

RAIDER BASKETBALL CAMP

Dynamic Warm-up Program

COORDINATION

90 FT.

- Toe taps
- Heel toe rock
- Sprinters jog
- Alternate skipping forward with backward
- Skipping fwd. with bear hugs (arm swings across chest)
- Skipping fwd. with monkey arm swings (arms up and down)
- Side stepping with crab arm swings (arm swings up and down across chest)
- Carioca with helicopter arms

MOBILITY

90 FT.

- Walking on toes
- Walking on heels
- Alternate skipping forward & backward figure 4's
- Alternate skipping forward & backward froggies
- Alternate skipping forward & backward crossovers
- Alternate skipping lateral crossovers left & right
- Skipping straight leg swings

STRENGTH

90 FT.

- Alternate monster walks forward with backward
- Alternate monster walks lateral left and right
- Bear crawls
- Inch worms with a Cobra
- Alternate line jumps forward and backward down a line
- Alternate line jumps side to side down a line
- Jump and stick forward and backward
- Jump and stick side to side
- Retreat jumps 2 forward 1 backward
- Retreat jumps 2 backward 1 forward
- Retreat jumps lateral 2 left 1 right
- Retreat jumps lateral 2 right 1 left

MULTI-DIRECTIONAL MOTION 90 FT.

- Figure 4 run
- Running backwards
- Crossover run
- Zig zag run

Head, Heart, & Hustle

ATHLETE

“A person who possess the

natural or acquired traits

required for sport, strength,

agility, and endurance.”

PROCESS

“Becoming a “complete

athlete” is a never ending

endeavor. One which requires

a commitment to perpetual

improvement in the entire

spectrum of athleticism”

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Bellingham
ATHLETIC Club **SPORTS PERFORMANCE**

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