

# 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 (Fundamentals)

### 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
<b>DOUBLE LEG HEEL RAISES</b> Come on to tip toes on both feet	10	<b>SINGLE LEG HEEL RAISES</b> Come on to tip toes on single leg	10	<b>REVERSE LUNGE INTO LEG DRIVE PLUS CALF RAISE</b> Take one leg back into lunge position, drive leg through and onto tip toe	10
<b>HIP HINGE - SINGLE LEG T-SHAPE</b> Single leg, bend forward at hip with leg out behind	5	<b>HIP HINGE WITH SUPERMAN ARMS</b> Single leg, bend forward at hip with leg out behind, arms out in front	5	<b>HIP HINGE WITH ROTATION</b> Hip hinge, but whole body rotate right and left	5
<b>STATIC LUNGE / SPLIT SQUAT</b> Long stride, bend back leg to form lunge position	5	<b>REVERSE LUNGE</b> Long stride backwards, bend back leg to form lunge position	5	<b>DROP LUNGE TO LATERAL LUNGE</b> Quick drop to lateral lunge, then explode into tall single leg standing	5
<b>SIDE PLANK - UP AND HOLD FOR 10 SECS X 2</b> Weight through arm and foot	2	<b>SIDE PLANK BODY ROTATIONS</b> Weight through arm and foot, reach under body, then up to ceiling	5	<b>SIDE RAISE WITH FULL BODY ROUND ROTATIONS</b> Side plank, fully body rotation to other side	5
<b>GLUTE BRIDGE - DOUBLE LEG</b> Feet hip width apart, drive hips up	10	<b>GLUTE BRIDGE - SINGLE LEG</b> Keep feet in line with hips, single leg drive up	10	<b>GLUTE BRIDGE - SINGLE LEG ON BENCH</b> Raise foot on bench, single leg drive up	10

## BOUNCE (Jumping & Landing)

LEVEL 1	REPS EACH SIDE	LEVEL 2	REPS EACH SIDE	LEVEL 3	REPS EACH SIDE
<b>DOUBLE LEG FORWARD BUNNY HOP</b> Quality controlled landing, 'Ready Position'	10	<b>DOUBLE TO SINGLE LEG HOP - FORWARD, BACKWARDS, TO THE SIDE</b> Land on single leg, quality controlled landing, 'Ready Position'	10	<b>LUNGE JUMP - SWITCH LEG MID AIR</b> Lunge, switch leg in mid air, 'Ready Position'	10
<b>BUNNY HOP SIDE WAYS</b> Quality controlled landing, 'Ready Position'	5	<b>SKATER JUMPS</b> Single leg, jump to side, land single leg, pause and repeat	10	<b>SINGLE LEG HOP WITH ROTATION 90°</b> Start and finish on single leg but rotate 90° mid air	5
<b>DROP SQUAT LANDING - DOUBLE LEG</b> Standing tall then drop into low squat position as quickly as possible	5	<b>SINGLE LEG DROP LANDING</b> Standing tall drop into low squat position, single leg, as quickly as possible	5	<b>TRIPLE HOP SINGLE LEG - POWER AND DISTANCE, BUT QUALITY LANDING</b> Power on single leg as far forward each hop, pause, explode off	5

## DRIVE (Acceleration)

LEVEL 1	REPS EACH SIDE	LEVEL 2	REPS EACH SIDE	LEVEL 3	REPS EACH SIDE
<b>WALL DRILL - PLANK A-SHAPE ALTERNATING LEGS</b> Sprint position against wall, alternating legs quickly but good control of middle	10	<b>ARM DRIVES - PARTNER IN FRONT</b> Lean against partner who resists as you drive forward	10	<b>SCRAMBLE STARTS - DIFFERENT START POSITIONS (HIP HINGE, LATERAL LUNGE, HOPS)</b> Explode into sprint	10

## TRANSITION (To Live Play)

<b>JUMP &amp; BUMP</b> Running with partner and controlled jumping and bumping into each other in air	<b>SCRAMBLE STARTS</b> Kneeling, front, back, face each other, lunge position, cross step, jump positions other way	<b>REACTION SPRINTS</b> Stop/start with partner over certain length of court	<b>LAST MAN STANDING</b> Dribbling with ball, one player to knock ball away	<b>MIRROR EXERCISES</b> With partner all movement directions	<b>LOSE PARTNER</b> Over 5 seconds
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#GAMETIME

CHALLENGE CAN INCREASE IF ABLE TO COMPLETE EXERCISE WITH GOOD CONTROL

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