

# **GAME READY**

## NEUROMUSCULAR WARM UP

### **PART ONE *Strength***

	<b>Squats</b>	<b>Core</b>	<b>RDL's</b>	<b>Lunges</b>
<b>Reps</b>	<b>8</b>	<b>20 sec</b>	<b>8 e/s</b>	<b>8 e/s</b>
<b>Level 1</b>	B/W Squat	Plank	Split Stance	Stationary
<b>Level 2</b>	S/L Squat	Side Plank	Single Leg	Walking
<b>Level 3</b>	Pistol Squat	Superman	Superman	Around the world

### **PART TWO *Movement***

Get blood flowing and heartrate up

- Jog forwards and backwards
- Close the gate forwards/ open the gate backwards
- Skater jumps, holding landing every third jump
- Squat jumps
- Single leg hops over line, forwards, back and sideways
- Knee taps game

# **PART THREE Basketball Specific**

Basketball specific movements

Incorporate a ball, in groups of three. Have a dribbler, a shield, and someone trying to get the ball.

Utilize rules such as no hands/ arms by the shield.

This encourages players to get into their triple threat stance, the same as the knee taps.

In pairs have one player on the ground bracing themselves in a strong position on hands and feet.

Partner's job is to try and push them off balance. This

helps engage the core while also preparing for basketball scenarios such as setting a screen and rebounding.