

## SPLIT-STANCE SPINE ROTATION

**Benefits:** Improves spine rotation

**Basketball-Specific Benefits:** Driving to basket, changing direction, defensive position

- Assume split stance with right leg forward and hands on back of head
- Rotate torso to right
- Return to center and repeat
- Repeat for specified reps; perform in opposite direction

**Sets/Reps:** 1x10 each side

## SPLIT-STANCE SIDE LEAN

**Benefits:** Improves spine rotation

**Basketball-Specific Benefits:** Driving to basket, changing direction

- Assume split stance with right leg forward and hands on back of head
- Bend torso to right
- Return to center and repeat
- Repeat for specified reps; perform set in opposite direction

**Sets/Reps:** 1x10 each side

## WALL LAT STRETCH

**Benefits:** Stretches back muscles

**Basketball-Specific Benefits:** End jumping motion, defensive position

- Stand facing wall, about two to three feet away
- Lean forward and place hands on wall; keep body in straight line
- Step back approximately one foot with right foot and drop head between arms
- Step forward with right foot and raise head to return to start position
- Repeat for specified reps; perform set with opposite leg

**Sets/Reps:** 1x10 each leg

## BALL QUAD STRETCHES

**Benefits:** Stretches hip flexors and quads, improves hip mobility

**Basketball-Specific Benefits:** Sprinting, changing direction

- Stand facing wall, about one foot away
- Place small med ball between knees and squeeze
- Grab right ankle with right hand and pull foot to butt; place left hand on wall for balance
- Hold for specified time; perform set with opposite leg

**Sets/Duration:** 1x25 seconds each leg

## HAMSTRING ROCKER

**Benefits:** Stretches hamstrings, improves hip mobility

**Basketball-Specific Benefits:** Sprinting, changing direction

- Assume split stance
- Bend over and place hands on ground on both sides of front foot
- Straighten front leg to raise hips
- Bend front leg and drive hips toward ground
- Repeat for specified reps; perform set with opposite leg

**Sets/Reps:** 1x10 each leg







HOOP PRODIGY

# 5 BASKETBALL STRETCHES PART 2

## ***INJURY PREVENTION TIPS***

- Wear gym shoes that fit!
- Stretch
- Hydrate
- Basketball specific strength workouts with emphasis on ankles/feet, knees, hips/groin, lower back, and shoulders
- Jump rope - builds bone strength and density
- Footwork drills for acceleration/deceleration, jumping/landing, and pivoting/cutting
- Allow for proper rest and recovery to reduce cumulative mental and physical fatigue

## ***TREATING AND INJURY***

- Ankle & Knee Sprains, Bruises - R.I.C.E. method
- Rest the injured area.
- Ice the injured area for 20 minutes every 2 hours.
- Apply a Compression wrap (like an Ace bandage) to reduce swelling.
- Elevate the injured area to a level above the heart.

## ***HEAD & FACE WOUNDS***

- Apply pressure to stop bleeding
- Clean with antiseptic
- If deep, won't stop bleeding, jagged edges, may need stitches

## ***JAMMED FINGERS***

- Soak hand in cold water for 20 minutes
- Buddy tape