



**FIBA**  
We Are Basketball

# IMPROVE YOUR... GAME WARM-UP & STRETCHING



## GAME WARM UP & STRECHING PROTOCOL

After a deep study by the FIBA Referee Department during the last seasons of the main Competitions, enough data was obtained to understand that the present warm-up protocol was not sufficient for modern basketball games. A new protocol was established for a proper warm-up before the game which better reflects the actual physical demands during the basketball game and helps to maintain a good physical tempo through the entire game (same as for the players).

Please see below a warm up protocol example to help you, obviously you can add some of the drills that you usually do and feel are more suitable for you.

### Warm Up

**20'-18'** coming out to the basketball court, going to the table officials to leave water bottles and to check everything.

**18'-13'**

- x 4-5 Skipping (up knees and kicking backwards)
- x 4-5 karaoke
- x 4-5 running the basketball court (BASELINE TO BASELINE) increasing the intensity EVERYTIME
- Standing activation exercises (EXERCISES IN THE HALF COURT)
- Active stretching in the half court

**13'-8'**

- x 4-5 defensive steps FROM BASELINE to half court + sprint
- x 4-5 turn around + sprint
- Standing activation exercises (footwork)
- Active stretching in the half court
- WATER INTAKE (IF NEEDED)

**8'-6'30"**

- x 3 suicides to half court
- x 3 sprints (non looking sprints)
- Standing activation exercises
- Active stretching in the half court

**6'30"-6'** water intake



## Warm Up continues

6'-3' teams presentation

3'-1'30" last part of the warm up

x 2 sprints FULL COURT (submaximal intensity)

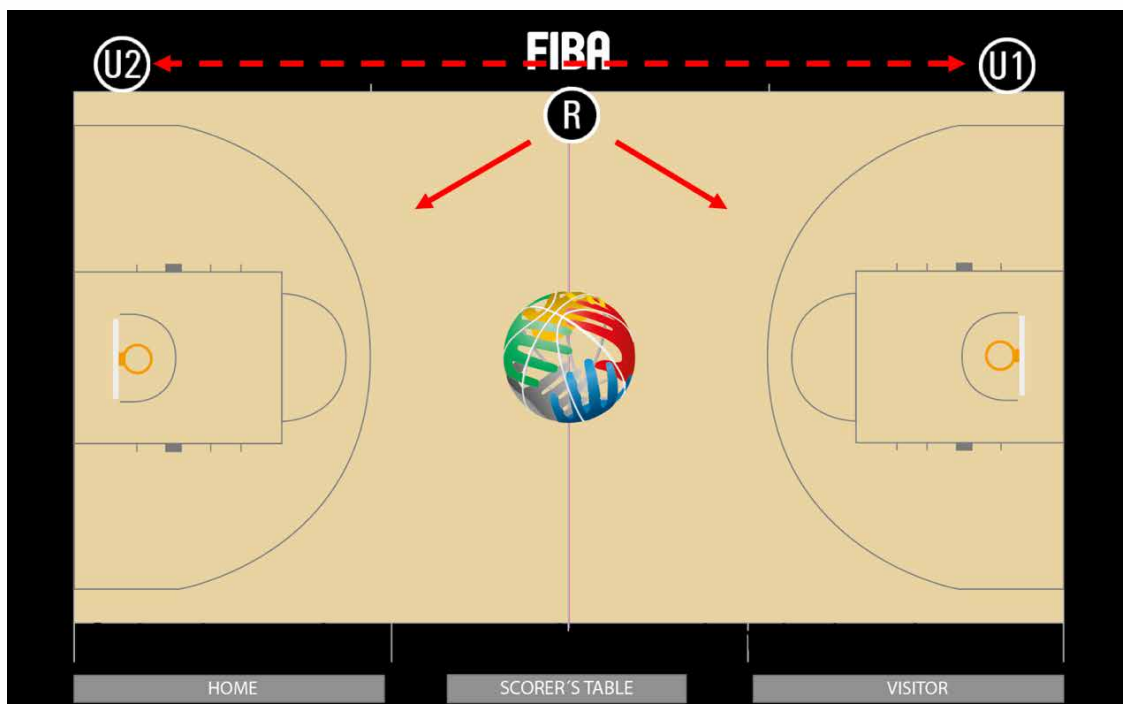
x 2 short sprints FROM BASELINE TO HALF COURT (turn around + sprint)

1'30"-30" water intake

0' beginning of the game

In order to implement the new warm-up properly, one referee observes the court while the other two warm-up on the outside of the sideline.

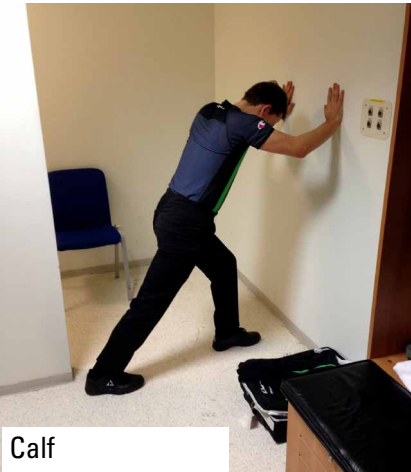
The referees should rotate into different positions in order to have a proper warm-up and to observe the teams.



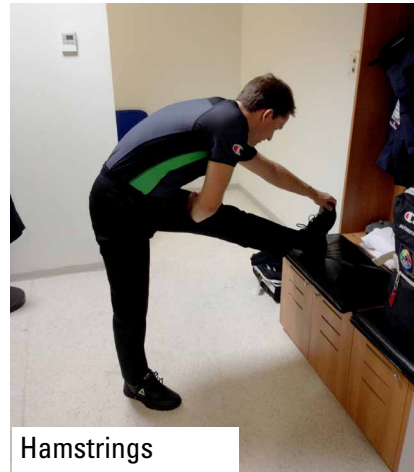
Next page: **STRETCHING**

## Stretching

These stretching drills can be done after every workout but especially after every game. Takes less than 2 minutes, 10-12 seconds each.



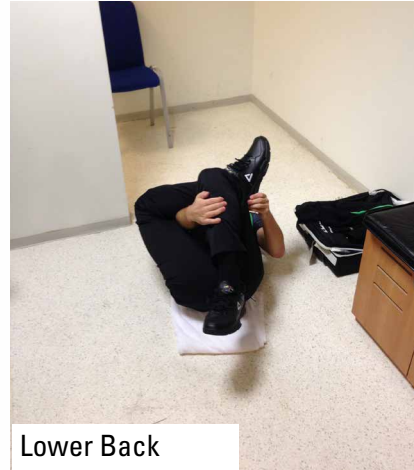
Calf



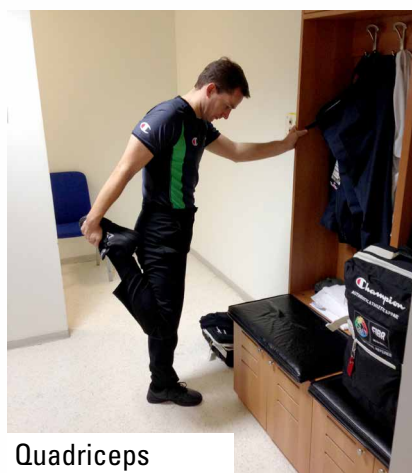
Hamstrings



Abductors



Lower Back



Quadriceps

# STANDARD QUALITY

## GLOBAL CONNECTION

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