



# CLC TIGER BOYS BASKETBALL

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## Warmup Program

1. Start with a 5-10 minute jog. This should increase your overall body temperature and start the warmup. Do it at an easy pace. A bike or stair climber can be substituted for this part, but a jog is preferred.
2. Stretching/Flexibility (Hold for 10 seconds each and DO NOT BOUNCE)
  - Lower Body
    - a. Seated Hamstring/Low Back – sit on ground, spread legs and stretch to R, L, and Middle.
    - b. Hurdler Stretch – bring your R-leg in so the sole of your shoe is against your inner thigh. Reach out and touch your toes. Repeat with your L-leg.
    - c. Butterfly Stretch (groin) – seated on the ground, bring feet together so soles of feet are touching. Keep torso straight and push knees down with elbows.
    - d. Knee to Chest – seated on ground grab your knee and foot. Pull knee into your chest as you rotate your foot inward. You should feel a stretch in the Glute muscle.
    - e. Hamstring Stretch – lie on back bring leg towards your head while keeping it straight. Grab your ankle so you can pull your leg. Switch legs.
    - f. Scissor Stretch – lie on your back bring your L-leg across your body while trying to keep your shoulders on the ground. You should feel a stretch in the low back area. Repeat using the R-leg.
    - g. Quad Stretch – lie on R-side and grab your L-ankle, pull heel of foot towards butt and hold. Repeat on other side.
    - h. Hip Flexor Stretch, kneel on R-knee with opposite leg bent in front of you. Begin leaning forward so you feel the stretch in the front of your hip. Repeat on other side.
  - Upper Body
    - i. Standing trunk twist – rotate at the hips with arms out to your side. Twist as far as you feel comfortable. Then bend over and continue to rotate your hips with arms out to the side. You should be able to touch your foot with opposite hand.
    - j. Side bend stretch – arms extended over your head and bend to the R. You should feel the stretch in your obliques. Reach as far as possible and hold. Repeat to other side.
    - k. Arms across chest – bring R-arm across body with assistance from L-hand. Repeat other side.
    - l. Triceps stretch – raise R-arm and flex at elbow. Take opposite hand and push the R- arm backward at the elbow. Repeat other side.
3. Plyo Exercises (Do 3 sets of each exercise 10 times)
  - a. High Knee Walk
  - b. Toe Touch Walk
  - c. Butt Kicks
  - d. Power Skips
  - e. Carioca
  - f. Backward Run
  - g. Shuttles (start in good defensive position - slide right 5 slides, then back = 1 rep)