

# Dynamic Warm-up for Basketball

*Developed from the video Warm-up and Preparation for Training and Competition,  
Gambetta Sports Training Systems, [www.gambetta.com](http://www.gambetta.com)*

	<u>Start Time</u>	<u>End Time</u>
1) Loosening Up Arm Swings -- Trunk Rotations -- Leg Swings	04:00	05:50
2) Balance & Stability Single Leg Squat (Hold each position 6-8 counts) Straight Ahead -- Side -- Up & Out Balance Shift Forward -- Side -- Back Dynamic Squat & Touch Straight Forward -- Cross Body	05:50  06:48  07:38	06:48  07:38  08:15
3) Basic Core (10-20 each) Wide Rotation -- Tight Rotation -- Side to Side -- Chop to Knee -- Figure 8 -- Flexion/Extension	08:15	09:30
4) Coordination Warm Up #1 (all cross court X 2) Skip -- Side Step -- Carioca -- High Knee Carioca -- Backward Run -- Prance -- High Skip	14:45	17:00
5) Coordination Warm Up #2 (all cross court X 2) Plant & Cut -- 360s -- Touches/Alternate Hands -- Sprint/Backpedal -- Backpedal/Sprint	18:04	19:30
6) Coordination Warm Up #3 (all cross court X 2) Side Step Switch -- Side Step Angles	20:37	21:28
7) Coordination/Range of Motion Warm Up #4 (all X 2) Karate Squat -- Sidewalking Lunge -- Giant Step -- Giant Step Crossover	23:21	25:12
8) Dynamic Flexibility ( No more than two minutes) Calf -- Hamstrings -- Psoas -- Quads -- Chest/Abs	32:00	33:22

TOTAL ~ 13.25 minutes