

SHRED Injuries

Basketball Neuromuscular Training Warm-Up

AEROBIC

Players run from one side of the gym to the other (15-20m), using arms and a relaxed running technique. Focus on good posture.

1. Forward run

1-2 laps



2. Forward run with backward zig-zag variations

1-2 laps



3. Skipping

1-2 laps



Level 1
Backward zig-zag
shuffles

Level 2
Backward zig-zag
carioca

Level 1
Forward-backward
skipping

Level 2
Sideways skipping

4. Forward run progressing speed

1-2 laps



AGILITY

Ensure soft landing on toes. Focus on good posture, and knee-over-toe position.

5. Single-leg jumps over a line

10-15 reps
per leg

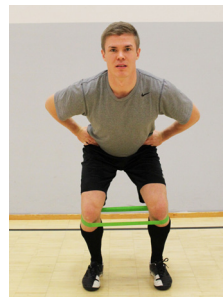


Level 1
Forward-Backward

Level 2
Side-to-side

6. Jumps

8-12 reps



Level 1
Squat jumps

Level 2
Skate jumps

STRENGTH

Maintain body in a straight line from head to toes.

7. Plank 20-30 seconds



Level 1
On elbows



Level 2
With leg lifts

8. Side Plank 20-30 seconds per side



Level 1
On elbows



Level 2
With arm lifts

9. Hamstrings

Maintain a straight line from head to knees, slowly lower the body toward the mat.

Level 1 3-6 reps

Level 2 7-10 reps



10. Walking Lunges

5-10 metres



Level 1
With torso rotation



Level 2
With knee lift,
forward-backward

11. Side Lunges

Level 1
3-D
2-4 reps
in each
direction



Level 2
With arm
circles
8-12 reps



BALANCE

Players stand facing each other while balancing on one leg with hip and knee slightly bent and knee aligned over the planted foot. The other knee is slightly bent. Focus on good posture and knee-over-toe position.

12. Single-leg balance 4-6 reps per leg



Level 1
With torso rotation



Level 2
With ball roll

13. Single-leg balance 4-6 reps per leg



Level 1
With ball toss



Level 2
With jump catch