WARM UP the RITE way

Getting Ready for Basketball

Proper warm-up before you hit the court can help you prevent injuries. These exercises were carefully chosen to prepare you for basketball practice and games.

Instructions:

- **Perform them before you play, every time.**
- **Use a band placed just above your knees.**

Clamshells

Lie on your side and raise your top knee 15 times. Repeat on the other side.

Keep your heels together and do not roll your hips back.

Double Leg Bridges

Lie on your back and lift your hips up 15 times.

Keep your knees in line with your hips and your toes up.

Single Leg Bridges

Lie on your back and bend one knee.

Lift your straight leg up.

Lift your hips 15 times.

Repeat on the other side.

Keep your knees in line with your hips and your toes up.

Squats

Stand with feet shoulder width apart and toes forward.

Stick hips back then lower into squat and stand up. Repeat 15 times.

Banded Walks

Maintain a small squat and take 15 short and wide steps forward and then 15 steps backward.

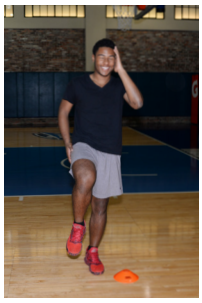
Do not lean side to side.

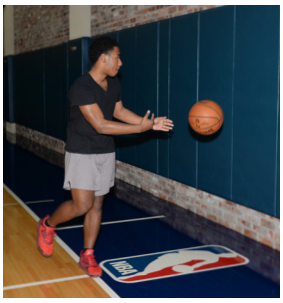
Double Heismans

Start in a small squat.

Take two high knee hops to the side, hold for 2 seconds.

Repeat back and forth 10 times.





Three Challenges:

1. Close your eyes.

2. Catch and toss ball with partner.

3. Throw ball at wall then catch.

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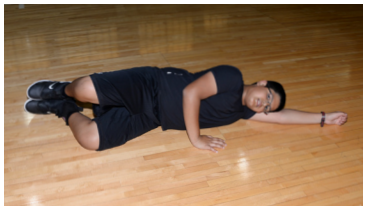
- **When you can perform these exercises well, you can add a resistance band just above your knees.**

Clamshells



Lie on your side and raise your top knee 15 times. Repeat on the other side.

Keep your heels together and do not roll your hips back.

Double Leg Bridges

Lie on your back and lift your hips up 15 times.

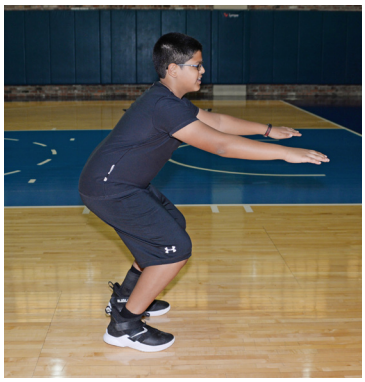
Keep your knees in line with your hips and your toes up.

Single Leg Bridges

Lie on your back and bend one knee. Lift your straight leg up. Lift your hips 15 times. Repeat on the other side.

Keep your knees in line with your hips and your toes up.

Squats



Stand with feet shoulder width apart and toes forward.

Stick hips back then lower into squat and stand up.

Repeat 15 times.

Leg Swings

Stand on one leg, swing the other leg forward and backward quickly 15 times. Then repeat to the side and back to the middle.

Repeat on the other side.

Be sure to swing your arms.