

Morinville Youth Basketball Association

Basketball Fitness

Start with the warm up before moving on

Warm-Up

1. **Stationary High Knees**
 - a. Bring your knees up, like running but higher knees (30 seconds)
2. **Stationary Back Kicks**
 - a. Kick behind (30 seconds)
3. **High Kicks**
 - a. walk the length of your driveway or court while kicking leg up straight and reaching for it
4. **Skipping**
 - a. length of driveway or court - Go forwards and backwards!
5. **Arm Swings while Skipping**
 - a. length of driveway our court

Jump Rope Fitness:

Equipment Needed: Jump-Rope

1. **Quick Feet - 3 x 30s, rest 15s between each 30s rep**
 - start with both feet on the ground at the same time while you're turning the rope as quickly as you possibly can. Just a normal jump rope drill, but go fast!
2. **Lateral Quick Feet - 3 x 30s, rest 15s between each 20s rep**
 - This variation is the exact same as the above drill except you're going to move side to side instead of just up and down. This will help improve your ability to move laterally. This is a great starting point for improving the foot/ankle complex to control stability (balance and control) while being quick.
3. **Ali Shuffle - 3 x 30s, rest 15s between each 30s rep**
 - start with your feet staggered (one foot forward and one foot backward). You will then jump up and switch the feet so that you now have your other foot forward. Continue in this pattern working at contacting the ground at the same time with both feet.
4. **Hurdle Step - 3 x 5s, each leg, rest 10s**
 - Start with one leg off the ground with the knee up toward waist height. You will hold that leg up and in position while hopping up and down on the other foot.
5. **Lateral Hurdle Step - 3 x 5s, each leg, rest 10s**
 - This is exactly the same as above except you are jumping side to side while on the one leg. This is very challenging as it incorporates stability in the foot/ankle complex.
6. **Double Jumps - 2 x 10 (20 total)**

- Start like Quick Feet except instead of doing only one turn of the rope you will make two turns of the rope each time you jump.

7. Lateral Bounds (No jump rope)

- Why you should do it:* To build explosive lateral power in your legs. Makes for fast cuts and side-to-side movements.
- How to do it:* Stand balanced on your right leg, with your left foot on the ground. Squat slightly with the right leg, then use the leg and glutes to jump to the left. Extend your ankle, knee, and hip, and land on the left leg only, making sure to maintain your balance. Hold for a count of three, then bound to your right. Do 10 reps per side.

8. Push-Ups x25

Equipment-Free Fitness:

Equipment Needed: None

Find or draw (chalk) some sort of line on the ground or place an object that you can jump over.

- 1. Front/Back Jumps - 3 x 30s, rest 15s between each 30s rep**
 - Start behind the line and jump forward over the line with two feet and back over the line with two feet.
- 2. Side-to-Side Jumps - 3 x 30s, rest 15s between each 30s rep**
 - Start with the line on your side and jump side to side with two feet.
- 3. Right Foot Front/Back Jumps - 3 x 30s, rest 15s between each 30s rep**
 - Start behind the line and jump forward over the line with your right foot and back over the line with your right foot.
- 4. Left Foot Front/Back Jumps - 3 x 30s, rest 15s between each 30s rep**
 - Start behind the line and jump forward over the line with your left foot and back over the line with your left foot.
- 5. Right Foot Side-to-Side Jumps - 3 x 30s, rest 15s between each 30s rep**
 - Start with the line on your side and jump side to side with your right foot.
- 6. Left Foot Side-to-Side Jumps - 3 x 30s, rest 15s between each 30s rep**
 - Start with the line on your side and jump side to side with your left foot.
- 7. Lateral Bounds**
 - Stand balanced on your right leg, with your left foot on the ground. Squat slightly with the right leg, then use the leg and glutes to jump to the left. Extend your ankle, knee, and hip, and land on the left leg only, making sure to maintain your balance. Hold for a count of three, then bound to your right. Do 10 reps per side.
- 8. Push-Ups x25**