



OHS Boy's Basketball Program Binder



**ACADEMIC
SUCCESS**



Otsego Boy's Basketball Academic Agreement

As a **student-athlete** at OHS you are held to a high standard both on the court and in the classroom. As an athlete there are many ways in which support is provided to help you enhance your performance and achieve your athletic goals. In the same manner academic support is provided to help your performance in the classroom and achieve your academic goals. To help you achieve success in the classroom, so you can in turn achieve success on the court, the following academic support can be used to help you succeed. The supports should be discussed with your coach and decided upon based upon your individual needs.

Academic Supports: (Select All Applicable Supports)

- Attend Class On Time
- Meet With Instructor After Class
- Meet With Instructor During Office Hours
- Attend Study Sessions
- Attend Open Lab Times
- Meet With Tutors In The Learning Center
- Do Homework In The Learning Center
- Meet With A Student Success Advocate
- Meet With Your Coach
- Attend Team Study Tables

Ensuring Classroom Success: (Select All You Are Willing To Do)

- Sit In The Front Half Of Class
- Sit By Someone Who Can Help You, Not Someone Who Will Distract You
- Ask Questions During Class
- Ask One Question After Class
- Check Your Syllabus For Assignment Dates
- Keep Track Of Points On Assignments
- Turn In Assignments On Time
- Communicate Early and Often With Your Instructor (phone, email, twitter, etc.)
- Take Notes And Review Them Daily
- Ask For One Students Contact Info. In Class In Case You Miss Class Or Are Confused
- Complete All Extra Credit Assignments
- Talk To Your Coach If You Are Struggling To Form A Plan For Success

As a member of the OHS Boy's Basketball Program I agree to follow through on the above checked boxes to help me be successful as a student and an athlete.

Athlete Signature _____ Date _____

Coach Signature **Matthew Dennis**



Otsego Boy's Basketball
Academic Agreement

Top 10 Keys To Success

1. Get To School Each Day
2. Sit In The Front Of Class If Given A Choice
3. Be On Time to Class, Practice, Study Table, Meetings, etc.
4. Meet With Your Teacher After Class or After School If Needed
5. Communicate With Your Teachers and Coaches Early and Often
6. Use Study Tables and Study Sessions To Your Advantage
7. Turn In Your Assignments On Time
8. Stay Organized - Use a Planner, Your Phone, A Folder, etc.
9. Fuel Your Body With Good Foods, Plenty of Rest, Lots of Water
10. Put Yourself In Good Company and Good Situations



Otsego Boy's Basketball
Academic Agreement



**PRACTICE
INFORMATION
& IMPORTANT DATES**



Practice Requirements

Academics

Be in school and in class daily in order to participate.

All paper work turned in to Athletic Office.

Sign-up Online or in the Athletic Office

Push-Ups

50

(arms at 90 degrees)

Jump Rope

6:00 minute

(continuous)

2 Mile

Positions 1, 2 – 12 minutes 45 seconds

Positions 3, 4 – 13 minutes 45 seconds

Position 5 – 14 minutes 45 seconds



Important Dates

Free Sports Physical

First Day of Classes

Basketball Team Meeting

First Day of Conditioning

Study Table Begins

First Day of Practice



Practice Guidelines

- 1. Be dressed and on the floor (or designated area) 5 minutes prior to the starting time for stretching and/or team meetings.**
- 2. Be diligent during our stretching time. We are not stretching to fill up time or to look good. Take your stretching and flexibility seriously.**
- 3. When ever we get extra gym time prior to practice, don't just free shoot or mess around. Work on your game, especially on areas where you need to improve.**
- 4. The only excuses for missing practice are illness and/or academic pursuits. Your coach must be notified before hand.**
- 5. Practice gear will be provided. Wear your assigned gear. Keep your shorts up and shirts tucked in at all times.**
- 6. Work at game speed in drills. If you don't practice at game speed, conditioning will be a factor; your timing will be off and the game will be totally different than what you're used to.**
- 7. Practice is to be as mentally draining as it is physically draining. You must pay attention and keep your mind on what we are doing.**
- 8. Do not walk in practice. Jog to your position, getting into drills, and during water breaks.**
- 9. Stop all action on coach's command. Look at the coach and listen to what is being said. Talking will not be tolerated when a coach is teaching.**
- 10. Accept all criticism in its proper form. Profit from it. Don't take it personally.**
- 11. Leave all criticism to the coaches. Players can accept criticism from coaches but have a hard time accepting it from a teammate.**
- 12. When not in a drill be standing on the sideline ready to go in when needed.**
- 13. Ask question if you do not understand something.**
- 14. Look your coaches in the eye when they are talking with you.**
- 15. Remember, you have three choices in basketball. You can play, coach, or referee. Two of these choices are already taken.**



POSITION DESCRIPTION



Position Description

(1) Point Guard

- see the entire floor
- must have a pass first mentality
- be vocal leader on the floor
- know how to organize the offense on the floor
- push the ball up the floor by passing
- penetrate and dish the basketball to the open player
- hit the open 3 point shot
- understand good/bad shot selection
- be the best ball handler on the team/floor
- understand and control tempo
- set other players up for shots
- create space with the ball
- be a great decision maker with and without the ball
- understand clock management (shot clock and game clock)

The point guard has to be a leader on the floor before anything else. He must be a vocal leader on the offensive and defensive end. The team's offense is organized and run by the point guard. He must understand the ins and outs of the offense for the team to be at its best. He must know how to push the ball by passing first and also have the ability to break down a defender with the dribble when needed. His main role is to create opportunities for his teammates and then be able to knock down shots and get to the basket when teams over play the passing lanes. On defense he needs to be able to lock-down whomever he is guarding and not let them get to the hoop or shoot an open shot.

(2) Shooting Guard

- must have the ability to score
- good ball handler
- good penetrator
- great shooter (mid-range and 3 pt.)
- understands shot selection
- read screens correctly
- constantly moving
- good decision maker
- quick defender against perimeter players
- immediate threat on offense and defense
- understand the offense if needed to run the point

The shooting guard should be the best scorer on the team. He must have the ability to shoot from long range and be able to put the ball on the floor to get to the bucket. He needs to understand shot selection better than any other player on the floor since he has the ability to score. He must have point guard skills for when the offense is run through him or he has to set up the offense. He must sprint the floor to get ahead of the point guard to be in a position to receive the ball and score. He needs to be unselfish and be able to pass the ball out of traps or when teams focus on him defensively. On defense he must be quick, smart, and vocal to stop his man from penetrating or shooting an open 3pt shot.



Position Description

(3) Small Forward

- ability to score
- good ball handler
- good all-around shooter
- good penetrator
- understands shot selection
- reads screens correctly
- constantly moving
- aggressive rebounder
- good decision maker
- ability to guard perimeter and post players

The small forward is arguably the best all-around player on the floor. He must be able to handle the ball like a guard and also be able to go to the post. He must be able to consistently shoot from long range, have a good mid-range shot, and have a repertoire of post moves to score with. His ability to guard smaller quicker players and larger physical players will determine the success of the defense on many occasions. He must be a vocal leader who fights to gain position on offense and defense, while working as hard as possible to not get beat. He has to be able to run the floor with intensity and purpose in order to realize the full potential of this position.

(4) Power Forward

- ability to shoot 15 ft. jumper
- decent three point shooter
- can handle the ball in the open court
- good post player on the team
- great screener
- great rebounder
- finisher in the paint
- understand how to seal defenders
- attacks the rim aggressively
- draws fouls
- ability to guard aggressive post players without fouling
- runs the floor well
- great decision maker

The power forward must be the most aggressive rebounder and defender on the floor. He is a person who is not afraid to mix it up in the paint on the offensive and defensive ends of the floor. He must have a plethora of post moves to use and be able to go right and left with these moves, while being consistent from 15 ft. and occasionally stepping out to knock down the three pt. shot. His main responsibility will be to guard the other team's best post player and rebounder. His ability to win the battle of the boards and guard other post players without fouling will play a big part in our ability to push the ball and run in transition. He must be a player who scores off of put-backs, tip-ins, and inside 15 ft. His ability to run the floor from end to end without tiring is a must for this position.



Position Description

(5) Forward / Center

- decent 15 ft. shooter
- great post player
- great hands
- great finisher around the bucket
- great rebounder
- draws fouls
- good screener
- vocal leader on defense
- runs the floor well
- good free throw shooter
- alter opponents shots

The forward/center is typically one of the taller players on the floor. He must be able to receive tough passes and finish while taking contact around the rim. The main difference in the two positions is the forward/center's ability to be a threat in the post on offense and defense. His ability to draw a foul, finish with the play, and shoot free throws consistently will add a variety advantages offensively and in end of game situations. Being able to play with his back to the basket and finishing with strong post moves is crucial. The forward/center must also be able to pass out of the post when double teamed and when players cut off of him. He has to be a solid rebounder who does not shy away from contact and will mix it up under the bucket. Lastly, the forward/center must be able to alter opponents shots and not allowing any easy buckets.



Basketball Workouts

Shooting / Ball Handling



Post Drills

Dunking Drills:

Using two hands dunk the basketball from a stationary position 5 times in 12 seconds. If you cannot dunk with two hands use one hand.

- A. Spin the ball out in front of you
- B. Jump stop and catch the ball
- C. Pivot and jump to dunk the ball
- D. Completed after 3 sets of 5

Power Lay-ups:

Position yourself above the block and do 5 power lay-ups to the baseline.

- A. Spin the ball out in front of you
- B. Fake and look left while you drop step with the right foot
- C. Take one low power dribble as you gather yourself and jump stop
- D. Shoot a power lay-up

Baby Hooks:

Position yourself above the block and do 5 baby hooks to the middle.

- A. Spin the ball out in front of you
- B. Fake and look right while you drop step with the left foot
- C. Pivot to the left and shoot a baby hook
- D. Make sure not to show the ball to the defender when shooting

Lateral Quickness Drill:

Straddle the lane line and shuffle to the opposite lane line 5 times in 8 seconds.

- A. Slap the floor to begin
- B. Start with your lead step (the foot that is inside the paint)
- C. Shuffle step across the lane
- D. Touch the lane line on the opposite side and shuffle back
- E. Completed after 3 sets of 5 touches in 8 seconds

Dribbling Drills:

- A. 2 ball knee high dribble – 25 time
- B. 2 ball pepper dribble – 25 times
- C. 2 ball figure eight – 5 times right, 5 times left
- D. 1 ball around right leg – 5 times
- E. 1 ball around left leg – 5 times
- F. 1 ball around both legs – 5 times right, 5 times left
- G. 1 ball push-pull dribble – 10 times right, 10 times left
- H. 2 ball push-pull dribble – 10 times
- I. 2 ball V-Bounce – 20 times right, 20 times left



Perimeter Drills

Quickness/Dribbling Drills:

- A. Spin the ball around your waste 100 times in one minute (switch directions at 50)
- B. 1 ball Spider Dribble (25 times in rhythm)
- C. Ball drops front-to-back, side-to-side (5 times without ball hitting the floor)
- D. 2 ball figure eights
- E. 2 ball windshield wipers (front-to-back, side-to-side)
- F. 2 ball push/pull dribble – 20 times
- G. 2 ball around right leg – 5 times right, 5 times left
- H. 2 ball around left left leg – 5 times, times right, 5 times left
- I. 2 ball full court same time – 4 times
- J. 2 ball full court alternating – 4 times
- K. 2 ball V-Bounce – 20 times right, 20 times left

15 foot shot off dribble:

Position yourself above the at the top of the key.

- A. Take two hard dribbles to the free throw elbow
- B. Shoot the 15 foot jump shot (make 5 from each side)

(The key is to eliminate the amount of time between the ball hitting the floor and coming back to your shooting pocket for the shot.)

- C. Completed after 3 sets of 5 from both elbows

50 in 5:

- A. Make 25 mid-range shots and 25 three point shots in 5 minutes.
- B. Completed when you make 50 shots or 5 minutes is up
- C. You could do this only shooting mid-range or only shoot three point shots as well

Lateral Quickness Drill:

Straddle the lane line and shuffle to the opposite lane line and back 5 times in 8 seconds.

- A. Slap the floor to begin
- B. Start with your lead step (the foot that is inside the paint)
- C. Shuffle step across the lane
- D. Touch the lane line on the opposite side and shuffle back
- E. Completed after 3 sets of 5 touches in 8 seconds



Perimeter Drills

Form Shooting (no glass shots)

8-10 ft. from basket make 10
12 – 15 ft. from basket make 10

Free Throws* make 5

3-point shots off the dribble

Free Throws* make 5

- crossover left make 5

- crossover right make 5

15 ft. Elbow Shots

- inside/out pass shot make

- right elbow make 10

10

- left elbow make 10

- in and out right make 5

- in and out left make 5

Free Throws* make 5

Free Throws* make 5

12 - 15 ft. Glass Shots

- various spots make 25

15 or Three Point Shots

Shot Fake, One Dribble, Shoot

Free Throws* make 5

- shot fake right make 10

- shot fake left make 10

3-point Shots

- various spots make 20

Free Throws* make 5

- top of key make 5

15 ft. Shots

Free Throws* make 5

Dribble, Jump Stop, Pivot, Balance, Shot

15 ft. shots off the dribble

- pivot right make 5

- crossover left make 5

- pivot left make 5

- crossover right make 5

- stutter right make 5

Three Point Shots

- stutter left make 5

- various spots make 5

- in and out right make 5

- in and out left make 5

*Outside Leg Shuffle For Every Missed Free Throw



Post Drills

Form Shooting (no glass shots)

8-10 ft. from basket make 10

12 – 15 ft. from basket make 10

Free Throws* make 20

15 ft. Elbow Shots

- right elbow make 10

- left elbow make 10

Free Throws* make 5

8 - 10 ft. Inside Pivot Glass Shots

- various spots make 20

Free Throws* make 5

3-point Shots

- various spots make 10

- top of key make 5

Free Throws* make 5

Post Moves Right Block

- baseline drop stepmake 10

- middle drop step make 10

- inside pivot right make 5

- inside pivot left make 5

Free Throws* make 5

Post Moves Left Block

- baseline drop stepmake 10

- middle drop step make 10

- inside pivot right make 5

- inside pivot left make 5

Free Throws* make 5

10 - 12 ft. baseline shots

- right side make 10

- left side make 10

Free Throws* make 5

15 ft. Shot Fake, One Dribble, Shoot

- shot fake right make 10

- shot fake left make 10

Free Throws* make 5

15 ft. Shots

Dribble, Jump Stop, Pivot, Balance, Shoot

- pivot right make 5

- pivot left make 5

Free Throws* make 10

*Outside Leg Shuffle For Every Missed Free Throw



Spartan Shooting Drill

Spartan Shooting is a way for players to earn the right to shoot the ball when they are open. To help accomplish this goal, the Spartan Shooting Drill has been implemented as a way for players to show the coaches that they have the **stamina, skills, accuracy, and intellect** to be called a shooter in our program. Players must complete this once a week to continually have the green light.

Stamina – the ability to shoot the ball with correct form when physically exhausted

Skills – proper foot placement, balance, ball placement, form, rhythm, and release when shooting

Accuracy – to consistently hit open shots under pressure

Intellect – understanding what a good shot is based upon range and defensive proximity, along with understanding game tempo, shot clock, game clock, and offensive strategy

- Must hit over 45/60 3's in the Spartan Shooting Series to not have a 2 miss limit in games. This means you would have 3 attempts provided within the offense or under 5 seconds on the clock.
- To receive the **“green light”** and shoot the 3 at any time, you have to make 50+/75+ 3's in the 10/15 minute shooting series. Players who complete 50+/75+ 3's are the only players who can shoot when Spartan is called. “Spartan” offense will automatically slow the ball and get the ball to the “green light” shooters.

Spartan Shooting Series (10 Minute High School / 15 Minute College)

1. Make 40 Mikans
2. Swish Drill (8 short shots, 8 lane shots, 2 free throws)
 - a. Rebound your own shot
 - b. If you miss, the ball cannot hit the floor or you start over
 - c. If you catch the miss before it hits the floor you can go to the next spot
3. Elbow Lay-Ups
 - a. Make 10 in a row (one dribble in, one dribble out)
 - b. Use proper footwork and shoot with the proper hand
4. Elbow / Free Throw Shots
 - a. Make 4 in a row from each elbow (8 total)
 - b. Make 4 Free Throws in a row
 - c. Rebound your own shot
5. Shoot 3 pointers
 - a. Use the rest of the time to shoot 3's

Green Light Shooter

50+ (high school) 75+ (college) made 3's

- shoot 3's when open at any time, as long as it is in their range
- the person we are trying to get open and the ball to when “Spartan” is called
- shot clock, game clock, and game situations may dictate otherwise

Yellow Light Shooter

40-49 (high school) 60 - 74 (college) made 3's

- shoot 3's when they are created within the offense – (inside/out pass, penetrate/kick pass, skip pass, etc)
- has the 2 consecutive miss limit

Red Light Shooter

Less than 40 (high school) 60 (college) 3's

- shoot the 3 only when the clock is running out



Basketball Workouts

Perimeter Players



Perimeter Player Gym Workout – 250 makes

Quickness/Dribbling Drills:

- A. Spin the ball around your waste 100 times in one minute (switch directions at 50)
- B. 1 ball Spider Dribble (25 times in rhythm)
- C. Ball drops front-to-back, side-to-side (5 times without ball hitting the floor)
- D. 2 ball figure eights
- E. 2 ball windshield wipers (front-to-back, side-to-side)
- F. 2 ball push/pull dribble – 20 times
- G. 2 ball around right leg – 5 times right, 5 times left
- H. 2 ball around left left leg – 5 times, times right, 5 times left
- I. 2 ball full court same time – 4 times
- J. 2 ball full court alternating – 4 times
- K. 2 ball V-Bounce – 20 times right, 20 times left

15 foot shot off dribble:

Position yourself above the at the top of the key.

- A. Take two hard dribbles to the free throw elbow
- B. Shoot the 15 foot jump shot (make 5 from each side)

(The key is to eliminate the amount of time between the ball hitting the floor and coming back to your shooting pocket for the shot.)

- C. Completed after 3 sets of 5 from both elbows

50 in 5:

- A. Make 25 mid-range shots and 25 three point shots in 5 minutes.
- B. Completed when you make 50 shots or 5 minutes is up
- C. You could do this only shooting mid-range or only shoot three point shots as well

Lateral Quickness Drill:

Straddle the lane line and shuffle to the opposite lane line and back 5 times in 8 seconds.

- A. Slap the floor to begin
- B. Start with your lead step (the foot that is inside the paint)
- C. Shuffle step across the lane
- D. Touch the lane line on the opposite side and shuffle back
- E. Completed after 3 sets of 5 touches in 8 seconds

*** Outside Leg Shuffle for every free throw missed**



Perimeter Player Gym Workout – 250 makes

Form Shooting (no glass shots)		- in and out right	make 5
8-10 ft. from basket	make 10	- in and out left	make 5
12 – 15 ft. from basket	make 10		
		Free Throws*	make 5
Free Throws*	make 5		
		3-point shots off the dribble	
15 ft. Elbow Shots		- crossover left	make 5
- right elbow	make 10	- crossover right	make 5
- left elbow	make 10	- inside/out pass shot	make 10
		- in and out right	make 5
Free Throws*	make 5	- in and out left	make 5
12 - 15 ft. Glass Shots		Free Throws*	make 5
- various spots	make 25		
		15 – 20ft. Shots	
Free Throws*	make 5	Shot Fake, One Dribble, Shoot	
		- shot fake right	make 10
3-point Shots		- shot fake left	make 10
- various spots	make 20		
- top of key	make 5	Free Throws*	make 5
Free Throws*	make 5	15 ft. Shots	
15 ft. shots off the dribble		Dribble, Jump Stop, Pivot, Balance, Shot	
- crossover left	make 5	- pivot right	make 5
- crossover right	make 5	- pivot left	make 5
- stutter right	make 5		
- stutter left	make 5	Three Point Shots	
		- various spots	make 5

*** Outside Leg Shuffle for every free throw missed**



Basketball Workouts

Post Players



Post Player Gym Workout – 250 makes

Post Drills

Dunking Drills:

Using two hands dunk the basketball from a stationary position 5 times in 12 seconds. If you cannot dunk with two hands use one hand.

- A. Spin the ball out in front of you
- B. Jump stop and catch the ball
- C. Pivot and jump to dunk the ball
- D. Completed after 3 sets of 5

Power Lay-ups:

Position yourself above the block and do 5 power lay-ups to the baseline.

- A. Spin the ball out in front of you
- B. Fake and look left while you drop step with the right foot
- C. Take one low power dribble as you gather yourself and jump stop
- D. Shoot a power lay-up

Baby Hooks:

Position yourself above the block and do 5 baby hooks to the middle.

- A. Spin the ball out in front of you
- B. Fake and look right while you drop step with the left foot
- C. Pivot to the left and shoot a baby hook
- D. Make sure not to show the ball to the defender when shooting

Lateral Quickness Drill:

Straddle the lane line and shuffle to the opposite lane line 5 times in 8 seconds.

- A. Slap the floor to begin
- B. Start with your lead step (the foot that is inside the paint)
- C. Shuffle step across the lane
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Dribbling Drills:

- A. 2 ball knee high dribble – 25 time
- B. 2 ball pepper dribble – 25 times
- C. 2 ball figure eight – 5 times right, 5 times left
- D. 1 ball around right leg – 5 times
- E. 1 ball around left leg – 5 times
- F. 1 ball around both legs – 5 times right, 5 times left
- G. 1 ball push-pull dribble – 10 times right, 10 times left
- H. 2 ball push-pull dribble – 10 times
- I. 2 ball V-Bounce – 20 times right, 20 times left

*** Outside Leg Shuffle for every free throw missed**



Post Player Gym Workout – 250 makes

Form Shooting (no glass shots)

8-10 ft. from basket make 10

12 – 15 ft. from basket make 10

Free Throws* make 20

15 ft. Elbow Shots

- right elbow make 10

- left elbow make 10

Free Throws* make 5

8 - 10 ft. Inside Pivot Glass Shots

- various spots make 20

Free Throws* make 5

3-point Shots

- various spots make 10

- top of key make 5

Free Throws* make 5

Post Moves Right Block

- baseline drop stepmake 10

- middle drop step make 10

- inside pivot right make 5

- inside pivot left make 5

Free Throws* make 5

Post Moves Left Block

- baseline drop stepmake 10

- middle drop step make 10

- inside pivot right make 5

- inside pivot left make 5

Free Throws* make 5

10 - 12 ft. baseline shots

- right side make 10

- left side make 10

Free Throws* make 5

15 ft. Shot Fake, One Dribble, Shoot

- shot fake right make 10

- shot fake left make 10

Free Throws* make 5

15 ft. Shots

Dribble, Jump Stop, Pivot, Balance, Shoot

- pivot right make 5

- pivot left make 5

Free Throws* make 10

*Outside Leg Shuffle For Every Missed Free Throw

*** Outside Leg Shuffle for every free throw missed**



Bronco Shooting

Bronco Shooting is a way for players to earn the right to shoot the ball when they are open. To help accomplish this goal, the Bronco Shooting has been implemented as a way for players to show the coaches that they have the **stamina, skills, accuracy,** and **intellect** to be called a shooter in our program. Players must complete this once a week to continually have the green light.

Stamina – the ability to shoot the ball with correct form when physically exhausted

Skills – proper foot placement, balance, ball placement, form, rhythm, and release when shooting

Accuracy – to consistently hit open shots under pressure

Intellect – understanding what a good shot is based upon range and defensive proximity, along with understanding game tempo, shot clock, game clock, and offensive strategy

- Must hit over 40/60 3's in the Bronco Shooting to not have a 2 miss limit in games. This means you would have 3 attempts provided within the offense or under 5 seconds on the clock.
- To receive the “**green light**” and shoot the 3 at any time, you have to make 50+/75+ 3's in the 10/15 minute shooting series. Players who complete 50+/75+ 3's are the only players who can shoot when Bronco is called. “Bronco” offense will automatically slow the ball and get the ball to the “green light” shooters.

Bronco Shooting (10 Minute High School / 15 Minute College)

1. Make 40 Mikans
2. Swish Drill (8 short shots, 8 lane shots, 2 free throws)
 - a. Rebound your own shot
 - b. If you miss, the ball cannot hit the floor
 - c. If you catch the miss before it hits the floor you can shoot the shot again
 - d. If the ball hits the floor you start the Swish Drill over
3. Elbow Lay-Ups
 - a. Make 10 in a row (one dribble in, one dribble out)
 - b. Use proper footwork and shoot with the proper hand
4. Elbow / Free Throw Shots
 - a. Make 4 in a row from each elbow (8 total)
 - b. Make 4 Free Throws in a row
 - c. Rebound your own shot
5. Shoot 3 pointers
 - a. Use the rest of the time to shoot 3's

Green Light Shooter

50+ (high school) 75+ (college) made 3's

- shoot 3's when open at any time, as long as it is in their range
- the person we are trying to get open and the ball to when “Bronco” is called
- shot clock, game clock, and game situations may dictate otherwise

Yellow Light Shooter

40-49 (high school) 60 - 74 (college) made 3's

- shoot 3's when they are created within the offense – (inside/out pass, penetrate/kick pass, skip pass, etc)
- has the 2 consecutive miss limit

Red Light Shooter

Less than 40 (high school) 60 (college) 3's

- shoot the 3 only when the clock is running out



**Boy's Basketball
Off-Season
Workout Program**



Table of Contents

Weight Training Summary	3
Cardiovascular Summary	4
Plyometric Summary	5
Flexibility Program Summary	5
Basketball Gym Workout Summary	6
Weight / Cardio/ Plyometric / Flexibility	7
Weight Training Summary	8
Cardiovascular / Plyometric Training Summary	9
Weight, Cardio, and Plyometric Workout Schedule	10-33
- Monday (Upper Body)	
- Tuesday (Lower Body)	
- Wednesday (Cardio / Plyometrics)	
- Thursday (Upper Body)	
- Friday (Lower Body)	
- Saturday (Cardio / Plyometrics)	
Perimeter / Post Player Workouts	34
- Perimeter Gym Workout	35
- Post Player Gym Workout	36
Weight / Plyometric / Flexibility Diagrams	37
Weight Training Diagrams	38
Plyometric Diagrams	39
Flexibility Program Diagrams	40
Notes	41-43



Weight Training Summary

In order to be fully prepared to compete at the college level you must get yourself ready by spending time in the weight room in the off-season. During the off-season you will be building strength and muscle size for the upcoming season. It is extremely difficult to add physical size with in-season weight training because of the number of calories you will burn in practice and games. This makes your off-season weight training even more important.

The weight-training program is to be done four times per week. On Monday and Thursday you will work your upper body, Tuesday and Friday you will work your lower body, and Wednesday, Saturday, and Sunday you will not weight-train.

Heavy workouts are done on Monday for upper body and Tuesday for lower body. These heavy workouts should not be done to failure during each set, although the last 2 or 3 reps may require you to have help from a spotter. If you need help half way through your set, you are trying to lift too much weight. Allow for a minimum of 30 seconds but no more than 90 seconds of rest between each set.

Light workouts are to be done on Thursday for upper body and Friday for lower body. These workouts should be done with 10%-15% less weight than your heavy workouts. You should not need any help completing any of your sets on your light days. It is still important to have a spotter during each exercise. Allow for a minimum of 30 seconds but no more than 90 seconds rest between each set.

The flexibility program is listed at the bottom of each of the days weight-training session to be done after warming up, during training, and after weight training. You will not need to do every exercise listed every day, but you should use the exercises that correspond with

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the muscles being trained on a specific day. The flexibility program is to help you gain flexibility and prevent injury.

Cardiovascular Training Summary

It is estimated that a college basketball player will run between 4 - 6 miles during a game. This running is not constant like running in a race, but is constant in terms of movements such as backpedaling, pivoting, jumping, sprinting, shuffling, boxing out, etc. With this in mind, it is essential that players come in to the upcoming season with a cardiovascular base to build upon.

Your cardiovascular base will be built in 1 and 1.5 mile runs 2x per week. Runs are to be done on Wednesday and Saturday each week. You should be able to run the times listed no later than the end of the summer. If you cannot run the times listed you may need to add a third day of running to your schedule to make sure you are prepared for fall conditioning.

The goal of cardiovascular training is not to keep you out of the gym, but open gym basketball is not at the same rate or pace as a college game and will not prepare you entirely for the season. Since we want you to play as much as possible in the off-season, you are aloud to substitute one of your weekly runs with pick-up basketball games in open gym. It is still important to do one run that constantly keeps your heart rate up and prepares you for the upcoming season.

The more miles you run outside of playing open gym basketball the greater advantage you will have when conditioning and practice start in the fall. Not only will you be more prepared, you will be less likely to suffer an injury.

The flexibility program, which is explained in the last section, should be done immediately after your cardiovascular training.

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Plyometric Training Summary

While weight-training and cardiovascular training are important to being prepared for the rigors of the college basketball season, they do not address the exact movements you use in a game. This is where plyometrics comes in to play. Plyometrics are a series of movements that require you to jump, sprints, change directions, change pace, use coordination, agility, and stamina just as you would in a game.

The plyometric program you are to do is done two times per week on Wednesday and Saturday directly after you finish your cardiovascular training. The first jump rope exercise is designed for endurance, every other exercise is designed to do a combination of five things: improve quickness, improve balance, gain explosiveness, gain power and improve overall agility.

Plyometric exercises are designed to be short and intense. Even though the exercises do not take a lot of time you should allow yourself a minimum of 30 seconds but no more than 90 seconds rest between sets. If done consistently, and correctly, an increase in speed, vertical jump, lateral shuffle, balance, and quickness will be noticed.

One last thing, if you decide to substitute one of your runs for open gym, you still need to complete your plyometric training.

Flexibility Program Summary

The flexibility program is not a workout in itself, but is essential to gaining as much as you can in each of the workouts listed. This program is designed with both static stretching and stretching through movement. Each exercise should be done for 20 - 30 seconds to gain the full benefit. You can implement the exercises listed in the program at any time throughout

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your workout, but you should always finish your workout with the flexibility program to ensure flexibility and to minimize any chance of injury.

Basketball Gym Workout Summary

The basketball workouts are split up into two separate categories: perimeter players and post players. The perimeter player workout focuses on free throws, outside shooting, and ball handling. The post player workout focuses on free throws, post moves, and mid-range shooting. Both workouts have a main focus of making 250 shots. The workout should be intense; if it isn't, you are not going hard enough.

You should find the workout will become shorter as the summer progresses. This is because it will take fewer attempts to get to 250 makes. If you have time to do more you can. If you would like to add more drills and shots go ahead, but do not substitute new drills for the ones listed in the workouts. The drills given to you are specific to what you will be asked to do this season. We want you to practice drills that will make you and our team successful this coming season.

Drills that can be added to each workout:

- 1 ball dribbling
 - o Behind the back, between the legs
 - o Full court speed dribble (make it full court in four dribbles)
- 2 ball dribbling
 - o Behind the back, between the legs, crossover, stutter, in and out move
 - o Backpedaling, alternating back and forth, speed dribble full court
- 2 ball Pepper dribbling (low to the ground)
 - o Around one leg, around both legs, figure 8
- Shooting
 - o Power lay-ups, off of two feet
 - o Make as many free throws in a row as you can
 - o Shoot over a chair or workout partner
 - o Shoot quickly while keeping balance and form- 12 – 15 ft.

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Weight Training
“Strength & Size”

Cardio Training
“Endurance”

Plyometric Training
“Speed & Agility”

Flexibility Program
“Flexibility & Injury Prevention”



Weight Training

Monday / Thursday	Wks 1 – 3	Wks 4 – 6	Wks 7 – 9	Wks 10 - 12
• Bench Press	3x6-8	4x6-8	3x8-10	4x8-10
• Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12	2x10-12
• Triceps Extensions	3x6-8	3x8-10	4x6-8	4x8-10
• Dumbbell Curls	3x6-8	3x8-10	4x6-8	4x8-10
• Push- Ups	2x25	2x35	2x45	2x55
• Planks	2x45sec.	3x45sec.	2x60sec.	3x60sec.
• Flexibility Program				
Tuesday / Friday	Wks 1 – 3	Wks 4 – 6	Wks 7 – 9	Wks 10 – 12
• Squat	3x8-10	3x6-8	4x6-8	4x8-10
• DeadLift	3x8-10	3x6-8	4x6-8	4x8-10
• Leg Curl	3x8-10	3x6-8	4x6-8	4x8-10
• Calf Raises	2x25	2x35	3x25	3x35
• Pull-Downs	3x8-10	3x6-8	4x6-8	4x8-10
• Pull-Ups	2x5	2x7	3x5	3x7
• Flexibility Program				

The off-season workout is designed to increase muscular size and body weight and to develop overall strength. Workouts are to be done four times per week with each body part being trained twice per week. A light-heavy system should be used, with one day a week being heavy and one day being light (85% of the weight you use on a heavy day). Weight should be increased on each set on both days.

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Cardio Training

Wednesday/Saturday	Wks 1 – 3	Wks 4 – 6	Wks 7 – 9	Wks 10 - 12
• Distance	1.5 mile	2 miles	2.5 miles	3 miles
• Time (minutes)				
Position 1,2,3	under 9:45	under 13:15	under 16:45	under 20:15
Position 3, 4	under 10:45	under 14:15	under 17:45	under 21:15
Position 5	under 11:45	under 15:15	under 18:45	under 22:15
• Sprint (yards)	6 – 40/8 – 20	6 – 40/8 – 20	8 – 40/10 – 20	8 – 40/10 – 20

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

Wednesday/Saturday	Wks 1 – 3	Wks 4 – 6	Wks 7 – 9	Wks 10 - 12
• Jump Rope				
o Endurance	4:00	5:00	6:00	7:00
o Speed	3x50	3x50	4x50	4x50
o Balance	3x25	3x25	3x25	3x25
• Ankle Jumps	3x12	4x10	3x15	4x12
• Vertical Jumps	3x10	4x8	3x12	4x10
• Squat Jumps	3x10	4x8	3x12	4x10
• Lateral Jumps	3x10	4x8	3x12	4x10
• Side Lunges	3x10	3x10	3x10	3x10
• Flexibility Program				

Flexibility Program

The flexibility program should be done as a part of each workout. Each stretch or exercise should be done for 20 – 30 seconds. The more time you spend doing the Flexibility Program the more you will increase your flexibility and agility and the greater chance you have of staying injury free.

Ankle Rolls
Hamstring Stretch
Lower-Back Stretch
Shoulder Stretch
High Knees

Groin Stretch
Quadriceps Stretch
Side Bends
Chest Stretch
Butt Kicks

Back Pedal
Front Lunges
Skip
Side Lunges
Sumo Walk

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Monday

Weight Training

	Week 1	Week 2	Week 3
● Bench Press	3x6-8	3x6-8	3x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
● Triceps Extensions	3x6-8	3x6-8	3x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Dumbbell Curls	3x6-8	3x6-8	3x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Push- Ups	2x25	2x25	2x25
Number	_____	_____	_____
Number	_____	_____	_____
● Planks	2x45sec.	2x45sec.	2x45sec.
Time	_____	_____	_____
Time	_____	_____	_____
● Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Monday

Weight Training

	Week 4	Week 5	Week 6
• Bench Press	4x6-8	4x6-8	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
• Triceps Extensions	3x8-10	3x8-10	3x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Dumbbell Curls	3x8-10	3x8-10	3x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Push- Ups	2x35	2x35	2x35
Number	_____	_____	_____
Number	_____	_____	_____
• Planks	3x45sec.	3x45sec.	3x45sec.
Time	_____	_____	_____
Time	_____	_____	_____
Time	_____	_____	_____
• Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Monday

Weight Training

	Week 7	Week 8	Week 9
● Bench Press	3x8-10	3x8-10	3x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
● Triceps Extensions	4x6-8	4x6-8	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Dumbbell Curls	4x6-8	4x6-8	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Push- Ups	2x45	2x45	2x45
Number	_____	_____	_____
Number	_____	_____	_____
● Planks	2x60sec.	2x60sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
● Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Monday

Weight Training

	Week 10	Week 11	Week 12
● Bench Press	4x8-10	4x8-10	4x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
● Triceps Extensions	4x8-10	4x8-10	4x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Dumbbell Curls	4x8-10	4x8-10	4x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Push- Ups	2x55	2x55	2x55
Number	_____	_____	_____
Number	_____	_____	_____
● Planks	2x60sec.	2x60sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
● Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Tuesday

Weight Training

		Week 1	Week 2	Week 3
• Squat		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		2x25	2x25	2x25
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x5	2x5	2x5
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Tuesday

Weight Training

		Week 4	Week 5	Week 6
• Squat		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		2x35	2x35	2x35
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x7	2x7	2x7
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Tuesday

Weight Training

		Week 7	Week 8	Week 9
• Squat		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		3x25	3x25	3x25
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x5	2x5	2x5
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Tuesday

Weight Training

		Week 10	Week 11	Week 12
• Squat		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		3x35	3x35	3x35
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x7	2x7	2x7
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Wednesday

Cardiovascular Training

	Week 1	Week 2	Week 3
• Distance	1.5 mile	1.5 miles	1.5 miles
• Time (minutes)			
Position 1,2	under 9:45	under 9:45	under 9:45
Position 3,4	under 10:45	under 10:45	under 10:45
Position 5	under 11:45	under 11:45	under 11:45
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	6 – 40/8 – 20	6 – 40/8 – 20	8 – 40/10 – 20

Plyometric Training

	Week 1	Week 2	Week 3
• Jump Rope			
o Endurance	4:00	4:00	4:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	3x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x12	3x12	3x12
• Vertical Jumps	3x10	3x10	3x10
• Squat Jumps	3x10	3x10	3x10
• Lateral Jumps	3x10	3x10	3x10
• Side Lunges	3x10	3x10	3x10

Flexibility Program

Endurance	– continuous jumping on two feet without stopping
Speed	– continuous jumping on two feet as fast as you can
Balance	– jumping on one leg continuously, keeping your balance and staying under control
	– jumps should be done on right leg and then on left leg

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Wednesday

Cardiovascular Training

	Week 4	Week 5	Week 6
• Distance	2 mile	2 mile	2 mile
• Time (minutes)			
Position 1,2	under 13:15	under 13:15	under 13:15
Position 3,4	under 14:15	under 14:15	under 14:15
Position 5	under 15:15	under 15:15	under 15:15
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	6 – 40/8 – 20	6 – 40/8 – 20	6 – 40/8 – 20

Plyometric Training

	Week 4	Week 5	Week 6
• Jump Rope			
o Endurance	5:00	5:00	5:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	3x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	4x10	4x10	4x10
• Vertical Jumps	4x8	4x8	4x8
• Squat Jumps	4x8	4x8	4x8
• Lateral Jumps	4x8	4x8	4x8
• Side Lunges	3x10	3x10	3x10

Flexibility Program

Endurance	– continuous jumping on two feet without stopping
Speed	– continuous jumping on two feet as fast as you can
Balance	– jumping on one leg continuously, keeping your balance and staying under control
	– jumps should be done on right leg and then on left leg

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Wednesday

Cardiovascular Training

	Week 7	Week 8	Week 9
• Distance	2.5 mile	2.5 miles	2.5 miles
• Time (minutes)			
Position 1,2	under 16:45	under 16:45	under 16:45
Position 3,4	under 17:45	under 17:45	under 17:45
Position 5	under 18:45	under 18:45	under 18:45
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	8 – 40/10 – 20	8 – 40/10 – 20	8 – 40/10 – 20

Plyometric Training

	Week 7	Week 8	Week 9
• Jump Rope			
o Endurance	6:00	6:00	6:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	4x50	4x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x15	3x15	3x15
• Vertical Jumps	3x12	3x12	3x12
• Squat Jumps	3x12	3x12	3x12
• Lateral Jumps	3x12	3x12	3x12
• Side Lunges	3x10	3x10	3x10

Flexibility Program

Endurance – continuous jumping on two feet without stopping
Speed – continuous jumping on two feet as fast as you can
Balance – jumping on one leg continuously, keeping your balance and staying under control
– jumps should be done on right leg and then on left leg

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Wednesday

Cardiovascular Training

	Week 10	Week 11	Week 12
• Distance	3 mile	3 mile	3 mile
• Time (minutes)			
Position 1,2	under 20:15	under 20:15	under 20:15
Position 3,4	under 21:15	under 21:15	under 21:15
Position 5	under 22:15	under 22:15	under 22:15
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	8 – 40/10 – 20	8 – 40/10 – 20	8 – 40/10 – 20

Plyometric Training

	Week 10	Week 11	Week 12
• Jump Rope			
o Endurance	7:00	7:00	7:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	4x50	4x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	4x12	4x12	4x12
• Vertical Jumps	4x10	4x10	4x10
• Squat Jumps	4x10	4x10	4x10
• Lateral Jumps	4x10	4x10	4x10
• Side Lunges	3x10	3x10	3x10

Flexibility Program

- Endurance – continuous jumping on two feet without stopping
Speed – continuous jumping on two feet as fast as you can
Balance – jumping on one leg continuously, keeping your balance and staying under control
– jumps should be done on right leg and then on left leg

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Thursday

Weight Training

	Week 1	Week 2	Week 3
• Bench Press	3x6-8	3x6-8	3x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
• Triceps Extensions	3x6-8	3x6-8	3x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Dumbbell Curls	3x6-8	3x6-8	3x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Push- Ups	2x25	2x25	2x25
Number	_____	_____	_____
Number	_____	_____	_____
• Planks	2x45sec.	2x45sec.	2x45sec.
Time	_____	_____	_____
Time	_____	_____	_____
• Flexibility Program			

Thursday is a light lift day. The weight used should be about 85% of what you used on Monday. You should be able to complete each set without help, make sure to use a spotter for safety.

“Some people dream of success while others wake up and work at it.” – unknown author



Thursday

Weight Training

	Week 4	Week 5	Week 6
• Bench Press	4x6-8	4x6-8	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
• Triceps Extensions	3x8-10	3x8-10	3x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Dumbbell Curls	3x8-10	3x8-10	3x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Push- Ups	2x35	2x35	2x35
Number	_____	_____	_____
Number	_____	_____	_____
• Planks	3x45sec.	3x45sec.	3x45sec.
Time	_____	_____	_____
Time	_____	_____	_____
Time	_____	_____	_____
• Flexibility Program			

Thursday is a light lift day. The weight used should be about 85% of what you used on Monday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Thursday

Weight Training

	Week 7	Week 8	Week 9
• Bench Press	3x8-10	3x8-10	3x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
• Triceps Extensions	4x6-8	4x6-8	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Dumbbell Curls	4x6-8	4x6-8	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Push- Ups	2x45	2x45	2x45
Number	_____	_____	_____
Number	_____	_____	_____
• Planks	2x60sec.	2x60sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
• Flexibility Program			

Thursday is a light lift day. The weight used should be about 85% of what you used on Monday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Thursday

Weight Training

	Week 10	Week 11	Week 12
● Bench Press	4x8-10	4x8-10	4x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Incline Dumbbell Flies	2x10-12	2x10-12	2x10-12
Weight	_____	_____	_____
Weight	_____	_____	_____
● Triceps Extensions	4x8-10	4x8-10	4x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Dumbbell Curls	4x8-10	4x8-10	4x8-10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Push- Ups	2x55	2x55	2x55
Number	_____	_____	_____
Number	_____	_____	_____
● Planks	3x60sec.	3x60sec.	3x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
● Flexibility Program			

Thursday is a light lift day. The weight used should be about 85% of what you used on Monday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Friday

Weight Training

		Week 1	Week 2	Week 3
• Squat		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		2x25	2x25	2x25
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x5	2x5	2x5
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Friday is a light lift day. The weight used should be about 85% of what you used on Tuesday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Friday

Weight Training

		Week 4	Week 5	Week 6
• Squat		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x8-10	3x8-10	3x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		2x35	2x35	2x35
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x6-8	3x6-8	3x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x7	2x7	2x7
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Friday is a light lift day. The weight used should be about 85% of what you used on Tuesday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Friday

Weight Training

		Week 7	Week 8	Week 9
• Squat		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		3x25	3x35	3x35
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		4x6-8	4x6-8	4x6-8
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		3x5	3x5	3x5
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Friday is a light lift day. The weight used should be about 85% of what you used on Tuesday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Friday

Weight Training

		Week 10	Week 11	Week 12
• Squat		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Calf Raises		3x35	3x35	3x35
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		4x8-10	4x8-10	4x8-10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		3x7	3x7	3x7
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Friday is a light lift day. The weight used should be about 85% of what you used on Tuesday. You should be able to complete each set without help, make sure to use a spotter for safety.

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Saturday

Cardiovascular Training

	Week 1	Week 2	Week 3
• Distance	1.5 mile	1.5 miles	1.5 miles
• Time (minutes)			
Position 1,2	under 9:45	under 9:45	under 9:45
Position 3,4	under 10:45	under 10:45	under 10:45
Position 5	under 11:45	under 11:45	under 11:45
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	6 – 40/8 – 20	6 – 40/8 – 20	8 – 40/10 – 20

Plyometric Training

	Week 1	Week 2	Week 3
• Jump Rope			
o Endurance	4:00	4:00	4:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	3x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x12	3x12	3x12
• Vertical Jumps	3x10	3x10	3x10
• Squat Jumps	3x10	3x10	3x10
• Lateral Jumps	3x10	3x10	3x10
• Side Lunges	3x10	3x10	3x10

Flexibility Program

Endurance – continuous jumping on two feet without stopping
Speed – continuous jumping on two feet as fast as you can
Balance – jumping on one leg continuously, keeping your balance and staying under control
– jumps should be done on right leg and then on left leg

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Saturday

Cardiovascular Training

	Week 4	Week 5	Week 6
• Distance	2 mile	2 mile	2 mile
• Time (minutes)			
Position 1,2	under 13:15	under 13:15	under 13:15
Position 3,4	under 14:15	under 14:15	under 14:15
Position 5	under 15:15	under 15:15	under 15:15
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	6 – 40/8 – 20	6 – 40/8 – 20	6 – 40/8 – 20

Plyometric Training

	Week 4	Week 5	Week 6
• Jump Rope			
o Endurance	5:00	5:00	5:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	3x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	4x10	4x10	4x10
• Vertical Jumps	4x8	4x8	4x8
• Squat Jumps	4x8	4x8	4x8
• Lateral Jumps	4x8	4x8	4x8
• Side Lunges	3x10	3x10	3x10

Flexibility Program

Endurance	– continuous jumping on two feet without stopping
Speed	– continuous jumping on two feet as fast as you can
Balance	– jumping on one leg continuously, keeping your balance and staying under control
	– jumps should be done on right leg and then on left leg

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Saturday

Cardiovascular Training

	Week 7	Week 8	Week 9
• Distance	2.5 mile	2.5 miles	2.5 miles
• Time (minutes)			
Position 1,2	under 16:45	under 16:45	under 16:45
Position 3,4	under 17:45	under 17:45	under 17:45
Position 5	under 18:45	under 18:45	under 18:45
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	8 – 40/10 – 20	8 – 40/10 – 20	8 – 40/10 – 20

Plyometric Training

	Week 7	Week 8	Week 9
• Jump Rope			
o Endurance	6:00	6:00	6:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	4x50	4x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x15	3x15	3x15
• Vertical Jumps	3x12	3x12	3x12
• Squat Jumps	3x12	3x12	3x12
• Lateral Jumps	3x12	3x12	3x12
• Side Lunges	3x10	3x10	3x10

Flexibility Program

- Endurance – continuous jumping on two feet without stopping
- Speed – continuous jumping on two feet as fast as you can
- Balance – jumping on one leg continuously, keeping your balance and staying under control
- jumps should be done on right leg and then on left leg

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Saturday

Cardiovascular Training

	Week 10	Week 11	Week 12
• Distance	3 mile	3 mile	3 mile
• Time (minutes)			
Position 1,2	under 20:15	under 20:15	under 20:15
Position 3,4	under 21:15	under 21:15	under 21:15
Position 5	under 22:15	under 22:15	under 22:15
Time 1	_____	_____	_____
Time 2	_____	_____	_____
• Sprint (yards)	8 – 40/10 – 20	8 – 40/10 – 20	8 – 40/10 – 20

Plyometric Training

	Week 10	Week 11	Week 12
• Jump Rope			
o Endurance	7:00	7:00	7:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	4x50	4x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	4x12	4x12	4x12
• Vertical Jumps	4x10	4x10	4x10
• Squat Jumps	4x10	4x10	4x10
• Lateral Jumps	4x10	4x10	4x10
• Side Lunges	3x10	3x10	3x10

Flexibility Program

Endurance – continuous jumping on two feet without stopping
Speed – continuous jumping on two feet as fast as you can
Balance – jumping on one leg continuously, keeping your balance and staying under control
– jumps should be done on right leg and then on left leg

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Basketball Gym Workouts

Perimeter Player

AND

Post Player

Workouts

“Game Speed”

“Power”

“Focus”

“Intensity”

“Commitment”

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Perimeter Player Gym Workout – 250 makes

Form Shooting (no glass shots)		- in and out left	make 5
8-10 ft. from basket	make 10		
12 – 15 ft. from basket	make 10	Free Throws*	make 5
Free Throws*	make 5	3-point shots off the dribble	
		- crossover left	make 5
15 ft. Elbow Shots		- crossover right	make 5
- right elbow	make 10	- inside/out pass shot	make 10
- left elbow	make 10	- in and out right	make 5
		- in and out left	make 5
Free Throws*	make 5		
		Free Throws*	make 5
12 - 15 ft. Glass Shots			
- various spots	make 25	15 – 20ft. Shots	
		Shot Fake, One Dribble, Shoot	
Free Throws*	make 5	- shot fake right	make 10
		- shot fake left	make 10
3-point Shots			
- various spots	make 20	Free Throws*	make 5
- top of key	make 5		
		15 ft. Shots	
Free Throws*	make 5	Dribble, Jump Stop, Pivot, Balance, Shot	
		- pivot right	make
15 ft. shots off the dribble		5	
- crossover left	make 5	- pivot left	make 5
- crossover right	make 5		
- stutter left	make 5	Three Point Shots	
- stutter right	make 5	- various spots	make 20
- in and out right	make 5		

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*** Outside Leg Shuffle for every free throw missed**

Post Player Gym Workout- 250 makes

Form Shooting (no glass shots)		Free Throws	make 5
8-10 ft. from basket	make 10		
12 – 15 ft. from basket	make 10	Post Moves Left Block	
		- baseline drop step	make 10
Free Throws*	make 20	- middle drop step	make 10
		- inside pivot right	make 5
15 ft. Elbow Shots		- inside pivot left	make 5
- right elbow	make 10		
- left elbow	make 10	Free Throws*	make 5
Free Throws*	make 5	10 - 12 ft. baseline shots	
		- right side	make 10
8 - 10 ft. Inside Pivot Glass Shots		- left side	make 10
- various spots	make 20		
		Free Throws*	make 5
Free Throws*	make 5		
		15 ft. Shot Fake, One Dribble, Shoot	
3-point Shots		- shot fake right	make 10
- various spots	make 10	- shot fake left	make 10
- top of key	make 5		
		Free Throws*	make 5
Free Throws*	make 5		
		15 ft. Shots	
Post Moves Right Block		Dribble, Jump Stop, Pivot, Balance, Shoot	
- baseline drop step	make 10	- pivot right	
- middle drop step	make 10		make 5
- inside pivot right	make 5	- pivot left	make 5
- inside pivot left	make 5		
		Free Throws	make 10

“Some people dream of success while others wake up and work at it.” – unknown author



*** Outside Leg Shuffle for every free throw missed.**

Weight Training Diagrams

Plyometric Training

Diagrams

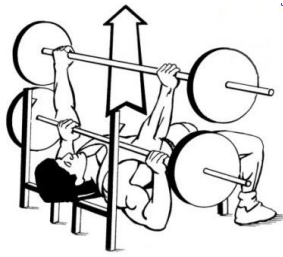
Flexibility Program

Diagrams

"Some people dream of success while others wake up and work at it." – unknown author



Weight Training Diagrams



Bench Press



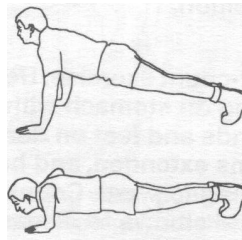
Incline Dumbbell Press



Triceps Extension



Dumbbell Curl



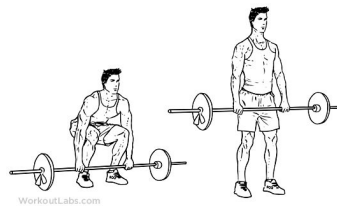
Push-Up



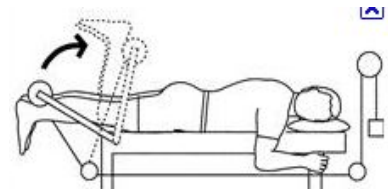
Plank



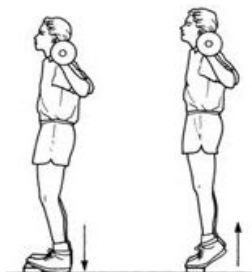
Squat



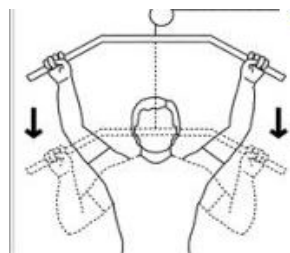
DeadLift



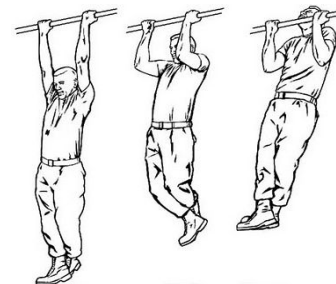
Leg Curl



Calf Raises



Pull-Down

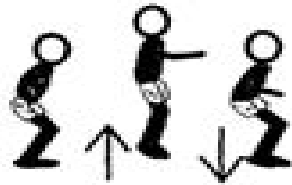


Pull-Up

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Plyometric Training Diagrams



Ankle Hops



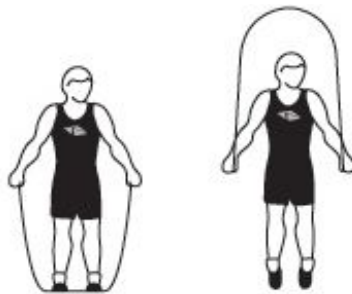
Vertical Jumps



Squat Jump

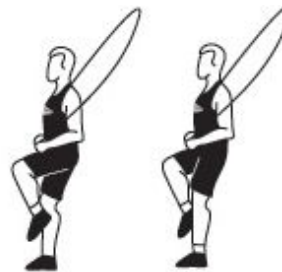


Lateral Obstacle Jumps



2 Feet

Balance / Speed Jump Rope



1 Foot

Balance Jump Rope

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Flexibility Program Diagrams



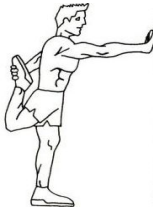
Ankle Rolls



Groin Stretch



Hamstring Stretch



Quadriceps Stretch



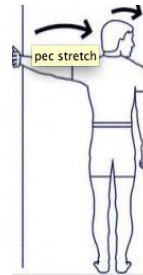
Lower Back Stretch



Side Bends



Shoulder Stretch



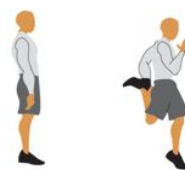
Chest Stretch



Backpedal



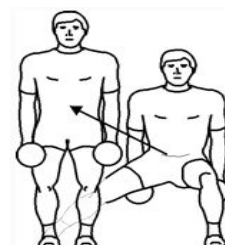
High Knees



Butt Kicks



Skips



Side Lunge



Front Lunge

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Notes

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Notes

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Notes

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**Boy's Basketball
Pre-Season
Workout Program**



Weight Training

Monday / Thursday	Wks 1 – 2	Wks 3 – 4	Wks 5 – 6
• Dumbbell Bench Press	3x10	3x10	4x10
• Triceps Extensions	3x6-8	3x8-10	4x6-8
• Dumbbell Curls	3x6-8	3x8-10	4x6-8
• Push- Ups w/twist	2x25	2x35	2x45
• Planks	2x30sec.	2x45sec.	2x60sec.
• Flexibility Program			
Tuesday / Friday	Wks 1 – 2	Wks 3 – 4	Wks 5 – 6
• Squat	3x10	3x10	4x10
• DeadLift	3x10	3x10	4x10
• Leg Curl	3x10	3x10	4x10
• Pull-Downs	3x10	3x10	4x10
• Pull-Ups	2x5	3x5	3x6
• Flexibility Program			

The post-season workout is designed to develop a foundation to begin from when starting your off-season workouts. Post-season workouts are to be done at least two times per week with each body part being trained at least on time per week. Exercises should not be done to failure, if the are you have too much weight. Weight should be added as needed during each of the four weeks. Remember to always havea spotter when performing exercises.

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Cardio Training

Monday / Thursday	Wks 1 - 2	Wks 3 - 4	Wks 5 - 6
Distance	1 mile	1.5 miles	2 miles
• Time (minutes)			
Position 1,2,3	under 6:30	under 9:45	under 13:00
Position 4, 5	under 7:30	under 9:45	under 14:00

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

Wednesday/Saturday	Wks 1 - 2	Wks 3 - 4	Wks 5 - 6
• Jump Rope			
o Endurance	3:00	4:00	5:00
o Speed	3x50	3x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x10	3x15	4x10
• Vertical Jumps	3x10	2x15	3x15
• Squat Jumps	3x10	2x15	3x15
• Lateral Jumps	3x10	2x15	3x15
• Side Lunges	2x10	3x10	3x10
• Flexibility Program			

Flexibility Program

The flexibility program should be done as a part of each workout. Each stretch or exercise should be done for 20 - 30 seconds. The more time you spend doing the Flexibility Program the more you will increase your flexibility and agility and the greater chance you have of staying injury free.

Ankle Rolls
Hamstring Stretch
Lower-back Stretch
Shoulder Stretch
High Knees
Backpedal
Front Lunges

Groin Stretch
Quadriceps Stretch
Side bends
Chest Stretch
Butt Kicks
Skip
Side Lunges

“Some people dream of success while others wake up and work at it.” – unknown author



Monday

Weight Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Bench Press	3x10	3x10	3x10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Triceps Extensions	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Dumbbell Curls	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Push- Ups w/twist	2x15	2x20	2x25
Number	_____	_____	_____
Number	_____	_____	_____
• Planks	2x30sec.	2x45sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
• Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Tuesday

Weight Training

		Week 1 - 2	Week 3 - 4	Week 5 - 6
• Squat		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x5	3x5	3x6
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Wednesday

Cardiovascular Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Distance	1 mile	1.5 miles	2 miles
• Time (minutes)			
Position 1,2,3 (<6'6)	under 6:30	under 8:45	under 13:00
Position 4, 5 (>6'5)	under 7:30	under 9:45	under 14:00
Time 1	_____	_____	_____
Time 2	_____	_____	_____

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Jump Rope			
o Endurance	3:00	4:00	5:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x10	3x15	4x10
• Vertical Jumps	3x10	2x15	3x15
• Squat Jumps	3x10	2x15	3x15
• Lateral Jumps	3x10	2x15	3x15
• Side Lunges	2x10	3x10	3x10

Flexibility Program

Endurance - continuous jumping on two feet without stopping
Speed - continuous jumping on two feet as fast as you can
Balance - jumping on one leg continuously, keeping your balance and staying under control
- jumps should be done on right leg and then on left leg

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Thursday

Weight Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Bench Press	3x10	3x10	3x10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Triceps Extensions	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Dumbbell Curls	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
• Push- Ups w/twist	2x15	2x20	2x25
Number	_____	_____	_____
Number	_____	_____	_____
• Planks	2x30sec.	2x45sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
• Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Friday

Weight Training

		Week 1 - 2	Week 3 - 4	Week 5 - 6
• Squat		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x5	3x5	3x6
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Saturday

Cardiovascular Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Distance	1 mile	1.5 miles	2 miles
• Time (minutes)			
Position 1,2,3 (<6'6)	under 6:30	under 8:45	under 13:00
Position 4, 5 (>6'5)	under 7:30	under 9:45	under 14:00
Time 1	_____	_____	_____
Time 2	_____	_____	_____

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Jump Rope			
o Endurance	3:00	4:00	5:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x10	3x15	4x10
• Vertical Jumps	3x10	2x15	3x15
• Squat Jumps	3x10	2x15	3x15
• Lateral Jumps	3x10	2x15	3x15
• Side Lunges	2x10	3x10	3x10

Flexibility Program

Endurance	- continuous jumping on two feet without stopping
Speed	- continuous jumping on two feet as fast as you can
Balance	- jumping on one leg continuously, keeping your balance and staying under control
	- jumps should be done on right leg and then on left leg

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**Boy's Basketball
In-Season
Workout Program**



Weight Training

Upper Body

2x per week

Choose 1

- Bench Press 3 x 12 - 15

Weight _____

Weight _____

Weight _____

- Incline Press 3 x 12-15

Weight _____

Weight _____

Weight _____

- Dumbbell Flies 3 x 12 - 15

Weight _____

Weight _____

Weight _____

Choose 1

- Pull Downs 3 x 12 - 15

Weight _____

Weight _____

Weight _____

- Arnold's (DB) 3 x 12 - 15

Weight _____

Weight _____

Weight _____



Weight Training

Lower Body

2x per week

Choose 2

- Leg Press

3 x 12

Weight

Weight

- Squat / DB Squat

3 x 12

Weight

Weight

- DeadLift

3 x 12

Weight

Weight

Choose 2

- Lunges

2 x 20

- Side Lunges

2 x 20

- Reverse Lunges

2 x 20

All 3

- Push-Ups w/Twist

2 x 15

- Pull-Ups

2 x 7

- Planks

2 x 1 min.



Weight Training

Whole Body – Alternative Workout

1 Full Circuit

- Circuit

Exercise	Weight	Weight	Weight	Weight	Weight
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

All 3

- Push-Ups w/Twist 2 x 15
- Pull-Ups 2 x 7
- Planks 2 x 1 min



**Boy's Basketball
Post-Season
Workout Program**



Weight Training

Monday / Thursday	Wks 1 – 2	Wks 3 – 4	Wks 5 – 6
• Dumbbell Bench Press	3x10	3x10	4x10
• Triceps Extensions	3x6-8	3x8-10	4x6-8
• Dumbbell Curls	3x6-8	3x8-10	4x6-8
• Push- Ups w/twist	2x25	2x35	2x45
• Planks	2x30sec.	2x45sec.	2x60sec.
• Flexibility Program			
Tuesday / Friday	Wks 1 – 2	Wks 3 – 4	Wks 5 – 6
• Squat	3x10	3x10	4x10
• DeadLift	3x10	3x10	4x10
• Leg Curl	3x10	3x10	4x10
• Pull-Downs	3x10	3x10	4x10
• Pull-Ups	2x5	3x5	3x6
• Flexibility Program			

The post-season workout is designed to develop a foundation to begin from when starting your off-season workouts. Post-season workouts are to be done at least two times per week with each body part being trained at least one time per week. Exercises should not be done to failure, if they are you have too much weight. Weight should be added as needed during each of the four weeks. Remember to always have a spotter when performing exercises.

“Some people dream of success while others wake up and work at it.” – unknown author



Cardio Training

Monday / Thursday	Wks 1 – 2	Wks 3 – 4	Wks 5 – 6
Distance	1 mile	1.5 miles	2 miles
• Time (minutes)			
Position 1,2,3 (<6'6)	under 6:30	under 8:45	under 13:00
Position 4, 5 (>6'5)	under 7:30	under 9:45	under 14:00

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

Wednesday/Saturday	Wks 1 – 2	Wks 3 – 4	Wks 5 – 6
• Jump Rope			
o Endurance	3:00	4:00	5:00
o Speed	3x50	3x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x10	3x15	4x10
• Vertical Jumps	3x10	2x15	3x15
• Squat Jumps	3x10	2x15	3x15
• Lateral Jumps	3x10	2x15	3x15
• Side Lunges	2x10	3x10	3x10
• Flexibility Program			

Flexibility Program

The flexibility program should be done as a part of each workout. Each stretch or exercise should be done for 20 – 30 seconds. The more time you spend doing the Flexibility Program the more you will increase your flexibility and agility and the greater chance you have of staying injury free.

Ankle Rolls
Hamstring Stretch
Lower-back Stretch
Shoulder Stretch
High Knees
Backpedal
Front Lunges

Groin Stretch
Quadriceps Stretch
Side bends
Chest Stretch
Butt Kicks
Skip
Side Lunges

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Monday

Weight Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
● Bench Press	3x10	3x10	3x10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Triceps Extensions	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Dumbbell Curls	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Push- Ups w/twist	2x15	2x20	2x25
Number	_____	_____	_____
Number	_____	_____	_____
● Planks	2x30sec.	2x45sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
● Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Tuesday

Weight Training

		Week 1 - 2	Week 3 - 4	Week 5 - 6
• Squat		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• DeadLift		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Leg Curl		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Downs		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
• Pull-Ups		2x5	3x5	3x6
	Number	_____	_____	_____
	Number	_____	_____	_____
• Flexibility Program				

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Wednesday

Cardiovascular Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Distance	1 mile	1.5 miles	2 miles
• Time (minutes)			
Position 1,2,3 (<6'6)	under 6:30	under 8:45	under 13:00
Position 4, 5 (>6'5)	under 7:30	under 9:45	under 14:00
Time 1	_____	_____	_____
Time 2	_____	_____	_____

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Jump Rope			
o Endurance	3:00	4:00	5:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x10	3x15	4x10
• Vertical Jumps	3x10	2x15	3x15
• Squat Jumps	3x10	2x15	3x15
• Lateral Jumps	3x10	2x15	3x15
• Side Lunges	2x10	3x10	3x10

Flexibility Program

Endurance	- continuous jumping on two feet without stopping
Speed	- continuous jumping on two feet as fast as you can
Balance	- jumping on one leg continuously, keeping your balance and staying under control
	- jumps should be done on right leg and then on left leg

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Thursday

Weight Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
● Bench Press	3x10	3x10	3x10
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Triceps Extensions	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Dumbbell Curls	3x6-8	3x8-10	4x6-8
Weight	_____	_____	_____
Weight	_____	_____	_____
Weight	_____	_____	_____
● Push- Ups w/twist	2x15	2x20	2x25
Number	_____	_____	_____
Number	_____	_____	_____
● Planks	2x30sec.	2x45sec.	2x60sec.
Time	_____	_____	_____
Time	_____	_____	_____
● Flexibility Program			

Monday is a heavy lift day. You may need help for the last 2 -3 reps. Make sure to use a spotter for safety.

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Friday

Weight Training

		Week 1 - 2	Week 3 - 4	Week 5 - 6
● Squat		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
● DeadLift		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
● Leg Curl		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
● Pull-Downs		3x10	3x10	4x10
	Weight	_____	_____	_____
	Weight	_____	_____	_____
	Weight	_____	_____	_____
● Pull-Ups		2x5	3x5	3x6
	Number	_____	_____	_____
	Number	_____	_____	_____
● Flexibility Program				

Tuesday is a heavy lift day. You may need help for the last 2 -3 reps, make sure to use a spotter for safety.

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Saturday

Cardiovascular Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Distance	1 mile	1.5 miles	2 miles
• Time (minutes)			
Position 1,2,3 (<6'6)	under 6:30	under 8:45	under 13:00
Position 4, 5 (>6'5)	under 7:30	under 9:45	under 14:00
Time 1	_____	_____	_____
Time 2	_____	_____	_____

Playing basketball in an open gym can take the place of one of the runs each week. The times listed will still be the standard for how ready you are to compete in the upcoming season.

Plyometric Training

	Week 1 - 2	Week 3 - 4	Week 5 - 6
• Jump Rope			
o Endurance	3:00	4:00	5:00
Time	_____	_____	_____
Time	_____	_____	_____
o Speed	3x50	3x50	4x50
o Balance	3x25	3x25	3x25
• Ankle Jumps	3x10	3x15	4x10
• Vertical Jumps	3x10	2x15	3x15
• Squat Jumps	3x10	2x15	3x15
• Lateral Jumps	3x10	2x15	3x15
• Side Lunges	2x10	3x10	3x10

Flexibility Program

Endurance	- continuous jumping on two feet without stopping
Speed	- continuous jumping on two feet as fast as you can
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