

Sheboygan South Boys Basketball: Warm Up

Set-Up: Example: 4 players across / 4 players deep from the ½ court line. Depending on how many players you have, keep it 4 across and fill in behind. (Coaches must lead through this daily).

- Arm Circles small and large
- Trunk rotations
- Knees and Feet together; circle the knees and hips
- Knee Hugs; knee up, toes up, “get tall.”
- 1 Leg Lung; reach back and rotate side to side
- 10 Jumping Jacks
- 1 Leg Lung; turn head and look at hand during rotation
- Spider Lung; step reach, hand on the ground even with foot
- Bands: straight leg side steps
- Bands: knees bent slide steps (defensive position)
- Bands: step forward at an angle
- Bands: step backward at an angle
- Leg Swings: Front to Back / Side to Side; go against a wall or bleacher
- Calves Push: on the wall; rock back and forth
- Baseline to Baseline (1-length)
 - Run Across
 - Slide Side Skip Across with arms swinging
 - Run Across - zig zag; sing hips on the cuts
 - Carioca - go both ways; flipping at ½ court
 - Low Skips; step hop/step hop
 - Back Low Skips; bring knees up and away
 - High Skips; step hop / step hop
 - Walter Paytons to ½ court and jog it out
 - Zig Zag Defensive Slides
 - Back Pedal; reach back
 - Butt-Kicks
 - Jog Across

(This entire dynamic warm up should take roughly 5-8 minutes)