

4 Components of Exercise- Basketball Edition

Explain to SS that in every sport all 4 types of exercise categories can occur. Different parts of a practice/game or training can easily satisfy all 4 components. Today they will do different exercises and drills in each category.

Based on a 90 min class

- ★ 5 Min Running Warm Up: **Cardio**
- ★ 5-8 Mins Dynamic Warm Up: **Flexibility/Cardio/Neuromotor (balance)**

I have them line up on the baseline in groups and go down the court. I tell them the next person in line begins when the person in front reaches the free throw line. I also go over the importance of a dynamic warm up and doing them slowly.

- Knee Hugs
- Frankenstein's
- Open Gate
- Close Gate
- Toe Walks
- Heel Walks
- High knees/Butt kicks
- Lady Liberty
- Inchworms
- Scoops
- Cradle Stretch
- ★ 10 Minutes Bodyweight Basketball Specific Strength: **Resistance**
We go through why squats would be important for a basketball player, push ups, etc.
 - Squats- 10
 - Plank Push Ups- 5 each arm
 - Squat Jumps- 5
 - Calf Raises- 15
 - Push Ups-10
 - Repeat 2-3 times
- ★ 15 Minutes Dribbling Drills: **Cardio/Neuromotor**
First person in each line has a ball. I make sure to let students know that i am not grading their skills just showing them how we can show these components with a sports base, so they should go at their own pace that no one is competing.
 - Right hand dribbling down court and back
 - Left hand dribbling down court and back
 - Right hand dribble to half court, stop, dribble low 5 times with right hand, cross over to left dribble 5 times, cross back to right and continue down court and back.
 - Repeat the above with left hand.
 - Feel free to add more based on time.
- ★ 10 Minutes Ladder Agility Drills: **Neuromotor/Cardio**
 - High Knees 1 foot in each square
 - High Knees two feet in each square
 - Hop Scotch
 - Lateral Shuffle
 - Etc
- ★ 5-8 Minutes Static Stretching: **Flexibility**