

# V-Hawk Warm Up & Stretching

## **Static Stretching**

Standing Hamstring (Feet Together – Touch Toes)  
Standing Quad (Heel to Butt)  
Standing Knee Lift to Chest (Keep Chest Up)  
Standing, Flex Knee, Pull to Chest in ER (Pretzel Stretch)  
Hamstring Track (Block Stance, Straighten Back Leg)  
Helicopter in Squat Position  
Deep Squat (Push Knees Out with Elbows)  
Ice Skater (Lunge to Side)  
Butterfly  
Hamstring Sitting  
Iron Cross (On Back – Foot to Opposite Hand)  
Scorpion (On Stomach – Foot to Opposite Hand)  
Piriformis  
Partner Hamstring Stretch

## **Active Dynamic Stretching**

Side Shuffle with Jumping Jack – Both Directions  
Lunge & Scoop – Keep Chest Up, Scoop for Balance  
Lunge with a Twist  
Backward Lunges  
Carioca with a High Knee – Both Directions  
Forward Butt-Kicks  
Backward Butt-Kicks  
High Kicks with a Skip  
Tapioca – Quick Feet in Both Directions  
Ankle Hops  
Defensive Slides – Don't Cross Feet, Go Slow

## **Pre Practice Warm Up Drills**

Jump Roping  
Partner Stationary Passing  
Passing on the Move  
Full Court Ball Handling  
Stationary Ball Handling  
Jump Overs (20 X)  
Ladders (4 X)  
Individual Stretching  
Mikan Drill