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.

MOVEMENT (Fundermentals)

BACK ROTATION

Lying, rotate leg over other leg with head looking up



BACK EXTENSIONS

REPS EACH SIDE

10

REPS EACH SIDE

10

REPS EACH SIDE



THREADING THE NEEDLE

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

REPS EACH SIDE

REPS EACH SIDE

REPS EACH SIDE

10



HIP OPENERS

Lunge position, come 'tall', tuck bottor

LEVEL 3

PLUS CALF RAISE

through and onto tip toe



REPS EACH SIDE

10

5

5

5

10

STANCE (Athletic Preparation)

	100		1
Total .			HTMLTO
\sim		3	
-	7	فيوب	
(19)	5	_	1

LEVEL 1

behind

10 SECS X 2

DOUBLE LEG HEEL RAISES

HIP HINGE - SINGLE LEG T-SHAPE

Single leg, bend forward at hip with leg out

STATIC LUNGE / SPLIT SQUAT

Long stride, bend back leg to form lunge

SIDE PLANK - UP AND HOLD FOR

Weight through arm and foot

GLUTE BRIDGE - DOUBLE LEG

Feet hip width apart, drive hips up

Come on to tip toes on both feet

Lying on front, push up leaving hips on



LEVEL 2

SINGLE LEG HEEL RAISES Come on to tip toes on single leg

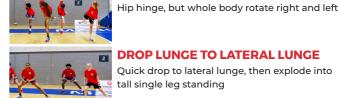


REVERSE LUNGE

Long stride backwards, bend back leg to form lunge position







DROP LUNGE TO LATERAL LUNGE

HIP HINGE WITH ROTATION

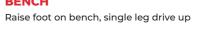
Quick drop to lateral lunge, then explode into tall single leg standing

REVERSE LUNGE INTO LEG DRIVE

Take one leg back into lunge position, drive leg







BOUNCE

(Jumping & Landing)

All landings should be in the ready defensive position



LEVEL 1

DOUBLE LEG FORWARD BUNNY HOP Quality controlled landing, 'Ready Position'



Quality controlled landing, 'Ready Position'



DROP SQUAT LANDING -

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

DOUBLE TO SINGLE LEG HOP-

FORWARD, BACKWARDS, TO THE SIDE Land on single leg, quality controlled landing, 'Ready Position'

SKATER JUMPS

LEVEL 2

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

SINGLE LEG DROP LANDING

LEVEL 2

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



LUNGE JUMP - SWITCH LEG MID AIR

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

SINGLE LEG HOP WITH ROTATION 90° Start and finish on single leg but rotate 90°

LEVEL 3

OWER AND DISTANCE, BUT QUALITY LANDING Power on single leg as far forward each hop, pause, explode off

TRIPLE HOP SINGLE LEG -

DRIVE (Acceleration)



WALL DRILL - PLANK A-SHAPE ALTERNATING LEGS

LEVEL 1

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



ARM DRIVES - PARTNER IN FRONT

Lean against partner who resists as you drive



SCRAMBLE STARTS - DIFFERENT START POSITIONS

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

LEVEL 3

LOSE PARTNER

TRANSITION (To Live Play)

JUMP & BUMP

Running with partner and controlled jumping and bumping into each other

SCRAMBLE STARTS

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

REACTION SPRINTS

Stop/start with partner over certain lenath of court

LAST MAN STANDING

Dribbling with ball, one player to knock ball away

MIRROR EXERCISES

With partner all movement directions

Over 5 seconds

*GAMETIME

SCAN HERE

REPS EACH SIDE

10