



Drills to prevent  
injuries in early age  
in basketball sport



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## THREE-POINTS SHOT TO HEALTH ERASMUS+ SPORT PROJECT 613339-EPP-1-2019-1-TR-SPO-SSCP

The aim of the project is to reduce possible injuries in the future by working on muscles and joints in children who are new to basketball. For this purpose, the project brought together trainers and experts from 4 different countries and developed drills that would strengthen children's muscle and joint structures, give them flexibility, and prepare them physically for basketball. The developed drills are in a structure that covers every stage of the training, starting from the warm-up. This made it easy to encourage trainers to create and use drills. The implementation of our project during this period offered them training methods that would prepare them physically for the branch, in particular basketball. Especially for basketball coaches working as amateurs and physical education teachers working on basketball in their schools, our project stands out as a visual and printed resource that they can use continuously.

Our project outputs support the physical development of children starting from the project implementation process. This leads to a reduction in injuries that are common in basketball. The feedback we received from the trainers who integrated drills into their training as of the time we started the practices is proof that we have achieved our goals. The support and careers of our experts have dispelled potential concerns about the use of our project outputs. In addition, the fun and competitive nature of drills encourages children to practice.

In the European dimension of the project, there are many details for children and coaches. These are:

- to support the physical development of children based on scientific foundations,
- to promote methods that support athlete health under all circumstances against athlete exploitation.,
- for coaches to discover the details that will prepare the athletes for the branch at an early age,
- increasing awareness of coaches and families about children's physical development, accordingly, blocking options such as doping and violence,
- reduction of muscle and joint injuries common in basketball,

Results like these contribute directly to European values in the field of sports.

With the sharing of the methods, we have developed for basketball, basketball coaches in every country have more options. This means that trainers have many training options with proven health benefits. This has strengthened the multiplier effect of our project and will ensure that it can be sustained after the project period.

### Coordinator



**Karasu Youth Art and Sports Club  
Association (Kargenc Club) – Turkey**

### Partners



**Bulgarian Sports Development  
Association (BSDA) – Bulgaria**



**Rijeka Sports Association  
(RSS) – Croatia**



**ASD Margherita  
Sport E Vita – Italy**





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## THREE-POINTS SHOT TO HEALTH 613339-EPP-1-2019-TR-SPO-SSCP DEVELOPED DRILLS IN TURKEY



| [www.youtube.com/watch?v=00KcGT0djKw&t=8s](https://www.youtube.com/watch?v=00KcGT0djKw&t=8s)

### Related Body Part

☐ Upper Extremity ☐ Lower Back ☐ Upper Back  
☐ Knee ☐ Hip ☒ Knee ☐ Ankle

### Exercise Type

☐ Mobility ☐ Postural Exercises  
☒ Stretching ☒ Balance Exercises  
☐ Strengthening ☐ Warm Up Exercises

### Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

- These exercise groups are planned to strengthen the central region and prevent knee injuries. The first exercise is planned to prevent the balance stabilization injury of the central region, and the other exercises are planned to prevent the knee joint rotation injury. The purpose of these exercises is to prevent the most common waist and knee extension injuries in basketball.

### Step by step explanation of the drill with pictures (Methodology)

#### Warm up:

1- Stand in an upright position and warm your body by pulling your right and left knees towards your chest in succession.

2- While doing sit-ups while lying face down on the ground, the hands and feet warm up in the air position.





Step by step  
explanation of the  
drill with pictures  
(Methodology)

3- While lying in the supine position, bring the hands and feet together in the air and come back to the starting position.



**Stretching:**

1. While standing, we try to hold our feet in the closed position for 10 seconds, leaning forward with our hands without bending our knees, holding our ankles in the closed position.

2. Lie on your back in front of the half stability ball and when the soles of your feet are on the balance ball, the waist and hip joints are lifted into the air in the frontal plane, wait 20 seconds at the final point and come back to the starting position. hard level







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## Related Body Part

☐

Upper Extremity

☐

Lower Back

☐

Upper Back

☒

Knee

☐

Hip

☐

Knee

☐

Ankle

## Exercise Type

☐

Mobility

☐

Postural Exercises

☐

Stretching

☒

Balance Exercises

☐

Strengthening

☒

Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

The drills develop proprioceptive dynamic balance and increase thigh muscle strength and flexibility. Using sagittal and single leg position, the player will work on game situation and will create new neuromuscular patten that will decrease injury risk and improve her/his performance.

Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 1st - Split Squat

Sagittal position, bend both knees to almost reach the ground and back.

<https://vimeo.com/588541897>





Step by step  
explanation of the  
drill with pictures  
(Methodology)

### **2nd - Deceleration Lounge**

From playing position, step forward like a fall and decrease the speed bending the knees, then go back to the playing position.

<https://vimeo.com/588542515>



### **3rd - Step and Stick 3 Ways**

From playing position, jump forward, land with one leg and back to the playing position; do it again with a diagonal and lateral hop

<https://vimeo.com/588544031>



### **4th - Triple Flexion Single Leg**

in single stance position bend and unbend the knee.

<https://vimeo.com/588544776>



### **5th - Jump and Land**

from playing position, jump and land decreasing fall speed.

<https://vimeo.com/588545519>



## Related Body Part

- ☐ Upper Extremity
 ☐ Lower Back
 ☐ Upper Back  
☐ Knee
 ☐ Hip
 ☐ Knee
 ☒ Ankle

## Exercise Type

- ☐ Mobility
 ☐ Postural Exercises  
☒ Stretching
 ☒ Balance Exercises  
☐ Strengthening
 ☐ Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

First six drills are related to prepare and strengthen ankle, as well as muscles and ligaments around ankle. Balance is also tested. We use basketball drills to improve balance, strength and posture, and also to improve ball-handling and passing skills.

## Step by step explanation of the drill with pictures (Methodology)

### 1. Toe Nerve Cell Activation

The first 30 seconds, rotation in one direction, then in the other, then each joint - the opposite direction. Joint rotations - forward, backward. Make fists with toes. Make a fist by squeezing one finger at a time from small to large.

### 2. Rubber band resistance

With the rubber we do flexion and extension of the ankle, then internal and external rotations.



## Preparing Drills





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Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 3. Heel to toe raises

Lifting on toes in a standing position - heel / toes.

### 4. One Leg Balance Dead Lift

Lean forward on one leg with the ball towards the floor. The knee of the standing leg is slightly bent, a firm support on the ankle.



### 5. Knee to wall dorsiflexion

The position is a lunge with one knee on the floor. The foot of the front foot is firmly on the ground and we push the knee of the front foot towards the wall. The further we move the foot away from the wall, the better flexibility the ankle has.





Step by step  
explanation of the  
drill with pictures  
(Methodology)

1) On balance plate we are doing ball handling and dribbling drills, using different kind of dribbles or manipulation with ball.

### Specific Drills



2) With 2 players: one is passing the ball to the other who is standing on balance plate with one leg







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

3) With 3 players standing on one leg - passing around the world with one ball, two balls, three balls



4) Shooting - “Steve Nash drills”: standing on 1 leg and shot, jumping forth and back on 1 leg and shot, jumping left and right on 1 leg and shot





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 ☐ Ankle

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- ☐ Mobility
 ☐ Postural Exercises  
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☐ Strengthening
 ☐ Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

Three - Points Shot to Health

These 3 drills are pointed to the muscles groups that respond about flexing and extension in the Hip joint, they involve biggest muscles groups in the body: quadriceps femoris, glutes maximus and medius, Lumbar, Obliquus externus abdominis.

Strengthening of the muscles of the body is responsible for propiarte posture and possibility to perform different exercises correctly. In the adolescence there is a rapid growth of the body, which leads to difficulties in keeping the body in one position for a long time and rapid overload of large muscle groups.

## Step by step explanation of the drill with pictures (Methodology)

1) Start from a standing position, with a straight back, small flexion in knee and hip joints and a band on the hams, look ahead. The exercise is with a basketball. Dribbles with force with a hand and move to the side without stopping the dribble, from one end of the field to the other. The look is ahead all the time. We change direction and the dribbling hand.







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

2) Side plank, raising the arm and leg high and holding. We change direction.



3) From a lying position, we make a circle of 2 or 3 players so that one hand of one player and the near hand of the neighboring one can hold the ball in the air together. There must be a ball between the hands of all the players on the ground. They all lift their arms and legs in the air at the same time, keeping the balls in the air.





## Related Body Part

- ☐ Upper Extremity
 ☐ Lower Back
 ☐ Upper Back  
☐ Knee
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## Exercise Type

- ☐ Mobility
 ☐ Postural Exercises  
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## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

These 2 are point to the muscles groups respond about flexing and extension in the Hip joint; they involve biggest muscles groups in the body: quadriceps femoris, glutes maximus and medius, Rectus abdominis, Obliquus externus abdominis.

***In the adolescence the good balance helps to:***

- improve running technique
- is an effective way to tighten and tone the muscles of the thighs, pelvis and lower back
- improve coordination, increase the ability to react in the event of a sudden threat, improve reflexes

All these point are important for the good wellbeing of the athletes and helps to avoid injuries.





Step by step  
explanation of the  
drill with pictures  
(Methodology)

1) Start from a standing position, with a straight back, small flexion in knee and hip joints and hold the basketball in hands. From this position without putting the feet on the ground, we make a stretched scale - legs back and hands forward, with a ball in hands.



2) Divide the players into pairs, one pair sits facing each other and sitting in balance sit- both arms and legs are in the air. A pair has a ball. One of the players touch the ground with the ball to the left and right of his body, and then pass it to the other player, who has the same and pass it back.





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## THREE-POINTS SHOT TO HEALTH 613339-EPP-1-2019-TR-SPO-SSCP DEVELOPED DRILLS IN ITALY



YouTube | [www.youtube.com/watch?v=iHFP4GXAs5M](https://www.youtube.com/watch?v=iHFP4GXAs5M)

### Related Body Part



Upper Extremity



Lower Back



Upper Back



Knee



Hip



Knee



Ankle

### Exercise Type



Mobility



Postural Exercises



Stretching



Balance Exercises



Strengthening



Warm Up Exercises

### Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

The exercises are inserted before the technical training, before the general activation that will end with the specific one. mobility is aimed at activating the knee joint, performing exercises in progression. starting from the joint itself without putting aside all the muscular part that works in synergy with it: quadriceps, harmstrings that will be activated as the exercises are inserted in progression.

Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 1st - Knee Mobility Up And Down

<https://www.youtube.com/watch?v=uvKfdPAHTSY>





Step by step  
explanation of the  
drill with pictures  
(Methodology)



## 2 st - Circling Of The Knee And Ankle

<https://www.youtube.com/watch?v=U-1wVNZJcsU>







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 3 st - Quadruped Plank, Pushes With Both Legs Back And Forth In The Plank

[https://www.youtube.com/watch?v=hHP2uAfS\\_KA](https://www.youtube.com/watch?v=hHP2uAfS_KA)



### 4 st - Half Squat On One Leg

<https://www.youtube.com/watch?v=IZzdJo-rDXI>





Step by step  
explanation of the  
drill with pictures  
(Methodology)



### 5 st - Inverted Hamstring

[https://www.youtube.com/watch?v=WEfP\\_AxU\\_Vg](https://www.youtube.com/watch?v=WEfP_AxU_Vg)







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## Related Body Part



Upper Extremity



Lower Back



Upper Back



Knee



Hip



Knee



Ankle

## Exercise Type



Mobility



Postural Exercises



Stretching



Balance Exercises



Strengthening



Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

All of the exercises include mobility and strengthening components. By maintaining the position creates strengthening of the target muscle. Using the body's own weight help to prevent overweight or shear forces to the joints, bone and ligaments.

Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 1) Baseline Position: Standing

One child hold the basketball on left hand (overhead position) while rotating the trunk to the left and pass the ball to the his pair. The pair hold the ball while rotating the body. (Keeping overhead position during the pass and hold contracts the upper extremity muscles).

**Mobility&Strenght**





Step by step  
explanation of the  
drill with pictures  
(Methodology)

**2) Baseline Position: Two Children Stand Back To Back While On Their Knees.**

Holding the ball with both hands like overhead position, reach out the ball his pair while rotating the body (keeping the kneeling position contracts the quadriceps femoris and holding the ball overhead position contracts the upper extremity muscles)







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 3) Baseline Position: Plank Position

While keeping the plank position, a basketball placed near the shoulders of the child. The child hold the ball and pass through the ball the other side (keeping the plank position contracts all the extensor muscles of the body and one armed plank position strengthens the triceps, deltoid and trapezius muscles of the extended arm)





Step by step  
explanation of the  
drill with pictures  
(Methodology)

#### 4) Baseline Position: Side Plank Position

One child keeps the side plank position. During side plank position, the hip and shoulder of the upper side flexed spontaneously and the movement repeated for keeping the trunk alignment (keeping the trunk alignment contracts core muscles, flexion of the hip contracts the iliopsoas muscles, flexion of the muscles contracts the deltoid, upper trapezius muscles)







Step by step  
explanation of the  
drill with pictures  
(Methodology)

### 5) Baseline Position: Half- Squat Position

The child walks sideways keeping the half squat and holding the ball in front of the body. After the child walk two steps to the right, raise the ball to the up and right. The same movement repeated to the left side.

(for left and right rotation, external and internal rotator muscles of the shoulder contract, keeping the squat position hip flexors, quadriceps femoris muscle contract)  
This drill also includes coordination.





## Related Body Part

☐ Upper Extremity
 ☐ Lower Back
 ☐ Upper Back  
☐ Knee
 ☒ Hip
 ☐ Knee
 ☐ Ankle

## Exercise Type

☒ Mobility
 ☒ Postural Exercises  
☐ Stretching
 ☐ Balance Exercises  
☐ Strengthening
 ☐ Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

First 2 exercises warm up the muscles groups that respond about flexion and extension in the Hip joint, increasing their mobility, they involve biggest muscles groups in the body and the injuries because of not enough warming up is crucial for them.

The last 3 exercises are postural exercises: they involve many muscles groups and aim to improve the posture in the training part and in the out sport activities. The good posture is very important for right function of the body and avoid the injuries in the back.

## Step by step explanation of the drill with pictures (Methodology)

### Mobility

1) Start from standing position with a basketball in the hands. Lift one leg folded at the hips and knee joints, start making circles in the hip joint and combined with dribble. After that change the legs and hand for dribble.







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

2) Start from lay down, legs folded at the knees and hips with a basketball between the knees. The hands are on the sides on the ground. Move the legs as much as possible in left and right sides, keeping the ball between the knees.





Step by step  
explanation of the  
drill with pictures  
(Methodology)

**Postural Exercises**

1) Start form lay down, legs are folded and step on the floor, one leg is on the top of the knee of other leg, and the hands bring the ball. Lift your pelvis up and pass the ball between your hands under your body. Change the position of the legs and start again.







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Step by step  
explanation of the  
drill with pictures  
(Methodology)



2) Start from standing position, the arms are straight forward holding the basketball. Do the one-legged attack, keeping the arms straightforward, the back is straight too. Do slow moves with the arms and ball as much as possible in left and after that in right.





Step by step  
explanation of the  
drill with pictures  
(Methodology)

3) This exercise is making in couple, so first we need to divide the teams. Start from position on the knee and hands on the floor, two persons stay one against other and the ball is between them on the floor. On the command have to take the ball as a team, the left arm of one and right of the other. Lift the ball on the horizontal and lift the opposite leg on the horizontal too. Stay 30 seconds, and change the arm and legs.







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## Related Body Part

- ☐ Upper Extremity ☐ Lower Back ☐ Upper Back  
☐ Knee ☐ Hip ☐ Knee ☒ Ankle

## Exercise Type

- ☐ Mobility ☐ Postural Exercises  
☐ Stretching ☒ Balance Exercises  
☒ Strengthening ☐ Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

Drills are related to prepare and strengthen the ankle, as well as muscles and ligaments around the ankle. Balance is also stressed.

We use basketball drills to improve balance, strength and posture, and also to improve ball-handling and passing skills.

## Step by step explanation of the drill with pictures (Methodology)

### Preparing Drills

#### STATIONARY

"TOUCH THE STICK,  
ONE LEG ON BALANCE  
CUSHION"

#### 1) TOUCH THE STICK WITH YOUR FINGER





Step by step  
explanation of the  
drill with pictures  
(Methodology)

2. TOUCH THE STICK WITH BALL

3. TOUCH THE STICK WITH YOUR FINGER, WHILE  
DRIBBLING THE BALL

4. TOUCH THE STICK WITH YOUR FINGER, WHILE  
DRIBBLING THE BALL CROSSOVER

Athlete stays on the balance cushion while coach moves the stick. Athlete must touch the stick while working with or without the ball.

- Allows to work on balance
- Works on right and left foot
- Reinforces ankles and knees
- Bend knees, straight back
- Go faster without falling
- Right, left disslocation
- Develop your skills

**Preparing Drills**

**DYNAMIC**

**"LAME DOG"**; facing down on both arms but one leg, the other is in the air, hop around space randomly. Start to walk on your hands and 1 foot. Your foot will bounce behind you as you walk your hands down the floor.







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

**“ONE LEG JUMPS AROUND THE CONES”**; athlete repeats hops around cones forward and backward, cones are set in line.







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Step by step  
explanation of the  
drill with pictures  
(Methodology)

#### 4. 3 STEPS ZIG-ZAG (CHANGE DIRECTION MOVE) + CHANGE RHYTHM + CROSSOVER DRIBBLE







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## THREE-POINTS SHOT TO HEALTH 613339-EPP-1-2019-TR-SPO-SSCP DEVELOPED DRILLS IN RIJEKA



| [www.youtube.com/watch?v=iHFP4GXAs5M](https://www.youtube.com/watch?v=iHFP4GXAs5M)

### Related Body Part

☐

Upper Extremity

☐

Lower Back

☐

Upper Back

☐

Knee

☐

Hip

☐

Knee

☒

Ankle

### Exercise Type

☐

Mobility

☐

Postural Exercises

☐

Stretching

☐

Balance Exercises

☐

Strengthening

☒

Warm Up Exercises

### Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

By warming up the ankle muscles and ligaments, we are minimizing the risk of injuries

### Step by step explanation of the drill with pictures (Methodology)

**WARM-UP** - exercises are performed on the basketball court along its width / from one side line to the other side line of the court

#### Warm Up - 1

-Running school:  
low skip (alternating stretching and bending of the ankle)  
kick-butts  
high skip (high knees running)  
ejection of the lower legs





Step by step  
explanation of the  
drill with pictures  
(Methodology)

## Warm Up - 2

Foot activation:

Both legs jump over the forward-backward  
line + running

Both legs jump over the line lateral left-right +  
movement in the basketball position

one-legged jumps over the line forward - backward +



## Warm Up - 3

Running:

one-legged jumps over the line sideways left-right +  
movement in a basketball stance

one-legged V-jumps (rotations) + running

"cutting" (scissors) over the line + running

"skipping" over the line + running







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☐

Mobility

☐

Postural Exercises

☒

Stretching

☐

Balance Exercises

☐

Strengthening

☐

Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

By stretching the muscular fascia and ankle ligaments, we are minimizing the risk of injuries

## Step by step explanation of the drill with pictures (Methodology)

**STRETCHING** - impact on the muscular fascia and ligaments of the ankle

### Stretching - 1

Kneeling position: swing of the arms and rocking, the body moves towards the foot and back to the starting position alternately stepping forward with his left and right foot

- 1 leg forward in the lunge position, extend your arms and make a movement as in the "lat pull" exercise and push the knee and hips forward

- "sprinter" - an exercise in which we go with the body back to the foot and then lift the hips and rise to the toes of the stepping foot



Step by step  
explanation of the  
drill with pictures  
(Methodology)



### Stretching 2-

In a standing position: we do half-squats - emphasize that we point our foot against the ground

- from half-squat to small jump - jump only from the ankle
- "pogo" jumps - short jumps only from the ankle
- step back (back lunge), raise the knee of the step leg and keep the balance on 1 leg







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| [www.youtube.com/watch?v=iHFP4GXAs5M](https://www.youtube.com/watch?v=iHFP4GXAs5M)

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## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

### SPECIFIC BALL EXERCISES FOR STABILITY AND ANKLE STRENGTHENING

## Step by step explanation of the drill with pictures (Methodology)

- we lead the ball in a straight line, at the sign of the coach we first stop on the right and then on the left foot
- the same, we just run the ball and move backwards
- we move in a basketball position and at the sign of the coach we stop first on the outer and then on the inner leg (foot)
- all exercises are performed with both the right and left hand





| [www.youtube.com/watch?v=x7C99j6a394](https://www.youtube.com/watch?v=x7C99j6a394)

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## Exercise Type

☐ Mobility ☐ Postural Exercises

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☐ Strengthening ☒ Warm Up Exercises

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How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

Three - Points Shot to Health

First 3 exercises warm up the muscles groups that respond about flexing and extension in the Hip joint, because is very important to warm up them properly, they involve biggest muscles groups in the body and the injuries because of not enough warming up is crucial for them.

**The last 3 exercises are stretching for:** flexors of the Hip joint m. iliopsoas and quadriceps femoris , also for abductors of the Hip joint – iliotibial and glutes maximus and medius, and the last one is for the m. extensors in Hip joint – adductor magnus, biceps femoris and gluteus maximus and medius.

## Step by step explanation of the drill with pictures (Methodology)

### Warm Up

1) Start from a standing position, running in place with a straight back, and raising the knees as high as possible, speed of performance – intense







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Step by step  
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drill with pictures  
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2) Start from a standing position, running in place with a straight back, kicking from the knees back without bending the legs in Hip joint – speed of performance – intense



3) Start from a standing position, with a straight back, small flexion in knee and hip joints, the hands are standing in front of the breasts, jump up and turn back in the start position





## Step by step explanation of the drill with pictures (Methodology)

### Stretching

1) From a standing position, bend one leg and pull it with the hands below the knee, as far as possible to the body, the back remains straight. Could supplement the stretching in the opposite direction by pulling the legs back, holding the ankle with the near hand and bringing it as close as possible to the buttocks, and lift the other hand upright above the head. Change the position with opposite leg.



2) From standing on our knees, we bring forward one leg, the back leg should be stretched back as much as possible, the back stay straight, if possible, we can further stretch the back leg by pulling the ankle to the buttocks by hand. Change the position of the legs.

3) From a sitting position, the two legs upright at the knee joint are parallel to each other, the right leg transfers the left at the knee, the left arm upright transfers the right folded leg, and the left arm upright remains behind the body. Change the position of the arms and arms.







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| [www.youtube.com/watch?v=HoQqD1Z7wf4](https://www.youtube.com/watch?v=HoQqD1Z7wf4)

## Related Body Part



Upper Extremity



Lower Back



Upper Back



Knee



Hip



Knee



Ankle

## Exercise Type



Mobility



Postural Exercises



Stretching



Balance Exercises



Strengthening



Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

The first 3 exercises are important movements to warm up the muscles for training and preventing injuries. One of the first causes of injuries is poor warm-up before training. By using the ball while doing the warm-up movements, we prepare the team mentally before the training.

*In the last two exercises*, we prepared group games in which the player develops both his muscles and bouncing during sets. These movements will increase the ball control while strengthening and improving the back muscles of the players.

Step by step  
explanation of the  
drill with pictures  
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### 1) Baseline Position: Mini-Wall Squatting

Place the ball under his neck, roll the ball from right to left and continue from left to right (for keeping the squatting position quadriceps femoris muscle isometrically contracts, for rolling the ball the upper part of trapezius muscle contracts)

## Warm Up





Step by step  
explanation of the  
drill with pictures  
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**2) Baseline position: Prone,**

Holding the ball with both hands like overhead position, raise the ball from the level surface, raise the ball to the right side and left side, respectively (for neutral position erector spinae for right and left muscles and lower part of trapezius contract, for right and left side latissimus dorsi muscle contract, additionally).



**3) Baseline position: Standing**

Two children stand back to back. One child pass the ball rotating his body and the other reach the ball by rotating his body too (for rotating the body, external and internal oblique muscles contracting).







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## Mobility

### 1) Baseline position:

Two children stand back to back. One basketball placed between their body. Each child bouncing the ball while keeping the ball stable (for keeping the ball stable erector spinae muscle contracts, for bouncing wrist extensor muscles contracting ).



### 2) Baseline position:

Four children stands apart from each other. Two of them stand one direction and the others stand opposite direction. The children standing inside are opposite direction.

One takes the ball from the left and pass the ball to other child and this child pass the ball by rotating to the left The last player receives the ball gives the ball from the right and pass it from the left (for left and right pass, external and internal oblique and triceps muscles contracts).







YouTube

| [www.youtube.com/watch?v=ShftYJ6bb3Y](http://www.youtube.com/watch?v=ShftYJ6bb3Y)

## Related Body Part

☐

Upper Extremity

☐

Lower Back

☐

Upper Back

☐

Knee

☐

Hip

☒

Knee

☐

Ankle

## Exercise Type

☒

Mobility

☐

Postural Exercises

☐

Stretching

☒

Balance Exercises

☐

Strengthening

☒

Warm Up Exercises

## Prevention Plan

How will the drill prevent the injury? Or How will the drill affect the related body part to prevent the common injury?

The proposed exercises work on the gluteal muscles and the leg muscles, in an unstable way, in order to create stability in the knee joint. They are exercises of mobility, strength and balance.

The increase in the strength of the soft tissues and bony structures of the lower limbs supports the weight of the whole body and helps prevent many injuries.

The proposed exercises help build the strength of the hip and leg muscles. Their strengthening is important to stabilize the lower limb in rotational movements on the pivot foot and in the change of direction or cut.

The monopodal works serve to correct the asymmetry between the lower limbs (imbalance between the limbs). In addition, the force expressed by a single limb helps to develop more power on the ground when performing a jump. It will also be particularly useful when landing from a jump after a bounce.





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Step by step  
explanation of the  
drill with pictures  
(Methodology)

**TIME: 10'**

### 1) Single leg deadlift:

5 times with right leg + 5 times with left leg > ALL 3 TIMES



### 2) Lateral lunges + monopodal station:

3 lateral lunges + 3" monopodal with the right leg for 3 times +

3 lateral lunges + 3" monopodal with the left leg for 3 times times > ALL 3 TIMES



### 3) Reverse lunges with torsion + monopodal station:

5 times with the right leg + 5 time with left leg > ALL 3 TIMES





Step by step  
explanation of the  
drill with pictures  
(Methodology)

#### 4) Frontal Monopodalic block:

As you run from baseline to baseline, perform a single leg block first with the right and then with the left.  
Hold the position for 3 ".  
Do the exercise for two fields.



#### 5) Lateral Monopodalic Block:

As you run from baseline to baseline, perform a single leg block + lateral sliding + run.  
With right leg and left leg.  
Hold the position for 3 ".  
Do the exercise for two fields.







# 3-PSH

Three - Points Shot to Health

Drills to prevent  
injuries in early age  
in basketball sport



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