

STARTING FIVE PERFORMANCE ENHANCEMENT



This guide is designed to give our young players the best start to their basketball sessions by activating muscles, joints and the brain in the movements required by high level basketball players. Players can work through the stages focusing on the quality of the movement and not necessarily the speed or power of them.

INTENSITY OF WARM UP INCREASES

MOVEMENT
(Fundermentals)

BACK ROTATION

Lying, rotate leg over other leg with head looking up



BACK EXTENSIONS

Lying on front, push up leaving hips on floor



THREADING THE NEEDLE

All fours kneeling, slide arm through then reach up as high as possible, head follows hand



HIP OPENERS

Lunge position, come 'tall', tuck bottom under you



STANCE
(Athletic Preparation)

LEVEL 1

REPS
EACH SIDE

LEVEL 2

REPS
EACH SIDE

LEVEL 3

REPS
EACH SIDE



DOUBLE LEG HEEL RAISES

Come on to tip toes on both feet

10



SINGLE LEG HEEL RAISES

Come on to tip toes on single leg

10



REVERSE LUNGE INTO LEG DRIVE PLUS CALF RAISE

Take one leg back into lunge position, drive leg through and onto tip toe

10



HIP HINGE - SINGLE LEG T-SHAPE

Single leg, bend forward at hip with leg out behind

5



HIP HINGE WITH SUPERMAN ARMS

Single leg, bend forward at hip with leg out behind, arms out in front

5



HIP HINGE WITH ROTATION

Hip hinge, but whole body rotate right and left

5



STATIC LUNGE / SPLIT SQUAT

Long stride, bend back leg to form lunge position

5



REVERSE LUNGE

Long stride backwards, bend back leg to form lunge position

5



DROP LUNGE TO LATERAL LUNGE

Quick drop to lateral lunge, then explode into tall single leg standing

5



SIDE PLANK - UP AND HOLD FOR 10 SECS X 2

Weight through arm and foot

2



SIDE PLANK BODY ROTATIONS

Weight through arm and foot, reach under body, then up to ceiling

5



SIDE RAISE WITH FULL BODY ROUND ROTATIONS

Side plank, fully body rotation to other side

5



GLUTE BRIDGE - DOUBLE LEG

Feet hip width apart, drive hips up

10



GLUTE BRIDGE - SINGLE LEG

Keep feet in line with hips, single leg drive up

10



GLUTE BRIDGE -SINGLE LEG ON BENCH

Raise foot on bench, single leg drive up

10

LEVEL 1

REPS
EACH SIDE

LEVEL 2

REPS
EACH SIDE

LEVEL 3

REPS
EACH SIDE



DOUBLE LEG FORWARD BUNNY HOP

Quality controlled landing, 'Ready Position'

10



DOUBLE TO SINGLE LEG HOP - FORWARD, BACKWARDS, TO THE SIDE

Land on single leg, quality controlled landing, 'Ready Position'

10



LUNGE JUMP - SWITCH LEG MID AIR

Lunge, switch leg in mid air, 'Ready Position'

10



BUNNY HOP SIDE WAYS

Quality controlled landing, 'Ready Position'

5



SKATER JUMPS

Single leg, jump to side, land single leg, pause and repeat

10



SINGLE LEG HOP WITH ROTATION 90°

Start and finish on single leg but rotate 90° mid air

5



DROP SQUAT LANDING - DOUBLE LEG

Standing tall then drop into low squat position as quickly as possible

5



SINGLE LEG DROP LANDING

Standing tall drop into low squat position, single leg, as quickly as possible

5



TRIPLE HOP SINGLE LEG - POWER AND DISTANCE, BUT QUALITY LANDING

Power on single leg as far forward each hop, pause, explode off

5

LEVEL 1

REPS
EACH SIDE

LEVEL 2

REPS
EACH SIDE

LEVEL 3

REPS
EACH SIDE



WALL DRILL - PLANK A-SHAPE ALTERNATING LEGS

Sprint position against wall, alternating legs quickly but good control of middle

10



ARM DRIVES - PARTNER IN FRONT

Lean against partner who resists as you drive forward

10



SCRAMBLE STARTS - DIFFERENT START POSITIONS

(HIP HINGE, LATERAL LUNGE, HOPS)
Explode into sprint

10

JUMP & BUMP

Running with partner and controlled jumping and bumping into each other in air

SCRAMBLE STARTS

Kneeling, front, back, face each other, lunge position, cross step, jump positions other way

REACTION SPRINTS

Stop/start with partner over certain length of court

LAST MAN STANDING

Dribbling with ball, one player to knock ball away

MIRROR EXERCISES

With partner all movement directions

LOSE PARTNER

Over 5 seconds

DRIVE
(Acceleration)

TRANSITION
(To Live Play)

CHALLENGE CAN INCREASE IF ABLE TO COMPLETE EXERCISE WITH GOOD CONTROL