



DYNAMIC WARM-UP EXERCISES

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High Knee Skip

The High Knee Skip is a great warm-up exercise and it can also be used for developing speed. Skip forward, driving your knee upward toward your chest with each skip. Use a full-range, exaggerated arm action; the opposite arm comes forward and up with each skip. The raised foot should be flexed upward (dorsiflexion).

High Knee Run

The High Knee Run is a great warm-up exercise and it can also be used for developing speed. Move forward, using short, quick steps while raising your knees as high as your hips. The upper body remains upright; do not lean forward or backward. Use a shorter, quicker arm action than was used for the high knee skips.

Butt Kick

The Butt Kick is a great warm-up exercise and it can also be used for developing speed. As you run forward, try to touch your gluteals with your heels. Thighs remain perpendicular to the floor. Lean your upper body slightly forward. Arm action is normal.

Carioca

Face sideways and move laterally by swiveling your hips and stepping so that your trail leg crosses in front of your lead leg. Then step to the side with your lead leg and cross behind with your trail leg. Continue this step-in-front, step-behind pattern with the trail leg. Make sure you carioca in both directions, to the right and left.

Lateral Shuffle

Face sideways as you move laterally by stepping with your lead foot and then bringing your trail foot up toward your lead foot without crossing your feet. Keep your body square; do not twist or rotate. Upper body leans forward slightly. Arms are in a slightly flexed ready position. Make sure you lateral shuffle in both directions, to the right and left.

Walking Lunge

Take a big step forward, lowering your hips and bending your knee until your lead thigh is parallel to the floor and your shin is straight up and down. Keep your trail leg as straight as possible, and your knee should not touch the floor. Step forward again, bringing your trail leg up to your lead leg, then continue with your trail leg as your lead leg. Keep your upper body upright and square.

Backward Run

Run backward while keeping your body square. Run with as big a stride as possible and maintain good arm action.

Side-to-Side Kick

Face a wall, standing 2 to 3 feet from the wall with your hands on the wall. Swing your right leg out to the side and back in front and across your body. Continue this swinging pattern with your hips swiveling and your right leg slightly bent. Try to increase your range with each leg swing. Repeat with the left leg.

Front-and-Back Kick

Stand beside a wall with your left side closest to the wall and your left hand on the wall. Swing your slightly bent right leg forward and backward. Continue this front-and-back swinging pattern, maintaining good posture. Do not arch or curl your back. Try to increase your range with each leg swing. Turn and repeat with the left leg.

Most dynamic warm-up activities combine several individual exercises. The following are some examples:

1. Do High Knee Skips down the length of the court and back.
2. Do High Knee Runs down the court and Butt Kicks back.
3. Carioca down the court with a 180-degree turn at half court so you move to both the right and left; lateral shuffle back with a 180-degree turn at half court.
4. Start with 4 Walking Lunges, then do Three-Quarter-Speed Strides to the end of the court; turn around and start with 4 Walking Lunges, then turn and Backward Run back.

After completing the movements up and down the court, face a wall and do 10 Side-to-Side Kicks with the right leg and 10 with the left leg. Then turn sideways and do 10 Front-and-Back Kicks with each leg. After the dynamic warm-up, you are ready to begin a stretching routine.

