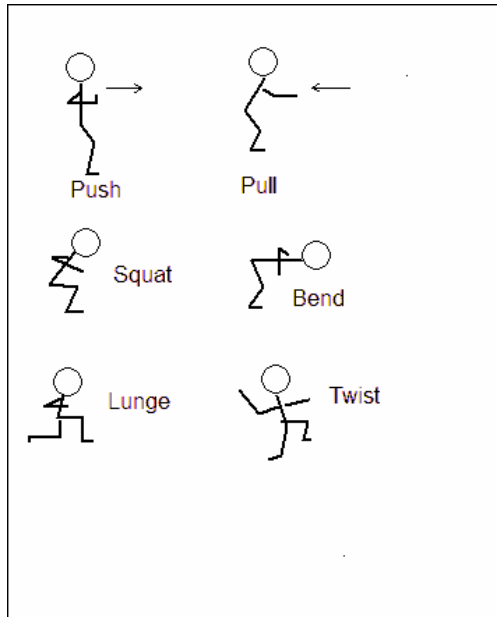


Fundamental movements

Basic movements



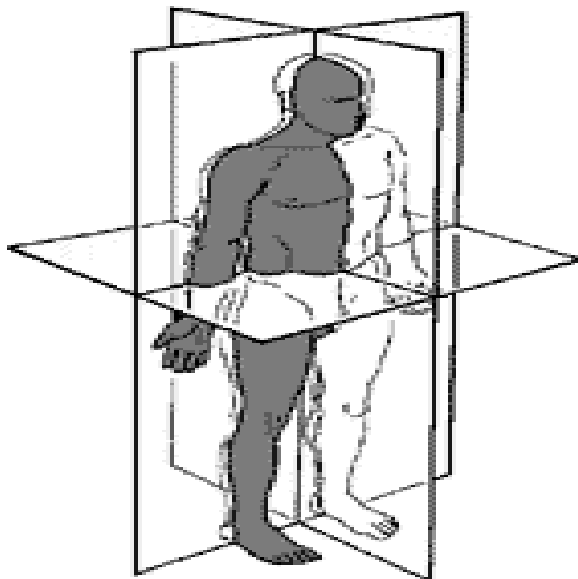
Fundamental movements

1

Paul Chek has identified the following primitive movement patterns that he believes are crucial to successful athletes:

1. Pushing
2. Pulling
3. Squatting
4. Bending
5. Lunging
6. Twisting
7. Upward gait - walk, jog, run

The best way warm up is to implement these into a dynamic movement activity similar to track and field. I have tried to give some ideas for more basketball specific movements that could be done quickly in a circuit that would make use of these movement patterns.



2

Move in different planes of the body

These fundamental movements need to be performed in the various planes of the body.

Frontal - This divided the body into the front and back. In basketball we have a tendency to do too many skills in the frontal plane only. I.e. the passing. We always face the direction we pass. And pass with a pushing motion in the frontal plane.

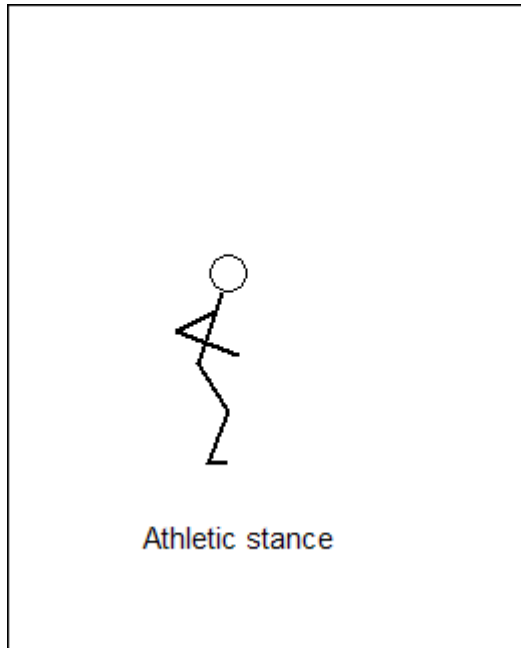
Transverse - This divides the body into the top and bottom. Athletes need to have a strong core to connect these two parts but also need to incorporate twist actions where one part is moving in a direction away from the other.

Sagittal - This divides the body into the right and left sides of the body. Athletes should be able to perform these skills to their right and left.

Athletic Stance

Before performing any movement the athletes should begin in an athletic stance. This is a balanced stance with flexed joints and a tightening of the abdomen. Do not allow the athletes to start with rounded backs or off balance.

Just as important is to return to this stance after completing the movement. In all of the drills the coach should constantly remind the athletes to start and finish on balance in their stance.



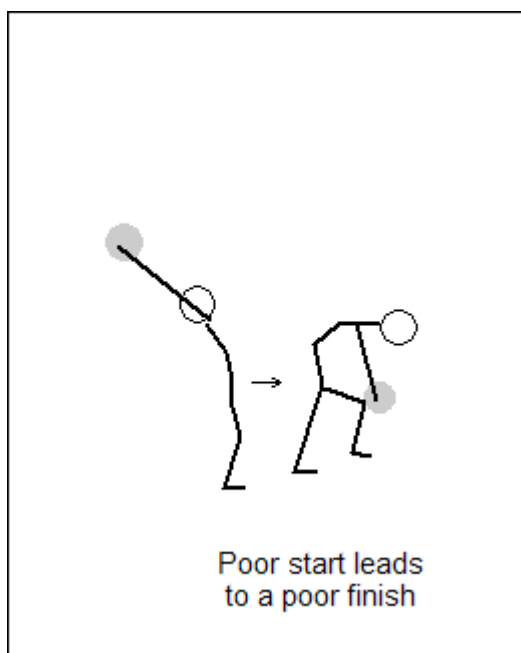
Athletic stance

Poor start, poor finish

If the athletes are allowed to start in a poor stance they will activate the wrong muscles when performing the movements. This can lead to poor movement patterns and injury.

In the example shown the players starts pulling the ball with an arched back. The result is when the pull is complete the player has a tendency to buckle to an off a balance position.

Note: For advanced players who have mastered the movements you can start in awkward positions similar to what will happen in games. Don't start beginning athletes in this position as injuries will occur.



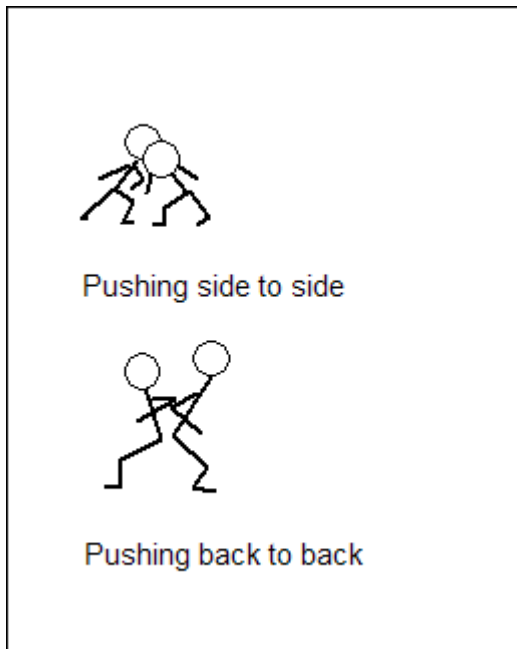
Poor start leads to a poor finish

Fatigue

If done properly many athletes will become very fatigued when performing these activities. They will be activating muscles that are seldom used. When the athlete's form breaks it is time to stop. This is when injuries may occur.

As the athletes become more competent at the skill the intensity can be increased. This can be done by adding

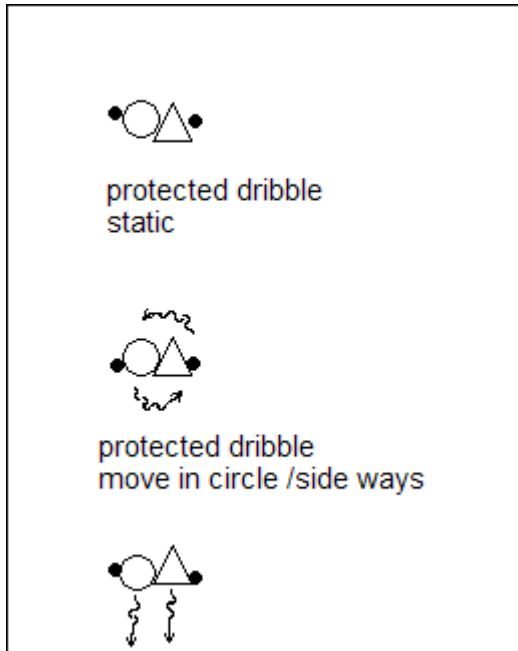
1. Weights - medicine ball
2. Instability - wobble board
3. Increased speed of movement
4. Increased number of reps
5. Increased length of time
6. Combining the movement patterns



Pushing

The athlete should be able to legally push using different parts of the body:

- a) with their side - when dribbling, defending, cutting
 - b) With their front - setting screens, fronting on defense
 - c) back - sealing, boxing out
 - d) hands - many different situation
 - e) forearm
- a) back to back
 - b) side to side
 - c) front to front



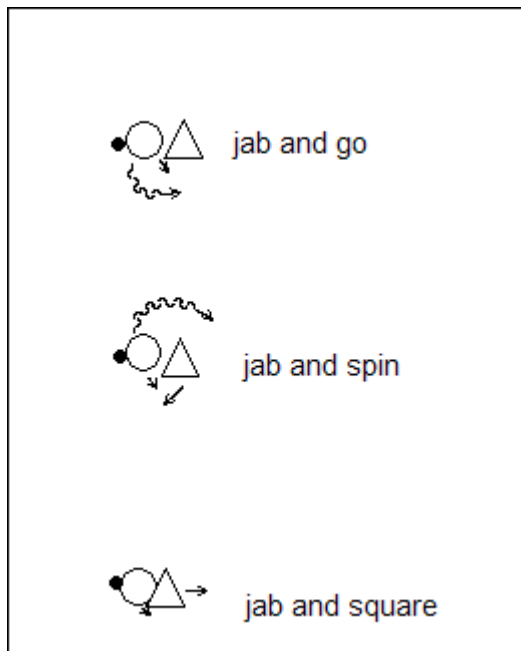
Side pushing

side to side - push against your partner. Feel the shoulder being used and the low position with the body.

partner dribble

both players dribble while pushing with shoulder

- static
- moving
- change of direction



Protected dribble vs. Guided defense

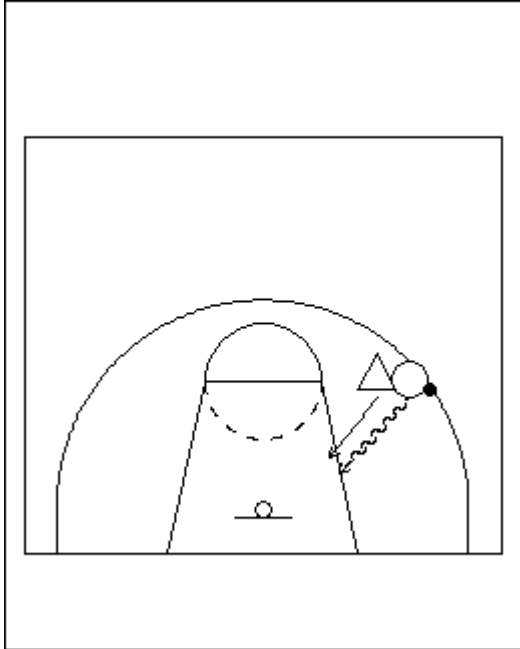
One player dribbles the other gives guided defense. The dribbler pushes with his/her shoulder; the defender pushes with his/her chest and legs.

Work on reads - jab with your inside foot and the defense:

- does not move front pivot and loop around the defender.
- If the defense mirrors your steps and you see a chest spin
- if the defender drops back square and face

Lay ups

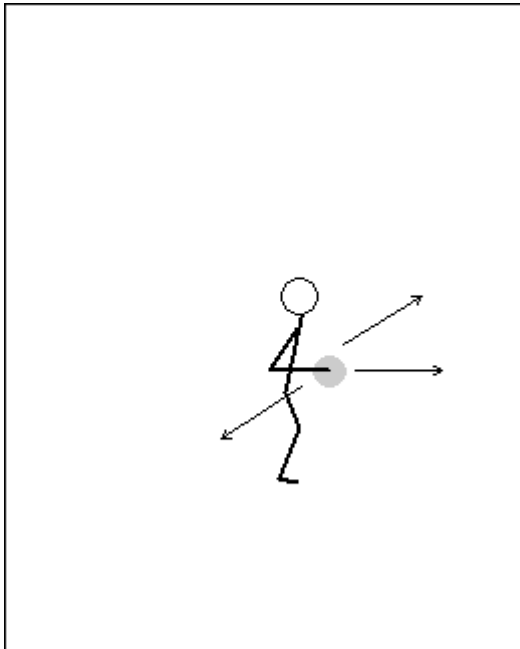
Create contact and push into the defender. It is very important to monitor the contact. We want to teach players how to uses contact.

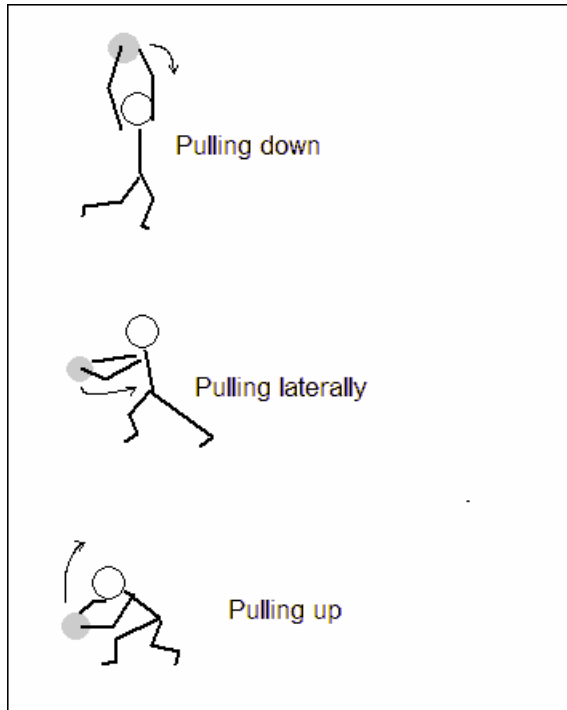


Pushing when passing

Be sure to have the players pass from different planes. Most players will push from the frontal plane.

Practice pushing to the left and right, up and down also.

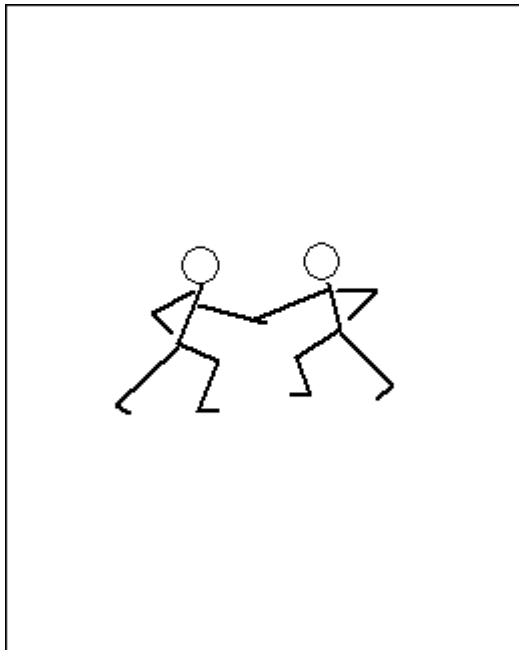




Pulling

Players need to be able to pull the ball away from their opponent.

- a) high overhead position (high to low)
- b) mid body position (twist, to high, to low)
- c) low position - could be on the floor (to high)



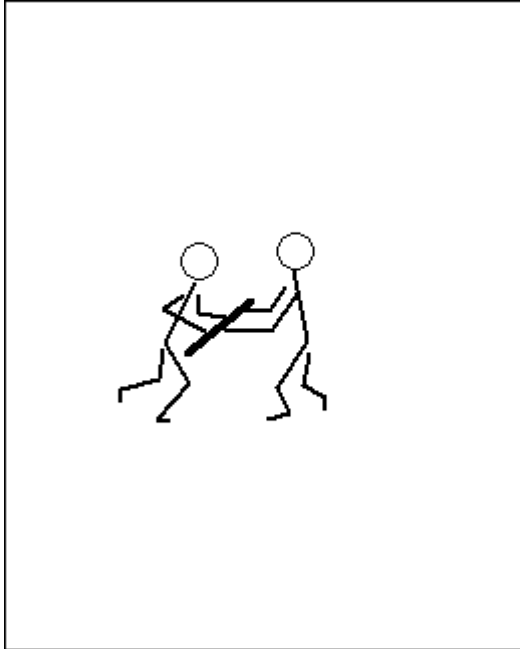
Push Pull

Players grasp each others forearms. On a signal they try to push and pull their partner to lose balance (move his /her feet).

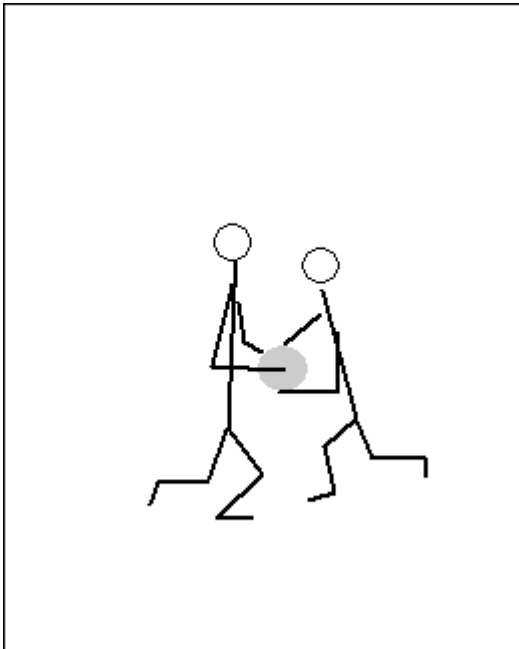
Stick Joust

The players push and pull back and forth using a broken hockey stick.

A football shield would also work or a strong towel.

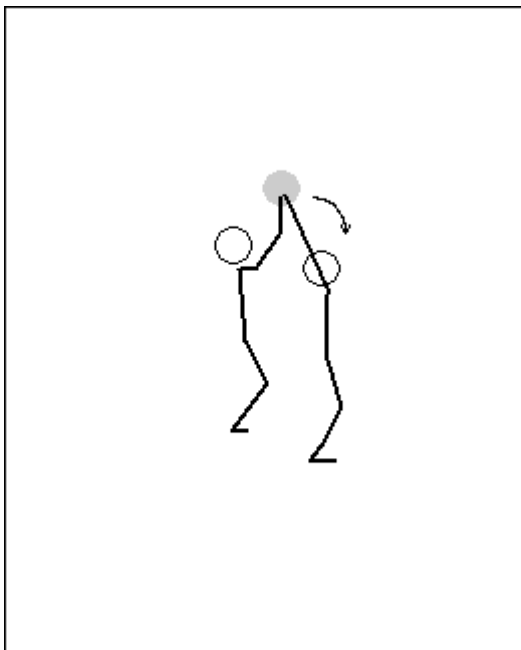
**Partner ball tussle**

a) work the core - both players grab the ball and work to twist, pull and push the ball. They give resistance to each other. After going for a designated length of time switch hand position on the ball.



Gain possession

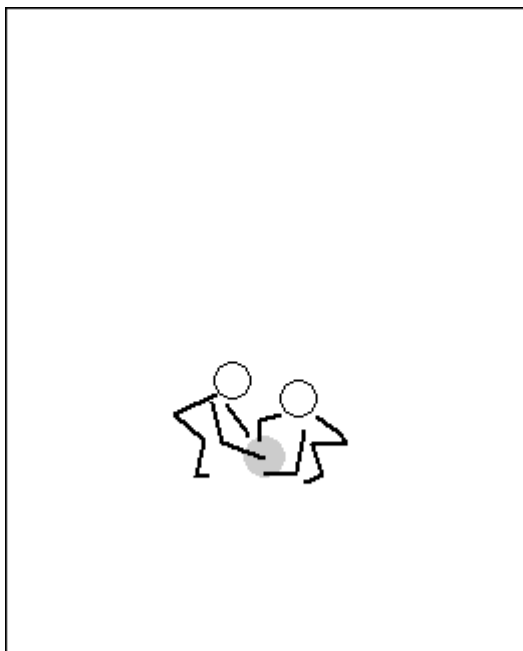
Start drills with a ball tussle. If you are playing 1 on 1 start with a rip to get possession of the ball. You can start from a high, medium or low position

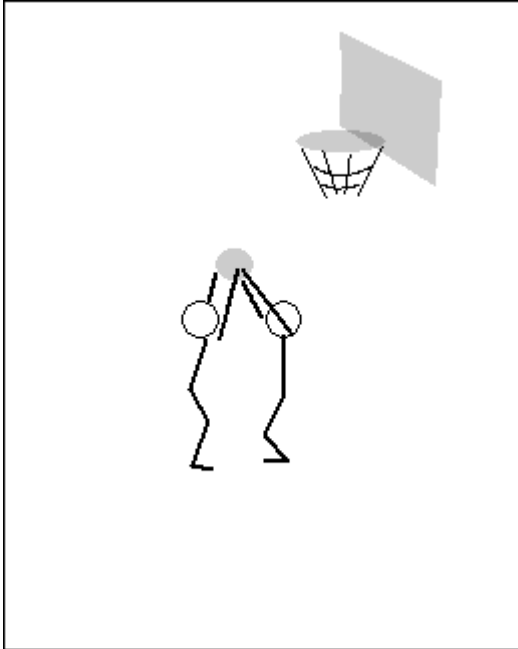


Here the player pulls the ball down simulating a rebound. The other player gives guided resistance.

Gain possession

Here the players gain possession from a low position.





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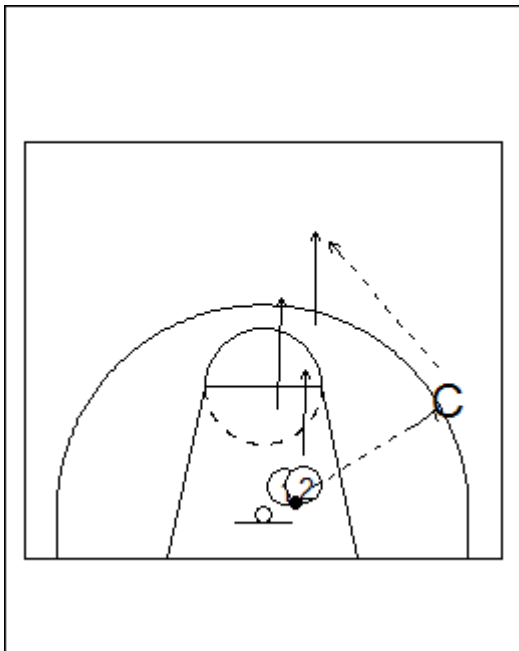
Gain possession into another action

start the drill by gaining possession. Then have the player perform a game like action.

- a) (rip - pass - run)
- b) (rip run pass)
- c) (rip balance score - i.e. Mikan)

In this example the player rips the ball down to gain possession and then gains his/her balance and then uses a Mikan move to score.

You could start facing each other or have your back to the basket.



18

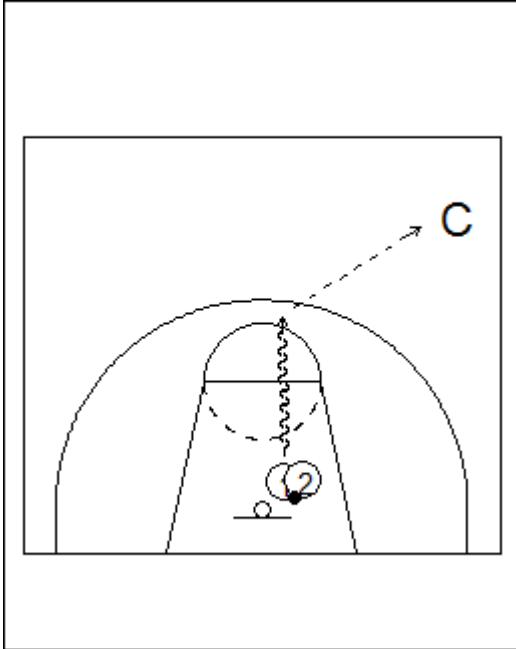
Rip - Pass - Run

In this drill the players start by ripping the ball. The pass is made to the outlet and then the players sprint three hard strides to receive a return pass.

This can be done from different positions on the floor and from different ball heights. Even have the players start on the floor or dive for the ball first.

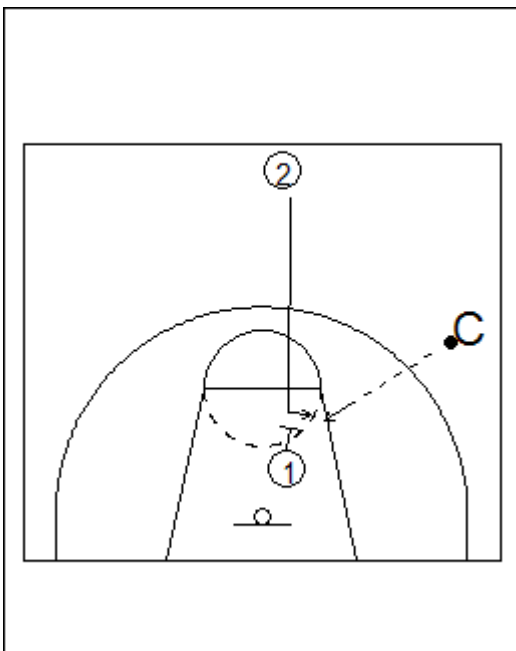
Rip - Run - Pass

In this case the player rips the ball, dribbles then makes the pass. You can always add a score at the end.

**Combined Movement Skills**

#2 starts in the post and gains possession of the ball. On the pass to the coach #2 sprints to a touch line at half. (Similar to the previous drills) now #2 returns to run the first big concept of posting on the defense. The coach can pass from different angles.

Note: Ensure that the player is running hard into a stop. Don't let the post slow down and turn. No wrestling matches. Allow yourself to be guarded one way only.



Squatting

Proper bending of the joints. Activate the core. Start in a good athletic stance (squat position).

Ball shooting off the floor

Start with a good squat. Do not lose sight of your toes when bending. The knees should be straight in line with toes. Raise the ball to the head and push.

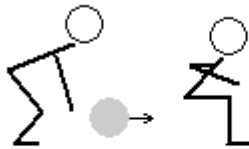
Any drill where a stance is used to start. Observe good posture to begin.



Good squat position

Roll the ball between the legs

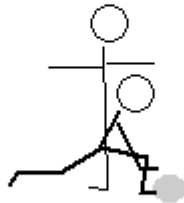
This forces the player to bend (the roller) and to squat (the receiver). A great way to start moves in the post. Could also use a medicine ball.



Lunging

Explosive first step on offense and defense

- a) With partner lunge past the defender leading with your shoulder not your chest.
- a) straight drive b) cross over step



Lunging past the defense

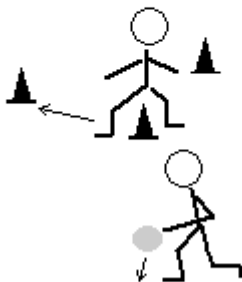
First step on defense

Long first step (Mario)

The defender starts in a good stance in front of the first pylon. When the offense dribbles he/she must take a long lunging step to mirror the offense.

Walking lunges

These are great conditioners and also work on getting athletes to stay low. Work different directions and angles. A good drill to work on to get shooters to stay low is to walk low into a shot.

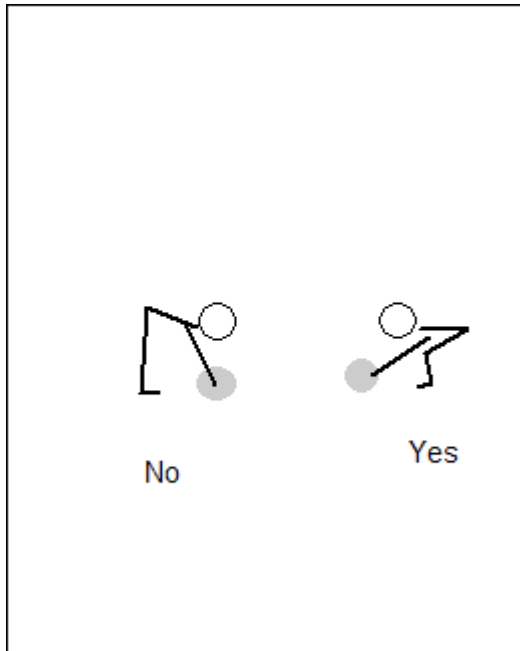


Bending

Athletes have to know how to bend. Also picking the ball up properly. Diving on the floor is a type of bending, taking a charge is bending

Combine bending with squatting exercises is a good idea.

Take the ball and use it like a medicine ball. Bend in all different direction. The good morning exercise is a good drill to do. Take the ball from the floor and straighten up to have the ball directly over the head.

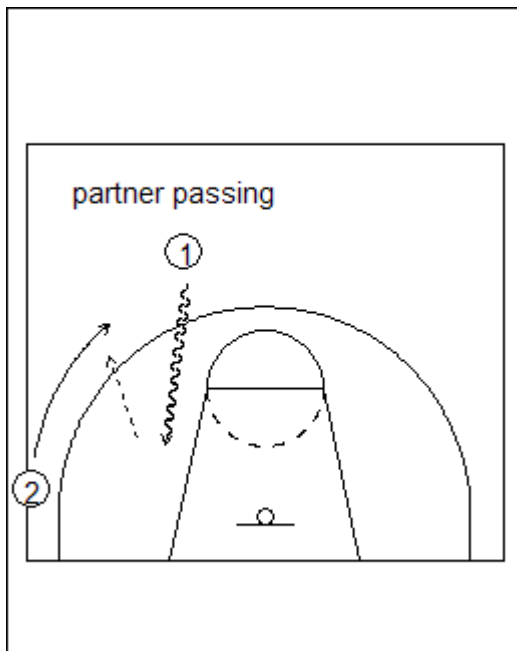


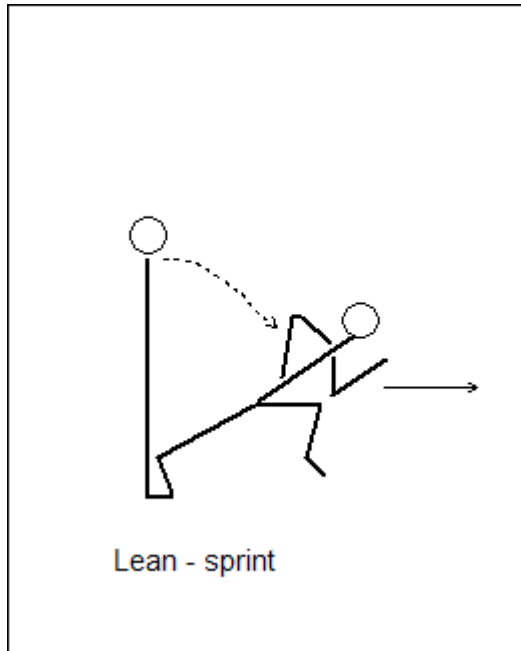
Twisting

Use different passing drills making sure that the release point is not always through the frontal plane. Make sure the players have to twist to catch and throw. The passer should not always face the target. Especially when throwing skip passes.

Also throwing a ball against a wall. Work on twisting to throw.

Using spin dribbles is a good idea to incorporate spinning into moving.





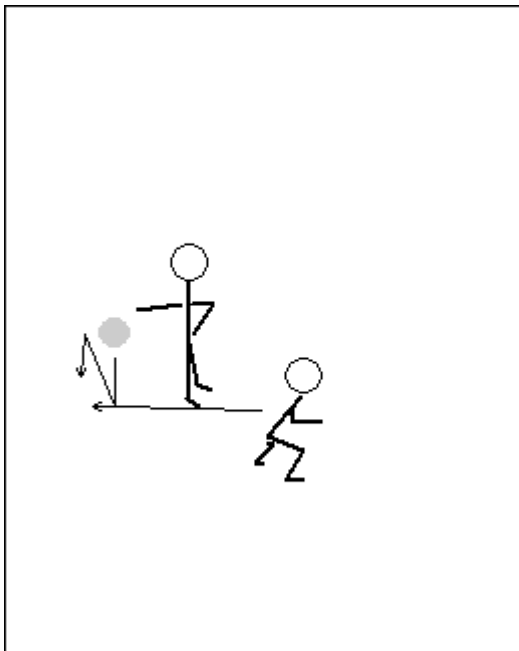
Gait

Make sure the athletes use the full foot. Many do not push off their toes. Standing still; the athlete rocks from heel to toe. This also helps with balance.

Athletes need to know the difference between jogging and sprinting. You will need to work on arm action and getting up on the toes.

Forward lean into sprint

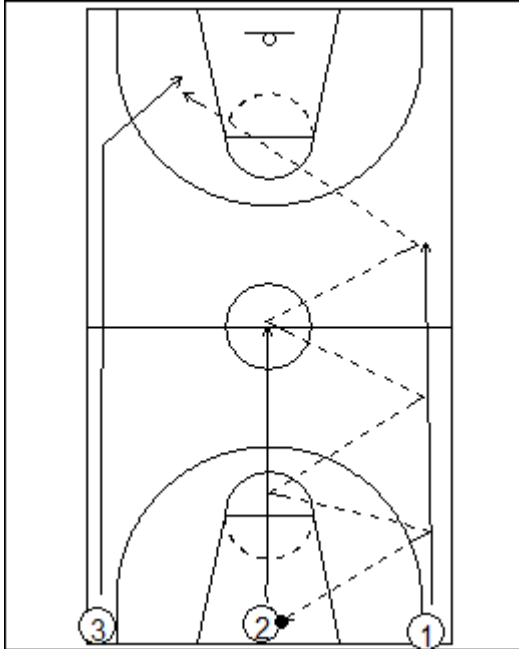
This is a good drill to teach acceleration. The athlete stands straight, leans forward and then sprints out as the toe hits the floor.



Ball drop

A player starts in a good athletic stance. A second player drops the ball from shoulder height. Player one must sprint quickly to catch the ball before it hits the floor for the second time. Use different distances and angles. This is another way to start drills.

Duke plus one - finish warming up with some sprinting and movement skills. You do not want to take the athletes to the point of exhaustion (don't build up lactate acid).



Starting drills

It is a good idea to start drills with one of these movement patterns. It helps the athletes understand the importance of the movement and places it in its proper context. Many standard drills can be started in fun and creative ways to challenge the athletes. For example to start 1 on 1 start with a ball tussle. Start 1 on 1 in the post with a squat move followed by a rip.