Dynamic stretches for Basketball

The following dynamic stretches should be done after 5-10 minutes of aerobic exercise and any specific static stretches you have been given. Other dynamic stretches can be added if you feel a need to.

**Squatting**

*Buttocks, front thigh*

- Feet shoulder/hip distance apart, knees and feet in line.
- Maintain firm abdominals and a straight back.
- Keep your arms out in front to maintain balance.
- Bend at hips and knees and straighten.
- Keep your heels on the ground.
- Repeat.
**Lunges/lunge walks**
*Side trunk, back, hip and leg muscles*
- Keep your trunk upright at all times.
- Take a large step forward and drop your body down between your legs.
- The front knee should be pointing in the same direction as the toes and shouldn’t be too far forward over the toes.
- Check the front and back knees are at right angles at the bottom of the step.
- Alternate between legs.

Progression: The arm on the “back leg” side reaches up and over to the other side on each step. The stretch will mostly be felt down the sides of your trunk. For an extra challenge - try doing the walk forwards and backwards.

![Lunges/lunge walks](image)

**Walk and stretch**
*Side trunk, leg muscles*
- Walk forward four steps and stretch up and out to the side to stretch side of trunk.
- Keep heels on the ground.
- Ensure the trunk continues to face directly forward.
- Alternate sides.

![Walk and stretch](image)

**Lower leg calf raises**
*Calf muscles*
- Position your body as if you were on the starting blocks of a sprinting race, feet side by side.
- Support your weight on your hands and feet.
- Start stretching your calves by pushing one heel towards the ground then onto the ball of the foot and then back again.
- Alternate between legs.

![Lower leg calf raises](image)
**Upper body trunk rotation**

**Trunk muscles, chest**

- With your feet shoulder/hip distance apart, stand with your back straight and knees slightly bent.
- Start swinging your arms across your body at waist height – you should feel this mostly in your lower back.
- Move your arms higher to around shoulder height to feel a stretch through the middle back.
- Now raise your arms to above your head to feel the stretch higher in the back.
- If you find a tight area do extra repetitions to loosen it up without forcing the movement.

![Images of upper body trunk rotation exercises]

**Arm circles**

**Muscles around the shoulder**

- With your feet shoulder/hip distance apart, stand with your back straight and knees slightly bent.
- Start swinging your arms across your body at waist height – you should feel this mostly in your lower back.
- Move your arms higher to around shoulder height to feel a stretch through the middle back.
- Now raise your arms to above your head to feel the stretch higher in the back.
- If you find a tight area do extra repetitions to loosen it up without forcing the movement.

![Images of arm circles exercises]
**Bent over upper body rotation**  
**Trunk muscles, chest, inner and back thigh**
- With your feet double shoulder/hip width apart, bend at the hips ensuring that your spine stays long and back doesn’t round out, bend your knees a little.
- Extend both arms out to your side at shoulder height.
- Rotate the trunk and arms to reach towards the opposite toe while bending that leg.
- Alternate sides.
- Reach as low as your flexibility comfortably allows (i.e. tension not pain) – it is not necessary to touch your toes if you can’t reach that low.

![Bent over upper body rotation]({})

**Leg swings forward and back**  
**Buttocks, front and back thigh**
- Hold on to a solid object and balance on one leg.
- Swing the other leg forwards to a comfortable height ensuring that your trunk and lower back stay rigid and do not bend.
- Then swing the leg backwards, again ensuring that there is little movement in your back.
- Try and keep your hips facing forwards and the knee of your swinging leg straight when swinging forward and slightly bent when swinging behind.
- Change legs and repeat.
- Swing to a height that suits your flexibility. Forcing the leg high by swinging too hard may result in injury.

![Leg swings forward and back]({})
Leg swings side to side  
Back and inner thigh

- Hold on to a solid object and balance on one leg.
- Turn your foot on the leg you are balancing on outwards.
- Swing the other leg away from the body turning the foot to point at the sky.
- Then swing the leg back across the body pointing the toes in the direction your leg is moving.
- Check that you are minimising trunk movement.
- Change legs and repeat.

Hurdle step overs  
Buttocks and inner thigh

- Hold on to a solid object and stand with one leg behind the other.
- Lift the back leg knee high to the front and then rotate the leg outwards returning to the start position.
- Check that you are minimising trunk movement.
- Change legs and repeat.

Compliments of ACC New Zealand