



FIBA

We Are Basketball

IMPROVE YOUR... GAME WARM-UP & STRETCHING

Published June 2020
version 2.0

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Throughout this publication, all references made to a player, coach, official, etc., in the male gender also apply to the female gender. It must be understood that this is done for practical reasons only.

June 2020,
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IMPROVE YOUR... GAME WARM-UP

GAME WARM UP & STRETCHING PROTOCOL

Comprehensive studies by the FIBA Referee Operations during the main Competitions has identified a need to enhance the present warm-up protocol to meet the demands of the modern basketball game. A new pre-game warm up protocol has been developed, that better reflects the actual physical demands during games and which 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~	Entering the basketball court, leaving your water bottles and checking the court and table officials.
18~13~	<ul style="list-style-type: none"> 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~	<ul style="list-style-type: none"> 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~	<ul style="list-style-type: none"> 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 one or two referees 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.



IMPROVE YOUR... STRETCHING

Stretching

These stretching drills are recommended after every game. Takes less than 2 minutes.



Calf



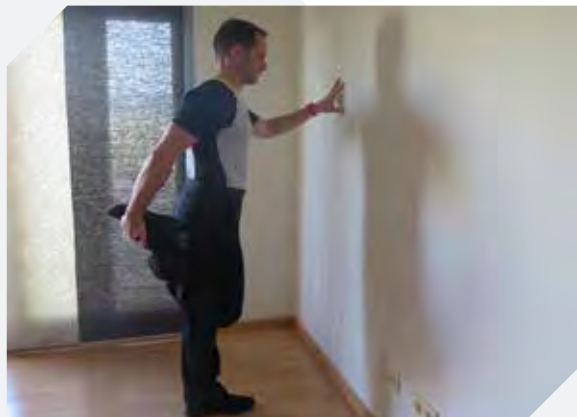
Hamstrings



Abductors



Lower Back



Quadriceps

STANDARD QUALITY GLOBAL CONNECTION



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