Basketball Warm Ups Incorporating Basic Movement Patterns

AIS Strength & Conditioning Discipline
Jan Legg
jan.legg@ausport.gov.au
Overview

This document aims to outline how the basic movement patterns used in the AIS/Basketball Australia Centre of Excellence movement screening can be applied and practiced daily during basketball on court warm ups. The exercises listed below are included in the AIS movement screening and a complete document and DVD resource outlining the screening process can be obtained through Basketball Australia.

Athletes must also be able to:

- Jump and land with good technique on one and two legs.
- Be able to complete single leg calf raises 20/leg.
Athletes who wish to gain a scholarship at the AIS should be proficient in these movement patterns. One of the most simple ways to ensure athletes are competent in this movement patterns is to include them in on court warm ups. Outlined in this document are two simple warm up routines that can be used and modified to suit your athletes. Try to ensure good technique is used at all times to reinforce good habits; key coaching points are listed below each exercise. The end of the document also shows how each movement pattern can be progressed to include ball handling skills.
<table>
<thead>
<tr>
<th>Warm Up 1</th>
<th>Warm Up 2</th>
<th>Warm Up 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Jog court and back x 2</td>
<td>1. Jog court and Back x 2</td>
<td>1. Jog court and Back x 2</td>
</tr>
<tr>
<td>2. Walking Lunges to half court:</td>
<td>2. Walking Lunges to half court</td>
<td>2. Walking Lunges with bounce 2/ direction under each stride 5/leg</td>
</tr>
<tr>
<td>4. Side Lunge back to baseline</td>
<td>4. Pushups (Perfect) 8</td>
<td>4. Squat Hold with Basketball Figure 8's 5/dir</td>
</tr>
<tr>
<td>7. Step to vertical Jump 3/leg</td>
<td>7. Vertical Jumps 5</td>
<td>7. Single Leg Figure 8's 4/dir/leg</td>
</tr>
<tr>
<td>8. Partner Jump to bump 5 each</td>
<td>8. 180 Degree Jump + Land</td>
<td>8. Single Leg Partner Basketball Passes 2*15/leg</td>
</tr>
</tbody>
</table>
Warm Up — Example 1
Incorporating Movement Skills, Lower Body Focus

1. Jog court and back x 2

2. Walking Lunges to half court:
   - Toe and knees point forward
   - Hips square, chest up
   - Gradually increase length of lunge with each step

3. Single Leg Glute Bridge 2 sets of 8/leg:
   - Hips square
   - Full range of motion
Warm Up — Example 1
Incorporating Movement Skills, 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/leg
   - Heel remains on ground, try to increase distance between toe and wall.
Warm Up — Example 1
Incorporating Movement Skills, Lower Body Focus

6. Squats 10
- Feet just wider than shoulder width
- Chest up
- Hips back, knees forward over toes
- Depth
- Heels Down

7. Step to vertical Jump 3/leg
- Soft Landing, absorb
- Strong position – can you move in any direction from your landing point?
- Knees remain over feet (don’t come in or out)
<table>
<thead>
<tr>
<th>Warm Up — Example 1</th>
<th>Incorporating Movement Skills, Lower Body Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>8. Partner Jump to bump 5 each</td>
<td>9. SL ½ Hop + Stick 3/dir/foot</td>
</tr>
<tr>
<td>- Jump into air and upon landing partner will bump you.</td>
<td>- Soft landing</td>
</tr>
<tr>
<td>- Still land softly, absorb but be ready for impact...don't get pushed over, be in position to move.</td>
<td>- Knees remain over feet</td>
</tr>
<tr>
<td>- This can be progressed to getting bumped whilst still in the air</td>
<td></td>
</tr>
</tbody>
</table>
Warm Up — Example 2
Incorporating Movement Skills, Upper Body Focus

1. Jog court and Back x 2

2. Walking Lunges to half court
   - Toe and Knees Point Forward
   - Hips Square

3. Push Up Hold with Knee to Chest then Foot Outside Hand 10/leg
   - Maintain Straight line from shoulders to hands
   - Minimise hip swivel
   - Aim to increase range through each rep
Warm Up — Example 2
Incorporating Movement Skills, Upper Body Focus

4. Pushups (Perfect) 8
- Maintain a straight line between shoulders, hips, ankles
- Good range of motion, chest to ground

5. Squats 10
- Feet just wider than shoulder width
- Chest Up
- Hips back, knees forward over toes
- Depth
- Heels Down
Warm Up — Example 2
Incorporating Movement Skills, 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
- This can be progressed by raising foot towards the ceiling

7. Vertical Jumps 5
- Soft Landing, absorb
- Strong position – can you move in any direction from your landing point?
- Knees remain over feet

8. 180 Degree Jump + Land
- Soft Landing, absorb
- Strong position – can you move in any direction from your landing point?
- Knees remain over feet
Warm Up — Example 3
Incorporating Basketball Skills with Movement Skills

1. Jog court and Back x 2

2. Walking Lunges with bounce 2/direction under each stride 5/leg
   - Toes and knees point forward
   - Hips Square, chest up
   - Bounce ball under each lunge backwards and forwards

3. Side Lunge with bounce 2/direction under each stride 5/leg
   - 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/dir
- Chest up
- Hips back, knees forward over toes
- Maintain depth throughout figure 8.
- Heels Down

5. Single Leg Glute Bridge – foot on basketball 2*8/leg
- Hips square
- Full range of motion

6. Knee to Wall Calf Mobility 10/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 Figure 8’s 4/dir/leg

7. Continued

- On one leg, complete figure 8’s around body
- Try to minimise number of ground touches with non supporting leg
Warm Up — Example 3
Incorporating Basketball Skills with Movement Skills

8. Single Leg Partner Basketball Passes 2*15/leg

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

9. Pushups with hands on basketball 8

- Maintain a straight line between shoulders, hips and ankles
- Good range of motion, chest touches basketball