

WARM UP

the RITE way

Do these exercises in the order listed below with a coach, athletic trainer or strength and conditioning coach watching to provide tips to improve form and effectiveness.

1 ANKLE MOBILITY



Face wall in a mini-lunge position.

Lean your knee over your toe until your knee touches the wall.

Hold one minute on each side.

2 PLANK AND SIDE PLANK



Hold front plank on elbows for 30 seconds.



Then, switch to hold side plank on elbow for 30 seconds.

Repeat on each side.

LINE UP ON SIDELINE

3	RUNNING < 50% MAX EFFORT	Run down and back at less than 50% of your max effort.
4	SOLDIER WALKS	Keeping knees straight, step out with one leg, kick other leg straight out in front. Repeat down and back across floor.
5	WALKING QUAD STRETCH WITH HEEL RAISE	Take a step forward, grab ankle behind buttocks with your hand. Raise up on toe and reach for the sky. Repeat down and back across floor.
6	LUNGE WITH ROTATION	Lunge forward, lower back knee to floor. With arms clasped straight out in front, rotate trunk toward forward leg. Stand up, repeat down and back across floor.
7	INCH WORMS	Keeping knees straight, walk hands to high plank position. Walk feet to hands. Repeat across floor.
8	RUNNING 50% MAX EFFORT	Run down and back at 50% of your max effort.
9	KARAOKE	Face the baseline. Karaoke across court, return facing the same direction.
10	DEFENSIVE SLIDES	Face the baseline. Get in a squat (ready) position and shuffle across court, return facing the same direction.
11	RUNNING 75% MAX EFFORT	Run down and back at 75% of your max effort.

12 BANDED LATERAL WALKS

Start on the sideline.

Place a resistance band right above your knees. Get in a squat (ready) position.

Keep knees pressed out over your feet, sidestep with one foot.

Repeat moving across court, return facing the same direction.



Scan to watch instructions.



Before Practice

Do all exercises in the order listed.

Game Day

Start at number three. Skip the drills with the bands and the balls. Wrap up with the snap downs.

Next Level

Have a team that performs these activities with excellent form? Contact our team to learn how to add challenging elements.

13 BANDED SQUAT + BALL DRIBBLE



Squat down as far as you can and hold position.

Dribble the basketball 20 times, staying in a squat position the entire time.

Keep knees pressed out over your feet.

Do not allow knees to move together.

14 SINGLE LEG BALANCE + BALL TOSS

Stand on one leg facing wall.

Toss the ball at wall 20 times.

Repeat on the other leg.



15 SNAP DOWN



Place feet hip-width apart, raise up on balls of your feet and reach up as tall as you can.

Then bring arms down towards sides quickly and squat down in a jump landing position.

Repeat 5 times.

16 SNAP DOWN + JUMP

Snap down.

Then, jump up as high as you can, then land again in the same position.

Repeat 5 times.



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