

PREPARING TO PLAY

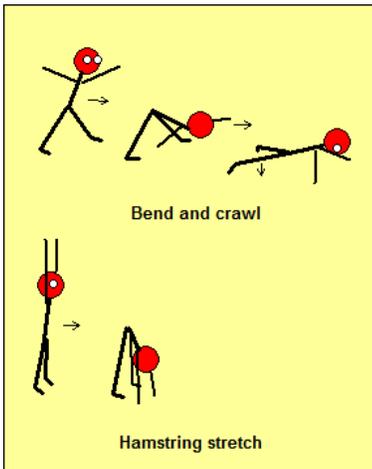
The following exercises were developed by Tim Manson, Sylvester Walters and Doug Christie of TERNION*.

The exercises are excellent for athletes to work on fundamental movement skills and muscular conditioning. The whole package can be done as part of a pre-season conditioning program. Choose a variety for pre-practice and pre-game movement preparations. The coach must judge the number of reps to achieve the desired outcome.

As with any activity, form is the most important component. This will ensure the safety of the athlete. Keep the reps low at first until athletes build endurance. If they lose form, stop.

Balance is crucial. The players will wobble at first but this is how they learn to stabilize.

Lunges and squats

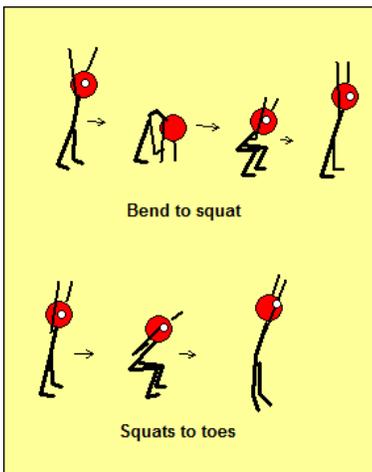


Bend and Crawl

Start in a wide, cross position. Open up the hips. Bend at the waist until touching the floor. Walk on hands until arms are under the shoulders. Bend at the knees until they touch the floor. Walk back and stand for one repetition.

Hamstring

Stretch up tall. Bend at the waist. Go as far as possible and hold for five seconds. No bouncing. Remember to breathe.

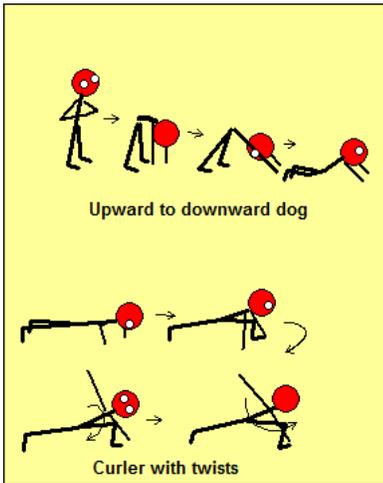


Bend to Squat

Feet shoulder width, stretch up tall. Bend slowly at the waist on the exhale. Sit the hips back until in the tuck position at the bottom of a squat. Keep the chest up. Now stand up, returning to the original position.

Squat to Toes

Start with feet, shoulder width apart. Initiate the squat by pushing the hips back. Go until the thighs are 90 degrees to the floor. Explode back up finishing on toes.

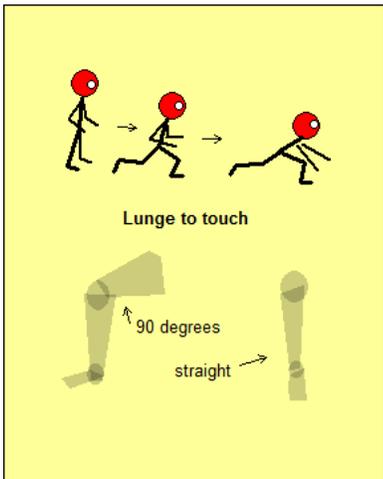


Upward Dog to Downward Dog

Start in a standing position. Bend at the waist and move into a downward dog position. Push through to upward dog. Walk the hands back and stand for one repetition.

Curler with a Twist

Start in a push up position. Step one foot through until the knee is at a 90 degree angle and the shin is straight. Twist to the right, hold, twist to the left and hold. Bring the back foot forward and stand for one repetition.

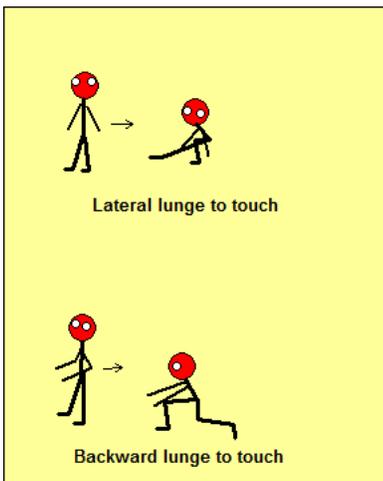


Lunge to Touch

Standing upright take a lunge until the knee is at a 90 degree angle.

Keeping the chest upright and looking forward, touch the floor with both hands. Return to the standing position in one smooth motion.

The shin needs to be upright and straight so no twisting is occurring in the joint.

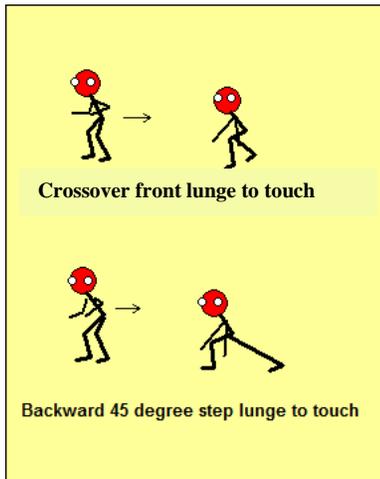


Lateral Lunge to Touch

Start standing and move with a side-step in to lateral lunge. Sit the hips back and keep the chest up. Touch the floor in front of the foot. Remember to keep the shin straight and the knee at a 90 degree angle.

Backward Lunge

Start standing and step straight back into a lunge. With the chest up, touch the floor in front of the toe.

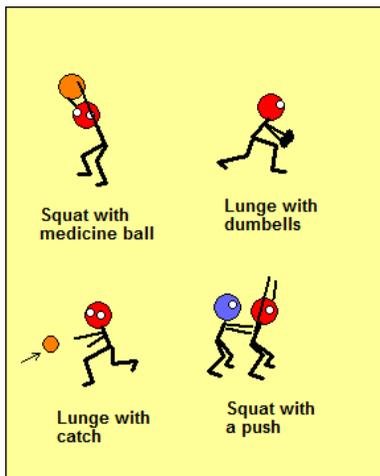


Crossover Front Lunge to Touch

Step the right leg over the left leg, keep the shin straight and sit in the lunge. Touch the floor. Step back. Repeat going in the other direction.

Backward 45 Degree Step Lunge to Touch

Step the right leg back behind the left leg at a 45 degree angle. Touch the floor in front of the foot. Return on balance and repeat going to the other side.



Loading the Exercises

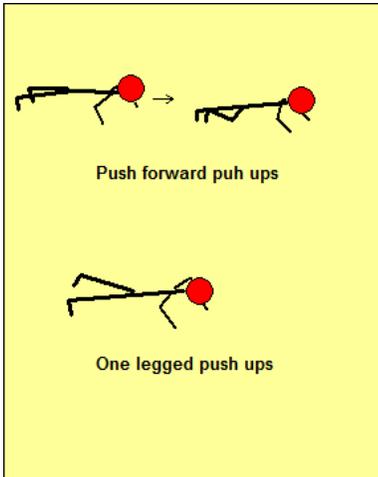
- Adding in weights-as the athlete progresses in their form and endurance, weights such as medicine balls and dumbbells can be added. Again, form is the most important point to emphasize. This should not be sacrificed for speed and weight.
- Add in catching and manipulation - this forces the athlete to put the lunge and squat into the unconscious mind. Doing Maravich type ball handling activities also helps build awareness.
- Instability- doing the exercises on a mat makes the athlete work on their stabilizing muscles. Also, by having a partner or coach provide subtle pushes, pulls and rotations to the athlete, during various times of the activity, forces the stabilizing muscles to respond.
- Eyes closed – this helps the athlete feel the activity and improves balance awareness.
- Freeze – at various points in the activity, freeze and hold the balance. This increases stabilization.

The above loads can be placed on all of the following exercises as well. It is impossible to list all the variations that can occur in each exercise when loaded with the above concepts. Start with the basic exercise and work on proper form. The loads should only be added after mastery of the form has occurred.

In general, the progression should be:

- form
- stabilization (balance)
- endurance
- movement into and movement out of the activity
- strength/power

Push Ups and Planks

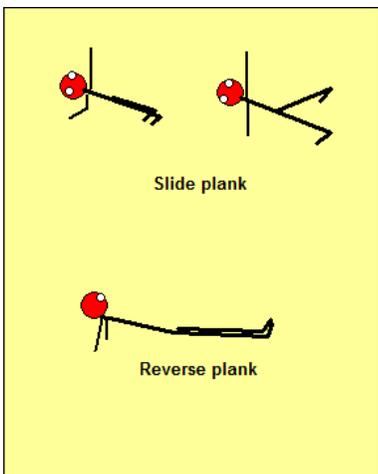


Push Forward Push Up

Start in a good push-up position. The hands are under the shoulders. Push forward and bend one knee until it hits the floor. Push back and repeat with the other knee bending. The feet stay on the floor at all times.

One Legged Push Ups

Do a push up with one leg raised off the floor. Do a set of five then raise the other leg for another set of five.

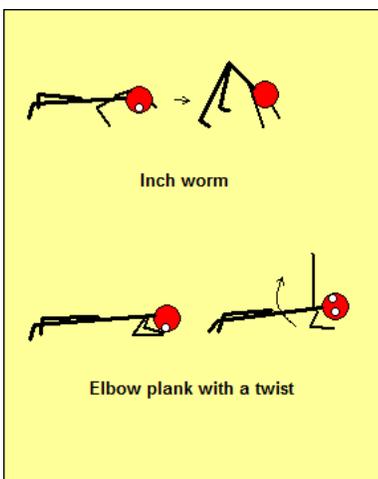


Side Plank

Support the body by having the elbow directly under the shoulder. Raise the body in a straight line. When looking from above, the hips should be stacked on top of one another. A more advanced version is to support with just the hand under the shoulder. Raise the top leg.

Reverse Plank

With the back to the floor and the hands by the shoulders, raise the hips so the body is in a straight line with only the heels supporting.

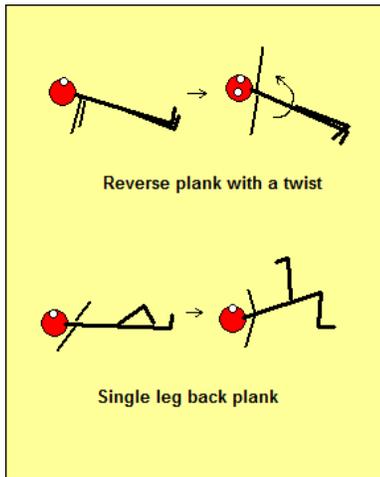


Inch Worm

Start in a push-up position. Walk the feet into the hands keeping the legs straight as possible. Walk the hands forward.

Elbow Plank with a Twist

Start in an elbow plank. Once this has been mastered a twist can be added. Be sure that if sweating that the elbow does not slip.

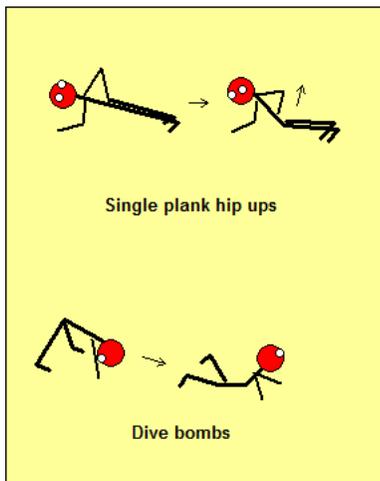


Reverse Plank with a Twist

Start in the reverse plank. Slowly raise one hand and twist to the sky. This is an advanced move and people with lack (loose) shoulders should avoid.

Single Leg Back Plank

Lie on back with one knee bent at 90 degrees. Lift the hips using the leg that is bent. Raise the other leg in the air. Keep the body straight.

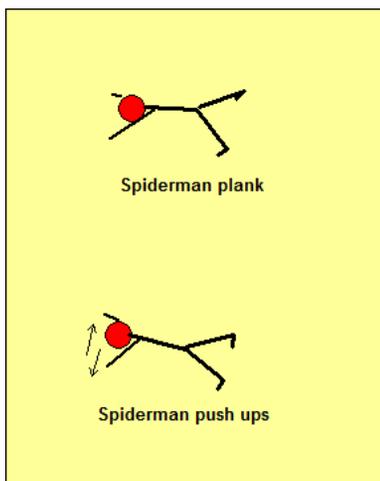


Side Plank Hip Ups

Start in a side plank. Move the hips down until they touch the floor. Rise back up to a side plank. Keep the body stacked.

Dive Bombs

Start in a downward dog. Shoot through trying to have the chest almost brush the floor. Finish in downward dog.



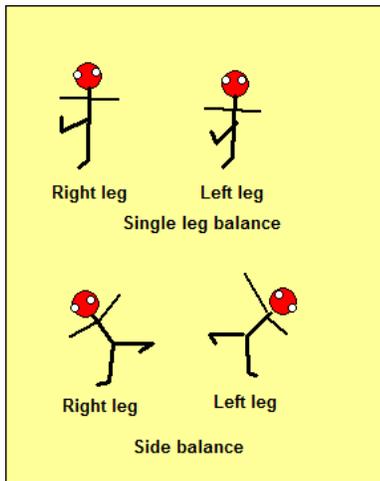
Spiderman Plank

Take a wide stance with the feet and hands in a push up position. Use core to hold a tight body line.

Spiderman Push-Ups

In the same extended position as the above exercise; do a push up keeping the body straight.

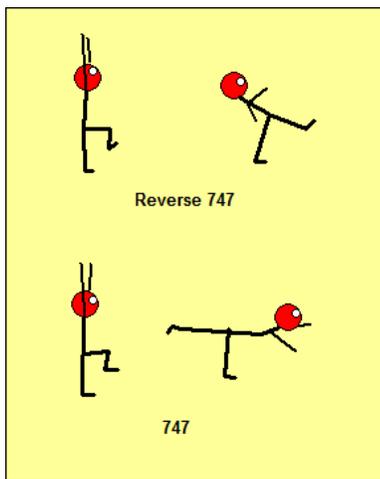
Balances



Single Leg Balances

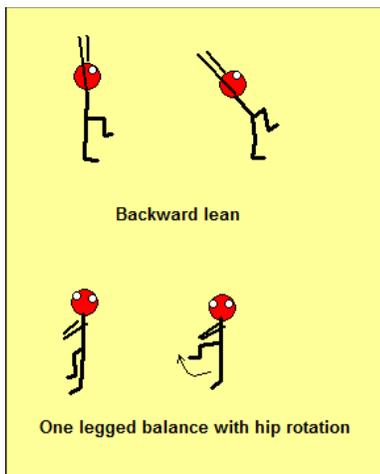
These balances can be done statically or moved dynamically from one to the other. Keep the body straight and look ahead.

- Single leg balance with the leg extended
- Side balance



- Reverse 747
- 747

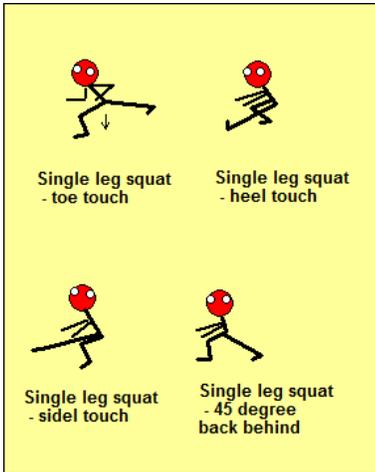
Again, each exercise can be done individually or moved dynamically from one to the other. Remember, balance is learned by losing balance and catching it.



- Backward lean
- One legged balance with hip rotation

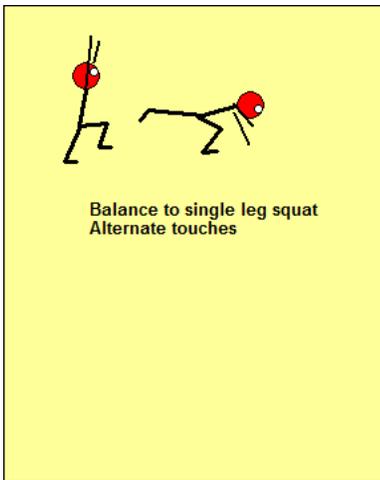
Only hips rotate in the last balance. Keeps the arms point straight ahead. Pretend to be moving a knee over a hurdle while balanced.

Single Leg Squats



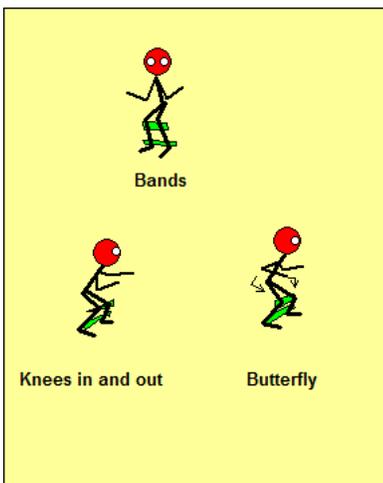
In all of the single leg squats, it is important to maintain good form. The athletes should always remember to get low for safety. The athlete squats with one leg until the other heel or toe touches. Use control.

- Single leg squat touch the back toe,
- Single leg squat touch the heel in front,
- Single leg squat touch the toe to the side,
- Single leg squat touch the toe behind at 45 degrees (keep the shin straight).



- Balance to single leg squat touch the floor with hands in front

Elastic Bands



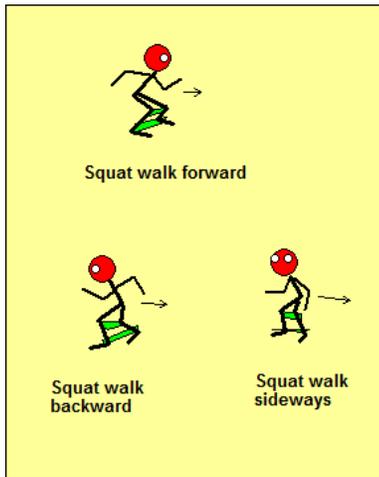
Two bands are placed on the legs. One just below the knees and the other at the ankle.

Knees in and out

Start in a good stance. Only the knees move in and out. The athlete is activating the muscles that keep the knees strong.

Butterfly

Start in a good stance. Only the hips move in and out (the athlete will think they are moving their knees out, but it is the hip that is moving). The athlete is activating the muscles in the butt.



Squat Walk Forward

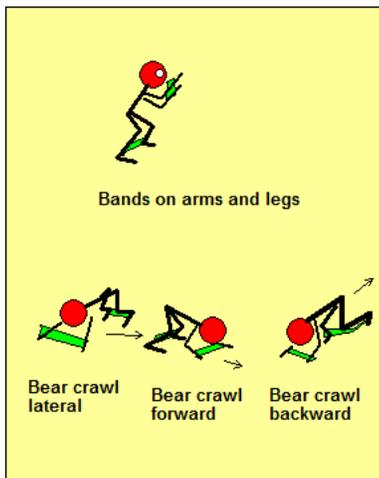
Get in a good stance. Take long strides maintaining the stance. Use the arms.

Squat Walk Backward

Same as above but in opposite direction.

Squat Walk Sideways

Be sure to stay in stance and move up and down. The upper body should not sway. Keep it upright. Use the legs to stretch the elastic not the whole body.



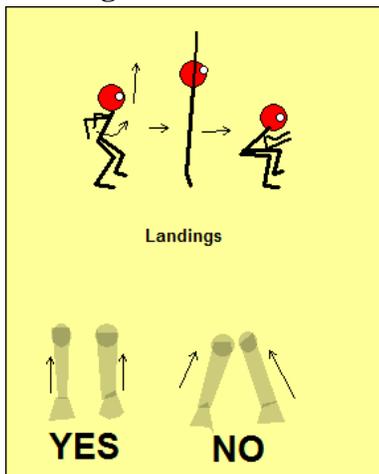
Bands on the Arms and Legs

Bear Crawls

These are excellent for hips and shoulders.

- Lateral -both the right arm and leg move at the same time. Then the left arm and leg.
- Forward
- Backward

Landings

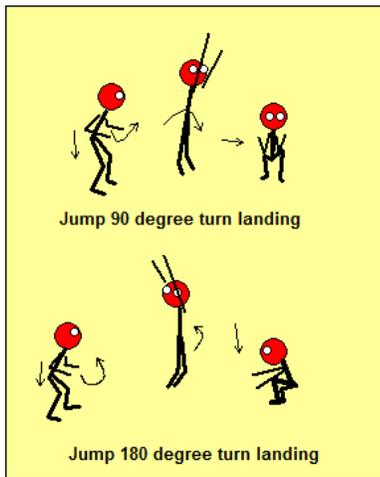


Jumping and Landing

Most injuries in basketball occur when the athlete is decelerating. Landing from a jump is the greatest deceleration. When jumping, the athlete must use good "rhythm bounce" technique. Do not jump from a deep squat; make a quick bounce downward to stretch the muscles and then let them go. The knees cannot push in. This will occur just before takeoff.

Fully extend the hips in the air and land in the same spot from where originally jumped.

On landing, land quiet and get low. Meet the floor by bending before hitting it. Stick the landing by holding it for one second before standing up. Do not look at the floor when landing.

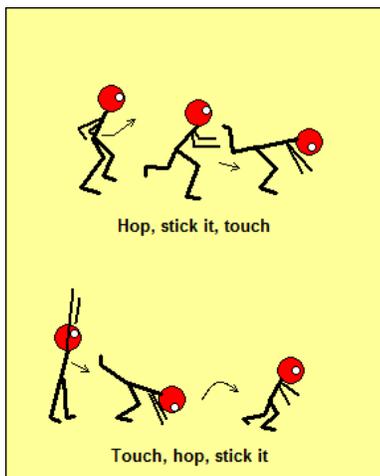


Jumping with Turns

The athlete needs to have good form before adding turns. In all jumps, another way to load the jumps and landings is to close the eyes. This forces the athlete to "feel the floor" and bend when meeting the floor.

Get the athletes to **Jump, complete a 90 degree turn and land.** Then, see if they can complete with **180 degree landing.**

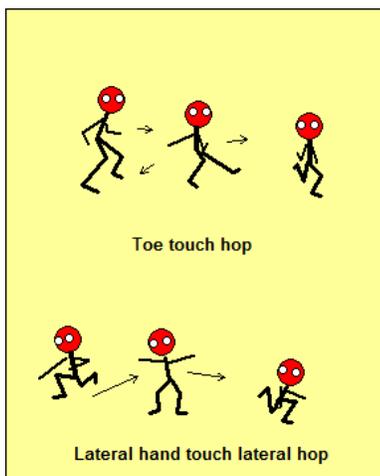
Movement



The idea is to move as jumping as this puts different stresses on the body. The player must learn to stick the landing with balance. Use small hops at first as we will be landing on one foot.

Hop. Stick it, touch - Start on two feet, hop land on one foot. Hold the finish. Get low to be safe. Use a control to touch the floor in front. These hops can be in all directions (forward, sideways and backwards, different angles) and landing on left then right.

Touch, hop. Stick it - Use the controlled balance to touch the floor then hop from one foot to a landing. Stick it. Go in all directions.

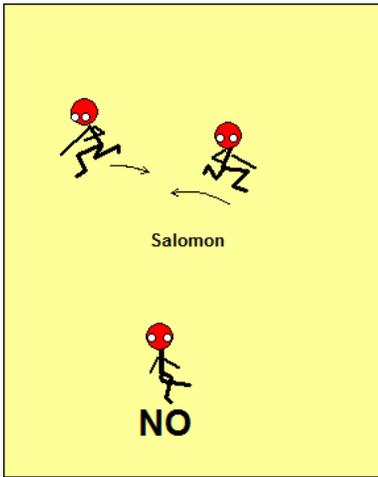


Toe Touch Hop

Start in a balanced stance. Reach one foot out to the side. The intent is to put weight on the foot balancing with. Push from this foot and hop sideways. Stick the landing and repeat in the other direction.

Lateral Hand Touch to Lateral Hop

Start in the balanced stance. Do a one-leg squat to touch a hand to the outside of the same side foot. Load the body and do a lateral hop opposite the side touched. Stick the landing and repeat.



Salomon

This is a good activity to emphasize the lateral pushing that is prevalent in basketball. Do a touch outside the foot and then push to the other foot. Hold the landing. Do not allow the back leg to swing too far behind the body. Watch the shin angle.