

# WARM UP

the RITE way

## Getting Ready for Basketball - Advanced

Proper warm-up before you hit the court can help you prevent injuries. These exercises were carefully chosen to prepare you for basketball practice and games.

### Instructions:

- Perform them before you play, every time.
- Use a band placed just above your knees.

### CLAMSHELLS



*Lie on your side and raise your top knee 15 times. Repeat on the other side.*

*Keep your heels together and do not roll your hips back.*

### DOUBLE LEG BRIDGES



*Lie on your back and lift your hips up 15 times.*

*Keep your knees in line with your hips and your toes up.*

### SINGLE LEG BRIDGES



*Lie on your back and bend one knee.*

*Lift your straight leg up.*

*Lift your hips 15 times.*

*Repeat on the other side.*

*Keep your knees in line with your hips and your toes up.*

Scan this code to see, save and share videos of these exercises.



**SCOTTISH RITE**  
FOR CHILDREN  
SPORTS MEDICINE

Working together for youth sports health and injury prevention.  
Learn more on [mavs.com/health](https://mavs.com/health).

## SQUATS



*Stand with feet shoulder width apart and toes forward.*

*Stick hips back then lower into squat and stand up. Repeat 15 times.*

## BANDED WALKS



*Maintain a small squat and take 15 short and wide steps forward and then 15 steps backward.*

*Do not lean side to side.*

## DOUBLE HEISMANS



*Start in a small squat.*

*Take two high knee hops to the side, hold for 2 seconds.*

*Repeat back and forth 10 times.*



## THREE CHALLENGES:

- 1. Close your eyes.*
- 2. Catch and toss ball with partner.*
- 3. Throw ball at wall then catch.*



**SCOTTISH RITE**  
FOR CHILDREN  
SPORTS MEDICINE

Working together for youth sports health and injury prevention.  
Learn more on [mavs.com/health](https://mavs.com/health).