General Dynamic Warm-up – Basketball

Example #1

Set up athletes in line with a cone or on the baseline. Place another cone 15 yards in front of the first cone or reference the half court line. This is the reference point for the athletes. Some warm-ups should be done baseline to baseline depending upon ability and age.

Each exercise is done from the starting point to the reference point. The athletes then line up at the reference point and return to the starting point. This is one repetition. With the below exercises, anytime an athlete is on one leg, emphasize a straight support leg, rise up on toes, good body control/balance with strong gluteus and calf contractions. All jumps are to be performed with focus on soft landing on balls of feet, slight bend in knees, tight core, proper arm mechanics, eyes up, with good body control. Ensure the knees land in line with the foot and hips, avoiding a valgus angle (knee falling inward).

1. Forward Jog/Back Pedal - Complete 1 repetition

On command, athletes will jog to the reference point. Athletes will then back pedal back to the starting point.

2. Skip with Arm Swing/A Skip - Complete 1 repetition

On command, athletes will skip while swinging his or her arms horizontally across the chest to reference point. Athletes will then turn around and A skip back to the starting point. An A skip is a high knee skip.

3. Lateral Shuffle – Complete 1 repetition

On command, athletes will perform a lateral shuffle to reference point, and, facing in the same direction, shuffle back to the starting point. Emphasis should be placed on staying low (buttock down, head up) while quickly shuffling the feet laterally.

4. Carioca with Hip Drive – Complete 1 repetition

On command, athletes will carioca to reference point, and, facing in the same direction, carioca back to the starting point. This is similar to the carioca, except athletes perform a lateral high knee, driving the forward leg up and over. Regular carioca can be used until proper technique is demonstrated.

5. High Knees – Complete 1 repetition

On command, athletes will perform high knees to reference point and back to the starting cone. Make sure athletes keeps adequate dorsiflexion (knee up/toes up), arm mechanics, and tight core during this exercise.

6. Back Jog – Complete 1 repetition

On command, athletes will run backwards to reference point and run backwards to the starting point. Emphasis is placed on reaching back with lead foot and completing a proper run gait.

7. Lateral High Knees – Complete 1 repetition
On command, athletes will perform lateral high knees to reference point and back to the starting point. Make sure athletes keeps adequate dorsiflexion (knee up/toes up), arm mechanics, and tight core during this exercise.

8. Walking Lunges – Complete 1 repetition

On command, athletes will lunge towards the reference point (opposite arm to leg, knee behind toe), and back to starting point. Maintain tight core, head up.

9. Explosion Runs – Complete 2 repetitions

On single whistle, athletes jog toward baseline. On double whistle, athletes explode into full sprint. On single whistle, athletes go back to jog. Continue this sequence until they return to baseline starting place.

10. Scissor Jumps – Complete 10 reps each

On command, athletes will lunge forward with his or her right leg. The athlete will then jump off the leg while propelling the left leg forward. The athlete should land in a lunge with the left foot forward. This is one repetition.

11. Vertical Jumps – Complete 10 jumps

Athletes will stand with feet shoulder width apart with a slight bend in the knees. On command, the athletes will jump as high as possible and land with a soft landing.

12. Bounding – Complete 2 repetitions

On command, athletes will bound to reference point and back to starting point. Maintain tight core, knee up/toes up, body control with proper arm mechanics.

Example #2

5-Line Dynamic Basketball Warm-up

Because time is limited, you can gradually ease into a workout or a practice by using a series of dynamic footwork drills that mimic many of the movements used in a basketball game. This is preferred over the “static stretch” that many coaches have employed for years. It is also a way to get some additional "basketball" practice during your warm up period. You could start with players on one end of the court and in three-to-five lines so that the players will execute in groups of three-to five at a time. This is easily adaptable to larger groups with more lines or smaller groups with only three lines.

SPRINTS

Players should jog to one end and back, concentrating on long strides and moving their arms.

FORWARD/BACKWARD

Jog to half court, turn 180 degrees on the move, and back peddle the rest of the way.

HIGH KNEES

Lift the knees as high possible while jogging down the court and back.

BUTT KICKS
Players should kick their heels all the way back and actually hit their own rear ends. This will stretch out their quads.

**CARIOCA**

Moving laterally, take one step in front of the body and then take another step behind the body. The arms balance the body to move in the desired direction. This movement is coordinated to maintain timing and rhythm. Keep the head focused up and forward in a natural athletic position. Move and push off of the balls of the feet and rotate the hips for the assigned distance.

**POWER SKIPS**

Players should skip and explode as high as possible. Different than a popular “plyometric” exercise, we like to use their arms to mimic the appropriate fundamentals of a layup (i.e. right leg up, right arm up).

**V-CUTS**

Players will take a few small steps in one direction, plant the outside foot, and change directions with a BIG stride. Their path on the court should draw the letter V.

**HOP STOPS**

Players should run and execute a hop stop at each quarter of the court. This is also called a “jump stop,” but don’t let players go airborne as the word “jump” implies. Focus on short and quick two-foot, one-sound stops.

**PIVOTS**

Players should run and execute a hop stop at each quarter of the court. Execute a reverse pivot followed by a front turn. Maintain a pivot foot, stay low, and proceed to the next quarter court.

**ZIG ZAG DEFENSIVE SLIDES**

(Three times). Defensive slide sideways at angles and change directions, never crossing the feet and always facing the baseline. The knees should be bent and the butt kept low in a good, athletic defensive stance. First rep. should be low and slow, second rep. should have one slide, third rep. should have two slides.

**SLIDE-CLOSE OUT-SLIDE**

Defensive slide a few strides, then chop-step to close out with high hands to trace the basketball. Get in stance and slide again in the opposite direction. Continue to the end.

**SLIDE-SPRINT-SLIDE**

Defensive slide a few strides, then turn and sprint to a spot up the floor and get in stance again. Continue to the end.

At the end of these drills, a player should be on his way to a good “sweat” and ready to go 100 percent during the workout or practice.