

SHS Boys Basketball Injury Prevention Warm Up

Dynamic Warm up

1. **Jog** down to half court, turn and jog backwards: 25% speed jog, at half court turn backwards and jog backwards

2. **Side shuffle:**



Defensive slide in each direction. Make sure to stay in squatted position and do not allow head to bob up and down

3. **Side shuffle shoulder hit:**



Repeat above with 3 slides and jump into partner shoulder to shoulder. Land in a squatted position without twisting or letting the knees come together. Repeat 5 times.

4. **Skip:**

Down and back working on vertical jump straight up rather than forwards. Think about landing softly on your toes.



5. **Toy Soldier:**



Reach forward with the left hand. Kick right leg up towards left hand, keeping it straight. Reach right hand up towards the ceiling. Roll heel to toe on stance leg, alternating as you move forward. Make sure NOT to round your back.

6. **Hip cradle:**

In walking motion, grab ankle with one hand and pull in and up towards the shoulder; push knee down with opposite hand. Think about rolling off your toe you are standing on slowly.



7. **Quad pull:**



Pull foot towards butt while raising opposite arm and slowly rolling on to toes as you transition forward. Point knee to the ground and don't let it jet out to the side or forward.

8. **Walking Lunge:**

Step forward with right leg and lower your body to 90 degree bend at each knee. As your lower into lunge position, extend spine back with hands overhead. Alternate legs and repeat in a walking fashion. Don't let front knee extend beyond toes.



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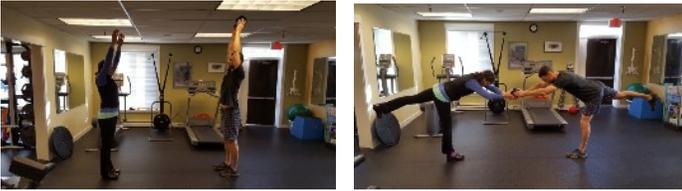
Strengthening/Balance

1. Single leg stance dribble:

Stand on one leg with the knee slightly bent and dribble a ball 30 sec with 1 hand, and 30 sec with the opposite hand. Keep your hip, knee and 2nd toe in a straight line.



2. Windmill ball hand off:



Stand on one leg with ball lifted overhead. Keep standing leg straight and slowly bend forward at the hips to pass the ball to your partner. Repeat 10 x on each leg, trying not to touch your foot down in between if possible.

3. Plank leg lift:



In push up position or on elbows keeping body in a straight line. Lift one leg in a controlled manor and hold 1 sec. Repeat with the other leg 10 x's alternating between legs. Don't let your butt sink down or raise up in the air.

4. Squat into toe raise:



Feet at hip width or slightly wider. Squat down to 90 degrees keeping knees behind toes (sticking butt back) and not allowing knees to come in together. As you come out of the squat, go up into a calf raise and hold 1 sec in a controlled manor. Repeat 10x.

5. SL squat with toe raise or perturbation:

Stand on 1 foot and repeat above. Try not to lean your body to the side or let your knee roll in from in line with hip and foot. As this gets easier, you can add a partner gently pushing your shoulders side to side for increased balance.

Plyometrics

1. 180 degree jumps with chest pass:



Take off with both feet, jump and rotate 180 degrees, land quietly with knees bent on both feet. Repeat and return to starting position and chest pass to partner 5 times.

Try to keep hips, knees and feet in line with landing and take off.

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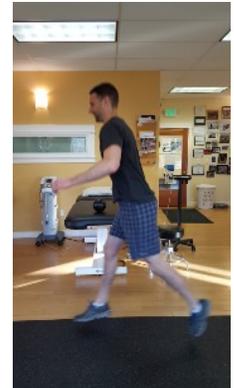
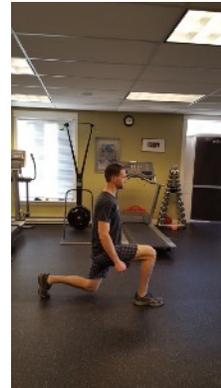
2. Single leg lateral hops:



Start by standing on one leg. Jump off that leg in the direction of the opposite side, and land on the opposite foot. Repeat back the other direction x 10 each direction. Make sure to land with your knee slightly bent and try and keep it in line with your hips and feet.

3. Scissor Lunge jumps:

Start in a lunge position. Lunge down and as you come up jump, switching your feet. Land in a lunged position on the other foot. Repeat. Make sure to not let your front knee extend forward past your toe or either knee roll in.



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