

Basketball warm-up

Focus on good technique.

Each is done to half court with jogging back to the baseline.

Aerobic Activity

- RUNNING - 4 x half court
- BACKWARD RUNNING
 - Short steps
 - Long steps
- GRAPE VINE / CARIOCA
- DEFENSIVE SLIDE – 3 step pivots
 - 1 x slower, 1 x faster
- HIGH KNEES
- HIGH KNEES SIDEWAYS
- HIGH HEELS

Dynamic stretches

- LUNGE walking with trunk rotation
- SUMO SQUATS
- ARABESQUE + SINGLE LEG SQUAT
- OPEN/CLOSE GATE
- LEG SWINGS at baseline – 5 forward/back, 5 side each leg
- CALF BOUNCES (like skipping) at baseline – 20 repetitions

Movement preparation

- JUMP & LAND - Double Leg (x 3) and Single Leg (x 2 each leg)
- HIGH SKIPPING
- CHANGE DIRECTION - 3 step forward
- BOX JUMP (X) on spot + JOG to half 50 %
- SQUAT JUMPS (rebound jumps) (x 2) + JOG to half 50 %
- DEFENSIVE SLIDES - 4 steps then CLOSEOUT/BALL TRAP
 - + jog to half 50%
- RUN - 75% of max
- RUN - 90% of max