



ACADEMY PRE-TRAINING/GAME WARMUP

Warming up before training or playing a game is an important physical habit to develop. We can give you the tools and know-how on how to build the foundations for this habit.

In the end, keeping your body healthy and elastic by actually doing these simple exercises is your responsibility.

Keep each other accountable as a team to avoid developing the negative habit of 'skipping it'.

By repeating these simple mobility and coordination exercises you will: - lower chances of ankle, knee & lower back injury

- develop effortless explosiveness
- feel prepared to step on the court

The worst thing about basketball is when you can't play it because of injury.

You cannot avoid every injury but much can be prevented by investing into the habit of warming up every day.

The warmup IS the workout!

ON THE SPOT MOBILITY

DO THIS AS 'ACTIVE WAITING' BEFORE YOU'RE ALLOWED ON THE COURT

1. Ankle Mobility in 3 directions x10
2. Knee Circles x10
3. Squat to Spine Reach x3
4. Knee Over Toes Squat x5
5. Unicorn Squat x3
6. Front Back Arms Swings x20
7. Rotational Arm Swings x20

ON THE FLOOR DYNAMIC COORDINATIONS

BEFORE YOU START YOUR BASKETBALL WARMUP, GET THIS ONE IN AS A TEAM

1. Ankle Breaker Walks (outside foot, inside foot, heels & toes) x15m
2. Knee Lifts x15m
3. Lower Leg Lifts x15m
4. Heel to Butt x15m
5. Single Leg Deadlift x15m
6. Leg Kicks (inside knee, front knee, back knee) x15m
7. Front Kick x15m
8. Rotational Front Kick x15m
9. Front Skips x15m
10. Speed Skips x15m
11. High Jump Skips x 15m
12. Front Skips into Acceleration x15m
13. Rotational Arms x15m
14. Crossover Step x15m
15. Vertical Drop Step Jumps x2/side