



**MANDURAH**  
**BASKETBALL**

**WARM UPS & BODY BALANCE**

Coach Thommo

# Basketball Warm Ups



A SERIES OF 3 WARM UPS  
INCORPORATING BASKETBALL  
BODY MOVEMENT PATTERNS



EXERCISES BASED ON BEST  
TECHNIQUE & STABILITY,  
REINFORCING GOOD HABITS



BODY MOVEMENT PATTERNS  
INCORPORATING BALL  
HANDLING SKILLS

# MOVEMENT PATTERNS

- Based on basic movement patterns specific to basketball, in accordance with Basketball Australia Centre of Excellence recommendations (Credit Jan Legg, S & C AIS).
- Ensure good technique as to reinforce good habits.
- These warm-ups can be used daily, for training and pre-game. Key movements are listed below:

**Squats**



**Broomstick OH Squat**



**In Line Lunge**



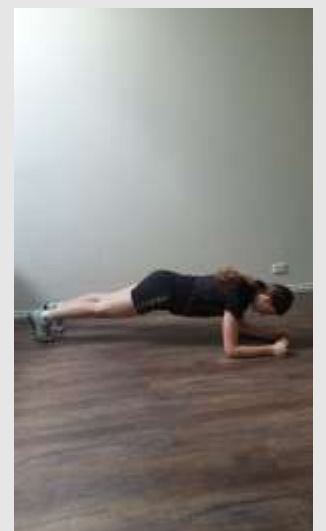
**SL Glute Bridge**



**Pushups**



**Plank**



# Warm Ups: 3 Examples

## Warm Up 1

1. Jog court up and back x 2
2. Walking lunges to half court
3. Single Leg Glute Bridge 2 x 8 each leg
4. Side lunge back to baseline
5. Knee to wall calf mobility 10 x each leg
6. Squats x 10
7. Step to vertical jump x 3 each leg
8. Partner jump to bump x 5 each side
9. Single Leg  $\frac{1}{2}$  'Hop & Stick' x 3 directions each foot

**PLEASE NOTE:** A basketball court is **28m long** and half court distance is **14m**. These exercises can be done on an oval, park, backyard etc.

## Warm Up 2

1. Jog court up and back x 2
2. Walking lunges to half court
3. Push Up Hold with 'Knee to Chest' then 'Foot Outside Hand' 10 x each leg
4. Pushups x 8
5. Squats x 10
6. T bar rotations x 8
7. Vertical Jumps x 5
8. 180 Degree Jump & Land x 10
9. Plank 30 seconds x 2

## Warm Up 3 – Using a basketball

1. Jog court up and back x 2
2. Walking Lunges with basketball bounces (2 – one each direction) under leg. Bounce ball under each lunge. 5 lunges then change leg.
3. Side lunge with 2 basketball bounces. Change direction under each lunge x 5.
4. Squat Hold with Basketball Figure 8's x 5. Change direction.
5. Single Leg Glute Bridge – foot on basketball. 2 x 8 each leg
6. Knee to Wall Calf Mobility 10 x each leg
7. Single Leg Body Wrap 4 x each leg
8. Single Leg Partner Basketball Passes 2 x 15 each leg
9. Pushups with hands on basketball x 8 (if can't use both hands, do 1 hand on ball with other hand on floor)

**PLEASE NOTE:** can be done in the driveway, garage or even indoors.

# Warm Up – Example 1

## Lower Body Focus

1. Jog court up and back x 2

2. Walking Lunges to half court



3. Single Leg Glute Bridge 2 x 8 each leg



- ✓ Toe & knee point forward
- ✓ Hips square, chest up
- ✓ Gradually increase length of lunge with each step

- ✓ Hips must be square
- ✓ Full range of motion

# Warm Up – Example 1

## Lower Body Focus

### 4. Side Lunge back to baseline



- ✓ Increase range with each step
- ✓ Feet to point forwards throughout

### 5. Knee to wall calf mobility 10 x each leg



- ✓ Heel remains on the ground
- ✓ Try to increase distance between toe and wall

# Warm Up – Example 1

## Lower Body Focus

### 6. Squats x 10



- ✓ Feet just wider than shoulder width
- ✓ Chest up
- ✓ Hips back, knees forward over toes
- ✓ Depth
- ✓ Heels down

### 7. Step to Vertical Jump 3 x each leg



- ✓ Soft landing, absorb
- ✓ Strong position – stable on landing, can you move in any direction from your landing point?
- ✓ Knees remain over feet



# Warm Up – Example 1

## Lower Body Focus

### 8. Partner Jump to bump 5 x each side



- ✓ Jump into air and upon landing partner will bump you
- ✓ Still land softly, absorb but be ready for impact. Don't get pushed over.
- ✓ Progress to getting bumped whilst still in the air

### 9. Single Leg ½ 'Hop & Stick' 3 change directions, 3 x each foot



- ✓ Soft landing 'stick it'
- ✓ Knees remain over feet

# Warm Up – Example 2

## Upper Body Focus

1. Jog court up and back x 2

2. Walking Lunges to half court



3. Push Up Hold with 'Knee to Chest' then 'Foot to Outside Hand' 10 x each leg



✓ Toe and knees point forward

✓ Hips square

✓ Maintain straight line from shoulders to hands

✓ Minimise hip swivel

✓ Aim to increase range through each repetition

# Warm Up – Example 2

Upper Body Focus

## 4. Push ups x 8



- ✓ Maintain a straight line between shoulders, hips, ankles
- ✓ Good range of motion, chest to ground
- ✓ 'PERFECT' push up is with elbows in

## 5. Squats x 10



- ✓ Feet just wider than shoulder width
- ✓ Chest up
- ✓ Hips back, knees forward over toes
- ✓ Depth
- ✓ Heels down

# Warm Up – Example 2

## Upper Body Focus

### 6. T Bar Rotations



- ✓ Maintain a straight line between shoulders, hips, ankles.
- ✓ Rotate from one side, to push up position, to other side
- ✓ Progress by raising foot towards the roof

### 7. Vertical Jumps x 5



- ✓ Soft landing, absorb
- ✓ Strong position, stable landing
- ✓ Knees remain over feet

# Warm Up – Example 2

Upper Body Focus

## 8. 180 Degree Jump & Land



- ✓ Soft landing, absorb
- ✓ Strong position
- ✓ Knees remain over feet

## 9. Plank 30 seconds x 2



- ✓ Hold in prone position
- ✓ Rest on both forearms, flat back with bottom down
- ✓ Goal is to progress to 1 minute planks

# Warm Up – Example 3

Incorporating Basketball skills with Movement skills

1. Jog court up and back x 2
2. Walking Lunges with basketball bounces (2) under each lunge x 5 each leg



3. Side Lunge with 2 basketball bounces (front to back) under each lunge. Each leg x 5



- ✓ Toes and knees point forward
- ✓ Hips square, chest up
- ✓ Bounce ball under each lunge backwards and forwards

- ✓ Increase range with each step
- ✓ Feet to point forwards throughout
- ✓ Bounce ball from behind body to in front of body and back twice per lunge

# Warm Up – Example 3

Incorporating Basketball skills with Movement skills

## 4. Squat Hold with Basketball Figure 8's - 5 x change direction



- ✓ Chest up
- ✓ Hips back, knees forward over toes
- ✓ Maintain depth throughout figure 8
- ✓ Heels down

## 5. Single Leg Glute Bridge – foot on basketball 2 x 8 each leg



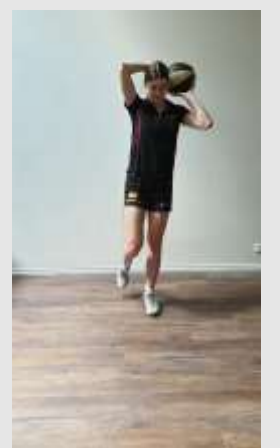
## 6. Knee to Wall Calf Mobility 10 x each leg

- ✓ Heel remains on ground
- ✓ Try to increase distance between toe and wall

# Warm Up – Example 3

Incorporating Basketball skills with Movement skills

## 7. Single Leg Body Wrap 4 x each leg



- ✓ On one leg, complete body wrap around single leg, waist, head and back down
- ✓ Try to minimize the number of ground touches with non-supporting leg
- ✓ Try not to look at the ball



# Warm Up – Example 3

Incorporating Basketball skills with Movement skills

## 8. Single Leg Partner Passing 2 x 15 each leg



- ✓ Keep knee off lock when completing passes
- ✓ Try to minimize the number of ground touches with non-supporting leg
- ✓ Can complete 1 set with foot locked on spot and 1 hopping

## 9. Push Ups with hands on basketball x 8



- ✓ Maintain a straight line between shoulders, hips and ankles
- ✓ Good range of motion, chest touches basketball
- ✓ Can do with one hand on ball, one on floor if too hard. Change hands after 8 repetitions