

# 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	<b>RUNNING &lt; 50% MAX EFFORT</b>	Run down and back at less than 50% of your max effort.
4	<b>SOLDIER WALKS</b>	Keeping knees straight, step out with one leg, kick other leg straight out in front. Repeat down and back across floor.
5	<b>WALKING QUAD STRETCH WITH HEEL RAISE</b>	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	<b>LUNGE WITH ROTATION</b>	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	<b>INCH WORMS</b>	Keeping knees straight, walk hands to high plank position. Walk feet to hands. Repeat across floor.
8	<b>RUNNING 50% MAX EFFORT</b>	Run down and back at 50% of your max effort.
9	<b>KARAOKE</b>	Face the baseline. Karaoke across court, return facing the same direction.
10	<b>DEFENSIVE SLIDES</b>	Face the baseline. Get in a squat (ready) position and shuffle across court, return facing the same direction.
11	<b>RUNNING 75% MAX EFFORT</b>	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.



## 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.



**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.

# SCOTTISH RITE



## SPORTS MEDICINE

469-515-7100  
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