

Warm-Ups/Cool Downs

It is essential that a physical warm-up/cool-down regime is established for all players before every game and training to help prevent injury and to optimise performance!

Dynamic Warm-Ups:

Dynamic warm-ups are necessary before any sporting activity. The term “dynamic” indicates moving or non-static exercise.

Seated or stationary warm-ups are not appropriate for “cold” muscles. They are, however, appropriate for cooling down post-training or game.

NVBC strongly recommends and advises that all players complete basic warm-ups and cool-downs prior to and on completion of each game and training session.

This is quite simple to implement at trainings of course but understandably more problematic on game-day, given the short turnarounds between games and the need to often run in or out due to other family commitments. However, we need to instil a culture in our players that warming -up and cooling-down is as second nature to them as putting on a seat belt in a car.

[Suggested warm-up prior to training or game](#)

[Suggested warm-up on late arrival to training or game](#)

[Suggested cool-down](#)

You should encourage players to arrive at least 10 minutes prior to the game time, enabling them to prepare mentally and physically.

Stretching/warming-up can be then completed prior to the allocated 2 minute changeover, enabling that time to be spent on appropriate ball-handling warm-ups such as lay-ups/free-throws etc.

It is natural for the players to want to chat with their team-mates and friends, so encourage them to utilise that time to stretch and to perform some [simple hand/eye ball-handling coordination exercises](#).

Again, we all understand how hectic game-day can be but the message should be clear and consistent that running straight onto the court to train or play is neither desirable or particularly safe! A good warm-up routine also helps switch the players on mentally from their normal social outlook to one of competitive readiness.