

Basketball Warm Up

- Jog 2 laps of court
- 10 Squats
- 20 Calf Pumps
- 10metres lunge walking
- Two foot jumping on spot
- Single leg star hopping exercise
- 1 x Suicide
- 3 or 5 man weaves
- Lay up drill
- Shooting drills
- 3min scrimmage

Warm Down

- Stretches (2x30sec each muscle)
 - ◊ Calves
 - ◊ Quads
 - ◊ Glutes
 - ◊ Hamstrings

Injury Management

**** To be implemented immediately with any injury**

R - Rest (Avoid any activities which aggravate the injury)

I - Ice (20min On, 20min Off)

C - Compression (Via tubular bandage)

E - Elevation (Above the level of the heart)

R - Referral (To appropriate health care professional - physio, Dr, Surgeon)

