



FIBA

We Are Basketball

IMPROVE YOUR... GAME WARM-UP & STRETCHING

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the male gender also apply to the female
gender. It must be understood that this is
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FIBA iRef Academy Apps



FIBA iRef Academy Library App

Gives you access to all public material published by FIBA.

It contains a wide range of topics from grassroots to the elite level. The App includes videos, manuals and guidelines published by FIBA Referee Operations for referees, commissioners, table officials, referee instructors, video operators.

It also contains the latest Basketball Rules with Interpretations available.

FIBA iRef Academy Pre-Game App

Specialised App for pre-game preparation of the basketball referees developed by FIBA.

It contains videos, pre-game checklist, technical manuals, FIBA basketball rules and official interpretations (OBRI), full & half court with referees, players, coverage area symbols, drawing tool, able to save your own play-situations.



STANDARD QUALITY GLOBAL CONNECTION

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



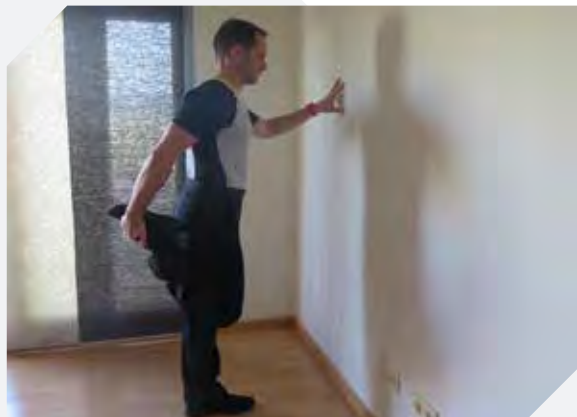
Hamstrings



Abductors



Lower Back



Quadriceps

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