

Youth Athlete Dynamic Warm-up

In Place:

1. Seated Arm drives – Sit with legs straight in an upright position (back flat) Elbows should stay at 90 degrees at all times. Focus on cueing moving the arms from pocket to chin for 30 seconds.
2. Spiderman- Start in pushup position. Bring one leg to the outside of the hand maintaining a flat back. Back leg should be straight. Elbow of the side of the leg that comes forward should slide behind the calf to the ankle. (May feel stretch in high hamstring in front leg or hip flexor in back leg) 10 x each leg
3. Scorpions - Prone arms out to side at 90 degrees/ legs together. Try to keep shoulders flat on ground as you rotate hips/ legs side to side trying to touch opposite foot with hand. Knee will bend. 10 x each side
4. Lateral Squats- Feet pointed straight just wider than shoulder width apart. Don't let knees go over toes. Squat side to side focusing on bringing butt to heel. 10 x each side
5. Squat touchdowns (sumo squat) Fingers under toes the entire time. Squat down keeping your head looking straight across the court. Sit down as far as possible without losing balance. Elbows should go inside the knees on the down phase. Heels must maintain contact with ground at all times. Put your head down so that you are looking at your feet to stand back up, repeat 15 x
6. Iron Cross - Supine arms out to side at 90 degrees. Keep shoulders on ground as try to rotate hips and bring foot to the opposite hand keep the legs straight. 10 x each side
7. Matrix Lunge - Get into a low lunge position with back knee 1-2 inch from floor. Place hands on each side of foot, hold for 10 seconds. Then place hands in middle of body. Do not allow body to rotate hold 10 seconds. Then rotate hand to outside of body, try to keep hands together, hold for another 10 seconds. Do not allow feet to rotate. Switch lunge position and then repeat.
8. Matrix Lunge Crossover – Same exercise as above but not cross forward leg in front of back leg. Keep feet straight.

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Lines:

1. Forward Diagonal Lunges with twist (to/ away) – 45 Degree angle lunges forward with a twist to the side and then away from the side. Focus on Knee positioning. Knee should not valgus. Width of basketball court to and away from knee.
2. Walking Single Dead lift- Just like a single leg dead lift but walking keep back leg in a line and focus on coming up threw the hip on the ground. Width of B-Ball court
3. Walking hip external rotation touches - Stand tall. Walk trying to touch opposite hand with opposite leg with external rotation of the hip. Width of B-Ball court.
4. Skipping - Focus on arm drive, leg drive, the use of opposite arm/opposition knee driving up. 2 x width of court
5. Side Shuffling (correct step push) Focus on pushing from back leg. Step with inside leg and push of back side leg. Keep core and hips solid with maintaining proper posture. 2 x width of court each direction
6. Lateral – fwd bounding (ice skater bounding) – Self explanatory 2 x
7. Standing hip series stretch – Single leg balance, Bring opposite knee to chest using hands. Maintain single leg balance. Then slide hand down middle of shin. Swing hip around, not allowing knee to drop down. Once knee is behind hip, slide hand down to the foot bring heel to but. After that step forward with leg you just stretched. Continue to stretch with other leg.
8. Push-up Walk out- Reach down to touch floor with hands keeping knees locked. Start to walk out with hands, keeping hips from rocking side to side. Try to get as low to ground as possible. Then walk back up with feet. Try to get the heels on the floor as soon as possible. Bring feet as close to hands as possible without bending the knees. Then repeat this movement with your hands.

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