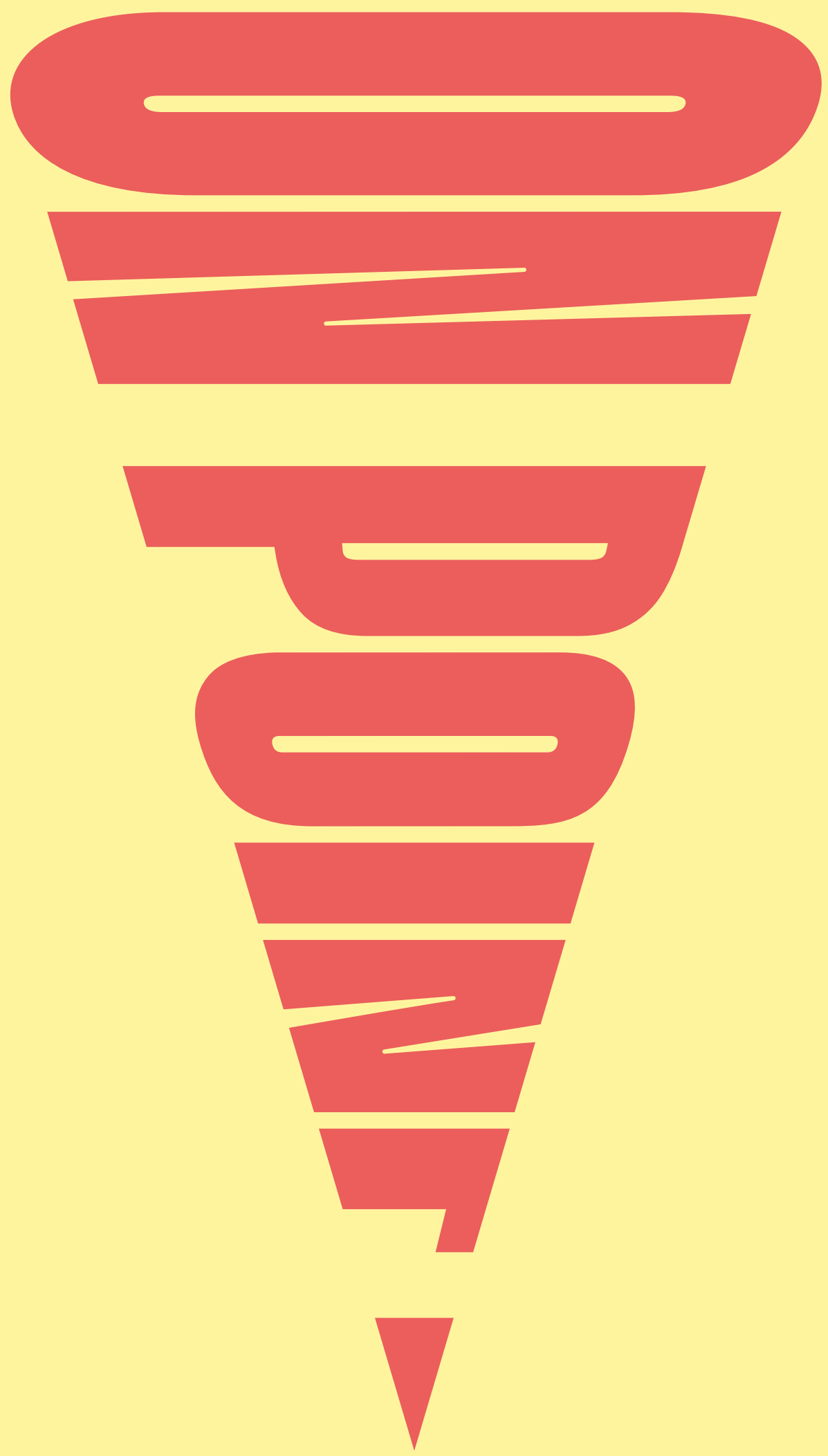


# GAME READY ACTIVATION

Do the Game Ready Activation before every training and game.



THE GAME READY ACTIVATION IS SPECIFICALLY DESIGNED FOR BASKETBALL TO ENHANCE PERFORMANCE, WHILE REDUCING THE RISK AND SEVERITY OF INJURY.



## AT A GLANCE

### PART A – STRENGTH

1. Prone plank.
2. Side plank.
3. Squats.
4. Lunges.
5. Hip hinge.

### PART B – MOVEMENT

6. Jogging forward and backwards.
7. Jogging hip in/out.
8. Hops/pogos.
9. Jumps/bounds.

### PART C – BASKETBALL SPECIFIC

10. Defensive slide.
11. Cutting.
12. Acceleration and deceleration.



### PART A – STRENGTH

- Prone plank**
- **Level 1** Prone hold plank; **Level 2** Plank with toe taps; **Level 3** Bird dog plank.
- 2 sets of 20 seconds at your level (1, 2, or 3)**
- Side plank (both sides)**
- **Level 1** Side plank; **Level 2** Side plank with hip dip; **Level 3** Side plank with leg raise.
- 2 sets of 20 seconds at your level (1, 2, or 3)**
- Squats**
- **Level 1** Squat; **Level 2** Single Leg Squat; **Level 3** Pistol Squat.
- 2 sets of 10 at your level (1, 2, or 3)**
- Lunges**
- **Level 1** Stationary lunge; **Level 2** Walking lunges; **Level 3** Multi- directional lunges.
- 2 sets of 10 each leg at your level (1, 2, or 3)**
- Hip hinge**
- **Level 1** B-Stance Single Leg Romanian Deadlift; **Level 2** Single Leg Romanian Deadlift; **Level 3** Single Leg Romanian Deadlift with extended arms.
- 2 sets of 10 each side at your level (1, 2, or 3)**

### PART B – MOVEMENT

- Jogging forward and backwards**
- 4 half court lengths at 50% intensity.
- Jogging hip in/out (opening/closing the gate)**
- 2 half court lengths.
- Hops/pogos circuit**
- Complete 10 hops per variation, 5 each direction. Use a line to hop over.
- Double-leg forward/backward hops.
  - Double-leg lateral hops. Jump side-to-side over a line with both feet together.
  - Single leg forward/backward hops. One leg at a time.
  - Single leg lateral hops. Jump side-to-side over a line. One leg at a time.
- Jumps/bounds**
- Countermovement jump.
  - Lateral jump (skaters).
  - Hop and stick.
- 2 sets of 10**

### PART C – BASKETBALL SPECIFIC

- Defensive slide**
- 2 each side building to 85%-100% intensity.
- Half court**
- Cutting**
- 2 lengths of zig zags to half way and back, changing direction every third step. Building from 85% to 100% intensity.
- Half court**
- Acceleration and deceleration**
- Intensity: 85-100% effort.
- Start on the baseline.
  - Sprint forward to a point approximately two-thirds of the way to half court (between the basketball 3-point line and halfcourt).
  - Backpedal to the free throw line.
  - Sprint again through to half court.
- Repeat 2x**