

Jesse Wright, CSCS
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A New Look at Warming Up

Traditional thoughts on warming up might involve running a lap or two, then stretching for 5 minutes. Sound familiar? While this type of practice preparation is not wrong, it is not totally right either. Research, and our experience, says that there is a better way. Prior to practice and workouts, our team performs a highly structured 10-15 minute *Dynamic Warm-Up*, a series of full body movements designed to accomplish 3 important physical goals:

1. Slowly raise the body's core temperature to optimize activity
2. Safely stretch and lengthen the tendons and muscles to reduce the risk of tearing and pulling injuries
3. Energize the body to "*get pumped*" and feel ready to practice or compete

Here is a list of some of the SJU Basketball Dynamic Warmup drills:

- | <u>STATIONARY (in place)</u> | <u>PROGRESSIVE (from baseline to halfcourt)</u> |
|---------------------------------|---|
| 1. Trunk Circles | 1. Walking Lunge w/ Knee Hug |
| 2. Trunk Twists (Slow and Fast) | 2. Lateral Lunge (90 deg knee bend) |
| 3. Arm Circles, Swings, Chops | 3. Straight Leg Walk |
| 4. Good Mornings | 4. Double Leg Hops |
| 5. Full Body Squats | 5. Lateral Slide with Arm Swing |
| 6. Reverse Lunge | 6. Speed High-Knee Skip |

The warmup should be viewed as a vital part of your overall training schedule. Instead of the traditional, stale, stretch routine, incorporate the above drills prior to practice on a daily basis. I am confident you'll see a change in the overall performance and energy-levels of your athletes!