exercise Description:

- Stand sideways with your right foot on the baseline, in your defensive basketball stance.
- Arms should be out to the side in a defensive position.
- This position should be kept in mind, but now relax your bodies somewhat and stand a little taller than your normal position.
- Move feet in a shuffle motion towards half court in this relaxed basketball stance and while doing this cross your arms back and forth in front of you.
- Once you reach half court stay facing the same way, and return to the baseline shuffling in your loose stance while crossing your arms back and forth in front of you.
- It is not a race but instead aim to go as fast as you can while increasing the range of motion in your lateral movements and arms.

Exercise: Shuffle with change of direction

Purpose:

- Works on foot skill and lower body coordination
- Warms up the abductors and adductors needed to perform in the game of basketball. Increases the range of motion of these muscles and the flexibility of them.
- Engages proper movement patterns of the defensive slide which is used throughout the entire game of basketball.
- Increases the temperature of the muscles in the body and prepares the heart and lungs to get ready for play.

Exercise Description:

- Stand on baseline in your defensive stance with your arms out to your sides, facing the opposite direction of the court.
- Stay in this stance while shuffling two steps in one direction.
- After these two steps, change direction and shuffle two steps.
- Continue this shuffle with change of direction until you reach half court. Once there turn around and complete the shuffles with the change of direction back to the baseline.
- Remember to stay low in your stance, and keep your torso lifted and head and shoulders up.
- It is not a race, but aim to go as fast as you can while staying in your stance and changing direction.

Exercise: Quickstep, Forward Run to a backpedal

Purpose:

- Warms up the body while it is engaged in proper movement patterns that are relatable to the game of basketball.
- Works on coordination, foot skill and speed, balance and overall agility.
- Works on reaction time to the body, and quick movements that go through multiple planes of motion.
- Increases overall temperature of the muscles and works the heart and lungs in preparation of play.

Exercise Description.

- Stand on the baseline in your basketball stance facing forward.

- Begin executing quick small steps with your feet. You should be on the balls of your feet and stepping your feet as quickly as possible.
- Do this until your captain yells “go” and then forward run out of this position until the free throw line area. Work on exploding out of your stance into a run.
- At that point, turn into a back pedal run and backpedal until the half court line.
- Focus on finding your balance after your change of direction.
- This is still a warm up so you don’t have to be at full speed, but the motions and movements need to be done to have your body ready for the court.
- Once at half court follow the same procedure back to the baseline.

Exercise: Quick feet, backpedal, turn and go

Purpose:

- Warms up the entire body while engaging in movement patterns that are replicable to the change of speed and direction needed in basketball.
- Works on balance, foot speed and skill, coordination, and overall agility.
- Activates the nervous system while the body is engaged in this exercise. Also increases the temperature of the muscles and prepares the heart and lungs to play.
- Increases strength, power and works on the reaction time and first step coming out of the basketball stance.

Exercise Description:

- Stand on the baseline facing the opposite direction of the court in your basketball stance.
- Begin executing quick small steps with your feet. You should be on the balls of your feet and stepping your feet as quickly as possible.
- Do this until your captain yells “go” and then backpedal out of this position until the free throw line area. Work on exploding out of your stance into a backpedal, while keeping your balance.
- At that point, turn forward and run until the half court line.
- Find your balance after you turn and change direction.
- This is still a warm up so you don’t have to be at full speed, but the motions and movements need to be done to have your body ready to play.
- Once at half court follow the same procedure back to the baseline.