

# ★★★★ JUNIOR ★★★★★ SIXERS



## **DYNAMIC - As part of warm-up; before playing**

Jog around the bball court

Jog high knees: While jogging in place bring your knees up as high as you can

Jog – “butt-kicks”: While jogging in place try to lift your legs/bend your knees so that your heels touch your buttocks

Side shuffling – With long strides to open up the legs, shuffle side to side

Knee Hugs – take a step, grab 1 knee and hug to your chest; Next step grab other leg and hug to your chest

Walking lunges with a twist – Lunge forward and while in the lunge position twist at the waist

Carioca

## **STATIC – As part of cool-down; post activity (Hold each stretch for 20 seconds!)**

### **Hamstrings:**

1. Sit and reach forward trying to touch your toes; keep legs together and knees straight
2. Spread legs apart and reach to the left, then the middle, then the right

### **Quads/Hip Flexors:**

1. Stand up straight, bend your knee as far as you can by grabbing your ankle and hold
  - 1A. 2nd step- keep the same position above, but now pull the leg back to target the hip flexor muscle
2. Get into a lunge position with one knee on the floor and the opposite foot on the floor; Keep that position and lean back to target the quads/hip flexor

### **Calf muscles:**

1. Stand a couple feet from a wall and put one foot behind you. Keep your toes forward. Keep your heel on the ground and lean forward with your right knee straight. Hold the stretch then switch feet. Repeat as necessary.
  - 1A. Stand a couple feet from a wall and put one foot behind you. Keep your toes forward. Lean forward at the ankle while bending the right knee. Keep your heel on the ground. Hold the stretch then switch feet. Repeat as necessary.
2. Stand close to a wall. Place the ball of your foot against the wall while your heel remains on the ground. Slowly and gently lean into the wall while keeping your knee straight. Hold the stretch then switch feet. Repeat as necessary.

### **Low Back:**

1. Lay down on your back. Bring one knee up and hug it to your chest. Hold stretch then switch legs. Then bring BOTH knees to your chest and hold the stretch.
2. “Child’s Pose” – Rest on your hands and knees. Sit back so your buttocks is resting on your heels. Reach your hands forward to lengthen your spine.
  - 2A. Reach your hands to either side to target the muscles on the opposite side of your spine.