

WARM UP

the RITE way

Dynamic Warm-Up for Basketball

Start practice with dynamic exercises to reduce the risk of knee and ankle injuries. Consistently performing appropriate warm-up exercises for basketball correctly can reduce time-loss for injuries and contribute to measurable changes in performance.

This program is designed specifically to:

- Enhance knee motor control and landing mechanics.
- Increase core, hip and posterior chain strength.
- Improve ankle mobility and proprioception.

Making the Most of the Exercise

Do these exercises in the order listed below with a coach, athletic trainer, or strength and conditioning coach watching to provide tips to improve form and effectiveness.

Game Day

These warm-up exercises are just as important on game day.

1 ANKLE MOBILITY



Face wall in a mini-lunge position. Lean your knee over your toe until your knee touches the wall.

Hold one minute on each side.

2 PLANK AND SIDE PLANK



Hold front plank on elbows for 30 seconds.

Then, switch to hold side plank on elbow for 30 seconds.

Repeat on each side.

3 SINGLE LEG BALANCE + BALL TOSS



Stand on one leg facing wall.
Toss the ball at wall 20 times.
Repeat on the other leg.



LINE UP ON SIDELINE

4	RUNNING < 50% MAX EFFORT	<i>Run down and back at less than 50% of your max effort.</i>
5	SOLDIER WALKS	<i>Keeping knees straight, step out with one leg, kick other leg straight out in front. Repeat down and back across floor.</i>
6	WALKING QUAD STRETCH WITH HEEL RAISE	<i>Take a step forward, grab ankle behind buttocks with your hand. Raise up on toe and reach for the sky. Repeat down and back across floor.</i>
7	LUNGE WITH ROTATION	<i>Lunge forward, lower back knee to floor. With arms clasped straight out in front, rotate trunk toward forward leg. Stand up, repeat down and back across floor.</i>
8	INCH WORMS	<i>Keeping knees straight, walk hands to high plank position. Walk feet to hands. Repeat across floor.</i>
9	RUNNING 50% MAX EFFORT	<i>Run down and back at 50% of your max effort.</i>
10	KARAOKE	<i>Face the baseline. Karaoke across court, return facing the same direction.</i>
11	DEFENSIVE SLIDES	<i>Face the baseline. Get in a squat (ready) position and shuffle across court, return facing the same direction.</i>
12	RUNNING 75% MAX EFFORT	<i>Run down and back at 75% of your max effort.</i>

13 BANDED LATERAL WALKS



Start on the sideline facing the baseline.

Place a resistance band right above your knees.

Get in a squat (ready) position.

Keep knees pressed out over your feet, sidestep with one foot.

Do not allow knees to point in towards each other.

Step together and then repeat across the court.

Return facing the same direction.

14 BANDED SQUAT + BALL DRIBBLE



Squat down as far as you can and hold position.

Dribble the basketball 20 times, staying in a squat position the entire time.

Keep knees pressed out over your feet.

Do not allow knees to point in towards each other.



SNAP DOWN PROGRESSION

Do 5 times on each side. Every exercise starts with a snap down.

15 SNAP DOWN



Start with feet hip width apart, stand straight up, on balls of your feet and reach up as tall as you can.

Then bring arms down towards sides quickly and squat down in a jump landing position.

16 SNAP DOWN + JUMP



Snap down.

Then, jump up as high as you can, then land again in the same position.

17 SNAP DOWN + LATERAL JUMP



Snap down.

Then jump up as high as you can to the side, then land again in the same position.

Repeat, jumping to the opposite side.

18 SNAP DOWN + ROTATIONAL JUMP



Snap down.

Then jump up as high as you can, doing a 180 degree turn in the air, then land again in the same position.

Repeat, jumping and rotating to the opposite side.

19 SNAP DOWN + JUMP LAND TO SINGLE LEG



Snap down.

Then jump up as high as you can, and land on right leg in a squat position.

Repeat but land on the left leg.