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IMPROVE YOUR... MOBILITY

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IMPROVE YOUR...

MOBILITY

Mobility refers to the ability of a joint or a series of joints to move through their full range of motion without restriction or pain. It is a combination of flexibility (the ability of muscles to lengthen) and joint range of motion. Good mobility allows an individual to perform daily activities and movements with ease and without discomfort, while poor mobility can lead to pain, discomfort, and limitations in movement.

Mobility is not the same as flexibility. Flexibility allows you to lengthen a muscle, and Mobility allows you to move that muscle in many ways.

Improving your mobility can help you exercise better, prevent injuries, and reduce joint pain. Mobility is important for referees because it enables you to perform your sport-specific movements with proper form and technique. It also helps reduce the risk of injury by ensuring that the joints can move freely and efficiently. In addition, good mobility can improve overall physical performance by enhancing strength, power, and agility when you are on the court.

Benefits:

Enhanced Performance: Improved mobility translates to better movement mechanics and help you to perform exercises with greater precision and efficiency. By optimizing joint mobility, you can generate more power and smoother movements, ultimately enhancing your performance.

Injury Prevention: Tight muscles and restricted joints are common precursors to injuries. By prioritizing mobility exercises, athletes can alleviate muscle imbalances, reduce joint stiffness, and mitigate the risk of strains, sprains, and other overuse injuries. Enhanced mobility also promotes proper alignment, distributing forces more evenly throughout the body, and minimizing undue stress on vulnerable structures.

Improved Muscle Activation: Optimal mobility fosters better neuromuscular connection, ensuring that muscles engage effectively throughout a movement pattern. By addressing mobility limitations, you can achieve superior muscle activation, recruiting the target muscles more efficiently and maximizing the effectiveness of each repetition. This heightened muscle engagement leads to greater strength gains and muscle development over time.

Expanded Training Repertoire: Adequate mobility unlocks access to a broader range of exercises. By improving flexibility and joint mobility, you can explore advanced movements. Diversifying the training repertoire not only prevents stagnation but also challenges the body in new ways, promoting continuous growth and adaptation.

Conclusion:

Incorporating mobility training into your training regimens is not just a supplemental component but a foundational pillar of a referee athletic development. By prioritizing mobility, you unlock your full potential, enhancing performance and preventing injuries. As the cornerstone of functional fitness, mobility empowers you to move better, train smarter, and excel in your chosen endeavors, forging a path toward enduring success and peak physical condition.

Mobility Routine for Basketball Referees:

This mobility routine is designed specifically for basketball referees to enhance their flexibility, range of motion, and overall mobility. Performing these exercises regularly can help referees move more efficiently on the court, reduce the risk of injuries, and maintain optimal physical condition to officiate games effectively. It's recommended to perform this routine as a warm-up before games or as part of a regular training regimen to reap the maximum benefits.

Exercise 1: Spiderman Lunges

- Begin in a high plank position with your hands directly under your shoulders and your feet hip-width apart.
- Step your right/left foot forward outside your right/left hand, ensuring your knee is directly above your ankle.
- Lower your hips towards the ground while keeping your chest lifted and your back straight.
- Hold this position for a few seconds, feeling a stretch in your hip flexors and groin.
- Return to the starting position and repeat on the opposite side.
- Perform 8-10 reps on each side.



Exercise 2: 90/90 Hip Switch

- Sit on the floor with your legs bent at a 90-degree angle in front of you, creating an "L" shape with your legs.
- Lean back slightly and place your hands behind you for support.
- Rotate your hips to one side, bringing your knees towards the floor and aiming to create a 90-degree angle with both legs.
- Hold this position for a few seconds, feeling a stretch in your hips and glutes.
- Slowly rotate your hips to the opposite side, switching the position of your legs.
- Hold for a few seconds and then return to the starting position.
- Repeat this movement for 8-10 switches on each side.



Exercise 3: Cat-Cow

- Start on your hands and knees in a tabletop position, with your wrists aligned under your shoulders and your knees under your hips.
- Inhale as you arch your back, dropping your belly towards the floor and lifting your head and tailbone towards the ceiling (cow position).
- Hold for a couple of seconds, feeling a stretch through your spine.
- Exhale as you round your back, tucking your chin towards your chest and pressing through your hands to arch your back towards the ceiling (cat position).
- Hold for a couple of seconds, feeling a stretch through your upper back.
- Repeat this sequence for 8-10 reps, moving smoothly between cat and cow positions.



Exercise 4: T-Spine Rotation

- Start on hands and knees with hands shoulder-width apart and knees directly below your hips.
- Straighten the right leg out to the side, then sit back on the heel of your bent knee.
- Reach your right arm under your left arm and try to touch the back of your right shoulder to the ground. Hold for 3-5 seconds.
- Put your right hand to your right ear and rotate your upper body as you point your elbow straight up to the ceiling (shift your gaze to the ceiling too).
- Return to the starting position and repeat on the left side with your left leg extended.
- Perform 8-10 reps on each side, focusing on maintaining good posture and feeling a gentle stretch through your upper back and shoulders.



Exercise 5: Supine Twist

- Lie on your back with your arms extended out to the sides, forming a "T" shape with your body.
- Bend your knees and draw them towards your chest.
- Slowly lower your knees to one side, keeping your shoulders flat on the ground and trying to touch your knees to the floor.
- Hold this position for a few seconds, feeling a stretch through your lower back and hips.
- Return to the center and then lower your knees to the opposite side.
- Hold for a few seconds and then return to the center.
- Repeat this movement for 8-10 twists on each side, focusing on controlled breathing and relaxation.



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