



### **WGBA Warm – Up / Cool – Down Circuits**

**Hallway – 6 or 7 minutes – Video Demonstration Link:** <https://youtu.be/wMIHeuhIOSc>

The purpose here is to help our players prepare for their games/practices, reduce their chance of injury and gain a competitive advantage on the court. The pre-game warm-ups will go faster and smoother as the season goes on. Rotate through leaders.

Take your time with this part. It builds on itself – We’re starting from cold to get the heart rate up, the nervous system firing and our muscles loose before we hit the court.

- Lateral Lunge x 3 each way – sit into hip; trail foot flat; no need to go real deep here, we’re just starting to move
- Phone booth squats x 3 each way – sit into heel/lift with full front foot focusing on the hip-hamstring doing the work; alternate
- Runners Stretch (pigeon) – x 1 in/out; no bounce – breathe
- Line hops (scissors/side scissors) – x 50 each (start slow - build speed)
- Inchworm x 3
- Straight arm plank with open rotation (touch activate) x 8 – 4 each way; lift bottom hip and press through shoulder blade
- Speed ladder x 3 building speed as you go – 1 foot each square, 2 feet each square, side shuffle (shuffe/step); if you don’t have a speed ladder just skip this part or use a line matrix.
- Lateral lunge x 3 (deeper – breathe with it; sit)
- Runners stretch (deeper – breathe with it) x 1 each
- Arm swings (front/overhead) – x 10 each

**In Gym – 1 = down and back – 6 or 7 minutes – Video Demonstration Link:** <https://youtu.be/gl9gaFxENss>

- RDL walk x .5
- Jog x 2.5
- Sky skips x 1
- Butt kickers x .5
- Back pedal x .5
- Back pedal hip open skips x 1
- Free throw line shuffle with pivot circle x 3 progressively faster (just to the free throw line and back)
- Hip open defensive shuffle/shuffle/open x 2
- Reaction feet fire x 6 - 10
- Jog down/sprint back x 1

**Post-Game – keep it dynamic/great maintenance advantage in tournament or not; join in... coaching is hard work 😊 - Video Demonstration Link:** [https://youtu.be/FhH\\_l0-BmqM](https://youtu.be/FhH_l0-BmqM)

- Lateral lunge x 3
- Runners stretch x 1
- Hip flexor stretch (standing with overhead rotation variations)
- Arm swings x 10 each
- Calf stretch (no hold/no bounce – ease in/ease out)

It’s a long season and this simple show up/break up routine can be great for our players health, instrumental in injury prevention as well as a great competitive advantage over the course of the season.

**“It doesn’t have to be complicated. It just needs to be consistent”**