











BNSW HPP Warm Up and Recovery

Warm Up Before Practice

Ground Based Warm Up – 5mins

<p>Single Leg Raise – 6 each leg</p> <p><u>Description:</u> Lie on your back on the floor with legs stretched straight. Have one leg bent with foot flat on the floor. Raise one leg as high as you can, keeping it straight throughout. Return it to the floor in a controlled manner.</p>	
<p>Crucifix Stretch– 6 each leg</p> <p><u>Description:</u> Lay on back with legs straight, feet together, toes pointing upwards and arms in cross position (90 degrees to the body). Keeping knees straight and shoulders down against floor, bring your right foot up and across body to touch left hand, The right hip can lift off the floor. Return slowly to starting position.</p>	
<p>Scorpion Stretch – 6 each leg</p> <p><u>Description:</u> Start face down on the mat with your arms stretched out to your sides. Lift one leg off of the floor, cross it over your body and touch the floor on the other side. Return your leg back to the starting position and repeat on the other side.</p>	
<p>Walking Dog Stretch – 10 each leg</p> <p><u>Description:</u> Start face down hand and feet on the floor (body is in an A shape). Push down on your toes lifting your heel and engaging your calf. Return heel to floor and repeat other foot.</p>	
<p>Partner Leg Swing Stretch – 10 each leg (side to side & forward and backwards)</p> <p><u>Description:</u> Pair up and support by placing a hand/s on your partners shoulder/s. Swing the same legs (side to side or forward and backwards) until you feel the stretch. Do not swing too aggressively.</p>	

Proprioception Warm Up – 5mins

<p>1) Tall to Short Jumping – 6reps</p> <p><u>Description:</u> Start in a stance ready and complete a small, sharp jump (only jump 10cm off the floor). As you jump up extend your arms to the sky and then land evenly distributing the weight between each leg and having your arms move backwards like a skier.</p>	
<p>2) Tall to Short into Long Jump – 6reps</p> <p><u>Description:</u> Start in a stance ready and complete a small, sharp jump (only jump 10cm off the floor). As you jump up extend your arms to the sky and then land evenly distributing the weight between each leg and having your arms move backwards like a skier. Then propel yourself forward into a long jump distributing the weight evenly between each leg when you land like a skier.</p>	
<p>3) Tall to Short Jump into Single Leg Landing – 6 each leg</p> <p><u>Description:</u> Start in a stance ready and complete a small, sharp jump (only jump 10cm off the floor). As you jump up extend your arms to the sky and then land on one leg (absorbing the contact and being balanced).</p>	
<p>4) Tall to Short Jump with Single Leg Landing in Lateral Jump – 6 each leg</p> <p><u>Description:</u> Start in a stance ready and complete a small, sharp jump (only jump 10cm off the floor). As you jump up extend your arms to the sky and then land on one leg (absorbing the contact and being balanced). Then jump laterally and land on the same leg.</p>	
<p>5) Tall to Short Jump with Partner pushing their hip.</p> <p><u>Description:</u> Same steps as 1,2,3 however this time when you are in the air the partner will push your hips to make the landing a little more challenging. Then repeat with a 180degrees turn in the air.</p>	

On Court Warm Up – 5mins

Athletes line up on the baseline – 1 person in charge (athlete or coach)

- 1) Right foot on the court then left foot on the court, right foot off the court then left foot off the court – repeat and go as quickly as you can. When lead person calls go athletes run to the free throw line extended and back pedal to baseline.
- 2) Both feet jump over the baseline onto the court and back behind the baseline – repeat and get faster. When lead person calls go athletes run to the free throw line extended and back pedal to baseline.
- 3) Turn and face the sideline - both feet jump over the baseline onto the court and back behind the baseline – repeat and get faster. When lead person calls go athletes defensive slide to the free throw line extended and back to the baseline.
- 4) On the spot athletes jump off 2 feet and in the air perform a small diagonal body twist – repeat and get faster. When lead person calls go athletes defensive slide to the free throw line extended and back to the baseline.

Recovery after Practice

On Court Cool Down (Shoes off) – 4mins

Athletes will start on the baseline and walk to halfway, first starting with:

- 1) Heel to toe up to half way and toe to heel back to baseline

Heel to Toes Walking



Toes to Heel Walking



- 2) Foot doming – outside first up to half way and inside of foot back

Outside Foot Doming



Inside Foot Doming



- 3) Open the gate stretch up to half way and close the gate stretch back to the baseline

- A) Stand on your left leg while you lift your right leg up. Raise your right knee to hip level, turn it out and open away from your body. You will feel the stretch in your groin. This is referred to as “opening the gate.” Repeat walking forward on the other leg. Alternate each time.
- B) “Closing the gate” – athletes repeat action however you will bring your knee back around in front of your body and then lower leg.

- 4) High Knee Pull into Lung then Good Morning Stretch to half way then Sumo Squat & Rocks Side to side back to baseline

- A) Athletes grab and pull their knee towards their chest then extend that leg outwards into a lung. Once in the lung position, bring chest to knee then whichever knee is facing upwards that arm lifts up off the floor and opens towards the sky (like you are opening your doona cover in the morning). This helps with hip flexibility.
- B) Athletes turn sideways and start in a wide stance with your toes pointed out; bend your knees over your toes, coming into a squat with your thighs almost parallel to the floor. Then rock side to side so you feel a stretch in your hamstrings.

Leg Flush – 6mins

Lie down on your back and try to get your bottom as close to the wall as possible, extending your legs up, perpendicular to the floor. Open your arms to the sides, palms up. Flex your feet for an added hamstring stretch. Place a towel/jumper or shirt over your eyes. Clear your mind and reflect on the practice/game.

Tip: The louder the area the more beneficial the visualisation will be so you learn to clear your mind & block out the external noise.