

STARTING FIVE PERFORMANCE ENHANCEMENT

This guide is designed to give our young players the best start to their basketball sessions by activating muscles, joints and the brain in the movements required by high level basketball players. Players can work through the stages focusing on the quality of the movement and not necessarily the speed or power of them.

INTENSITY OF WARM UP INCREASES

MOVEMENT (Fundamentals)

STANCE (Athletic Preparation)

BOUNCE (Jumping & Landing)

DRIVE (Acceleration)

TRANSITION (To Live Play)

	LEVEL 1	REPS EACH SIDE	LEVEL 2	REPS EACH SIDE	LEVEL 3	REPS EACH SIDE
BACK ROTATION Lying, rotate leg over other leg with head looking up						
BACK EXTENSIONS Lying on front, push up leaving hips on floor						
THREADING THE NEEDLE All fours kneeling, slide arm through then reach up as high as possible, head follows hand						
HIP OPENERS Lunge position, come 'tall', tuck bottom under you						
DOUBLE LEG HEEL RAISES Come on to tip toes on both feet		10	SINGLE LEG HEEL RAISES Come on to tip toes on single leg	10	REVERSE LUNGE INTO LEG DRIVE PLUS CALF RAISE Take one leg back into lunge position, drive leg through and onto tip toe	10
HIP HINGE - SINGLE LEG T-SHAPE Single leg, bend forward at hip with leg out behind		5	HIP HINGE WITH SUPERMAN ARMS Single leg, bend forward at hip with leg out behind, arms out in front	5	HIP HINGE WITH ROTATION Hip hinge, but whole body rotate right and left	5
STATIC LUNGE / SPLIT SQUAT Long stride, bend back leg to form lunge position		5	REVERSE LUNGE Long stride backwards, bend back leg to form lunge position	5	DROP LUNGE TO LATERAL LUNGE Quick drop to lateral lunge, then explode into tall single leg standing	5
SIDE PLANK - UP AND HOLD FOR 10 SECS X 2 Weight through arm and foot		2	SIDE PLANK BODY ROTATIONS Weight through arm and foot, reach under body, then up to ceiling	5	SIDE RAISE WITH FULL BODY ROUND ROTATIONS Side plank, fully body rotation to other side	5
GLUTE BRIDGE - DOUBLE LEG Feet hip width apart, drive hips up		10	GLUTE BRIDGE - SINGLE LEG Keep feet in line with hips, single leg drive up	10	GLUTE BRIDGE - SINGLE LEG ON BENCH Raise foot on bench, single leg drive up	10
DOUBLE LEG FORWARD BUNNY HOP Quality controlled landing, 'Ready Position'		10	DOUBLE TO SINGLE LEG HOP - FORWARD, BACKWARDS, TO THE SIDE Land on single leg, quality controlled landing, 'Ready Position'	10	LUNGE JUMP - SWITCH LEG MID AIR Lunge, switch leg in mid air, 'Ready Position'	10
BUNNY HOP SIDE WAYS Quality controlled landing, 'Ready Position'		5	SKATER JUMPS Single leg, jump to side, land single leg, pause and repeat	10	SINGLE LEG HOP WITH ROTATION 90° Start and finish on single leg but rotate 90° mid air	5
DROP SQUAT LANDING - DOUBLE LEG Standing tall then drop into low squat position as quickly as possible		5	SINGLE LEG DROP LANDING Standing tall drop into low squat position, single leg, as quickly as possible	5	TRIPLE HOP SINGLE LEG - POWER AND DISTANCE, BUT QUALITY LANDING Power on single leg as far forward each hop, pause, explode off	5
WALL DRILL - PLANK A-SHAPE ALTERNATING LEGS Sprint position against wall, alternating legs quickly but good control of middle		10	ARM DRIVES - PARTNER IN FRONT Lean against partner who resists as you drive forward	10	SCRAMBLE STARTS - DIFFERENT START POSITIONS (HIP HINGE, LATERAL LUNGE, HOPS) Explode into sprint	10
JUMP & BUMP Running with partner and controlled jumping and bumping into each other in air			REACTION SPRINTS Stop/start with partner over certain length of court		MIRROR EXERCISES With partner all movement directions	
SCRAMBLE STARTS Kneeling, front, back, face each other, lunge position, cross step, jump positions other way			LAST MAN STANDING Dribbling with ball, one player to knock ball away		LOSE PARTNER Over 5 seconds	

#GAMETIME

CHALLENGE CAN INCREASE IF ABLE TO COMPLETE EXERCISE WITH GOOD CONTROL

