

Pre-Game Dynamic Warm-Up for NCAA Officials:

8) Squat and Press – Push your knees out into your hands while you maintain a parallel squat position

Sets/Repetitions – Perform 3 sets of 20 second holds



9) Squat and Squeeze – Squeeze a basketball between your knees while you maintain a parallel squat position

Sets/Repetitions – Perform 3 sets of 20 second holds



10) Knee Hug – Hold your knee with both hands and pull your knee towards your chest while maintaining balance with a tall posture

Sets/Repetitions – Perform 5 sets of 3 second holds per leg with good balance



11) Quad Stretch – Hold your ankle with your hand and pull your leg back while maintaining balance with tall posture (keep your knee underneath your hip)

Sets/Repetitions - Perform 5 sets of 3 second holds per leg with good balance



Pre-Game Dynamic Warm-Up for NCAA Officials:

12) Leg Cradle - Pull up on your ankle with the opposite hand and push your knee towards your opposite shoulder with the other hand (maintain balance with tall posture)

Sets/Repetitions - Perform 5 sets of 3 second holds per leg with good balance



13) Ankle & Calf Flexibility/Mobility – Put one foot behind the other. Keep the back leg straight for one set and then bend the back leg for one set.

Sets/Repetitions – Perform 1 set of 10 repetitions per exercise for each leg

