



# **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**

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**First Day of Classes**

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**Basketball Team Meeting**

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**First Day of Conditioning**

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**Study Table Begins**

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**First Day of Practice**

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## 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 Free Throws\* make 5

12 – 15 ft. from basket make 10

3-point shots off the dribble

Free Throws\* make 5 - crossover left make 5

- crossover right make 5

- inside/out pass shot make

15 ft. Elbow Shots

- 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

Three Point Shots

- stutter right make 5 - various spots make 5

- stutter left make 5

- in and out right make 5

\*Outside Leg Shuffle For Every Missed Free Throw

- in and out left make 5



## Post Drills

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	
			<ul style="list-style-type: none"><li>- baseline drop step make 10</li><li>- middle drop step make 10</li><li>- inside pivot right make 5</li><li>- inside pivot left make 5</li></ul>
Free Throws*	make 20	Free Throws*	make 5
15 ft. Elbow Shots			
- right elbow	make 10	10 - 12 ft. baseline shots	
- left elbow	make 10		<ul style="list-style-type: none"><li>- right side make 10</li><li>- left side make 10</li></ul>
Free Throws*	make 5	Free Throws*	make 5
8 - 10 ft. Inside Pivot Glass Shots			
- various spots	make 20	15 ft. Shot Fake, One Dribble, Shoot	
Free Throws*	make 5		<ul style="list-style-type: none"><li>- shot fake right make 10</li><li>- shot fake left make 10</li></ul>
3-point Shots		Free Throws*	make 5
- various spots	make 10		
- top of key	make 5	15 ft. Shots	
Free Throws*	make 5	Dribble, Jump Stop, Pivot, Balance, Shoot	
Post Moves Right Block			<ul style="list-style-type: none"><li>- pivot right make 5</li><li>- pivot left make 5</li></ul>
- baseline drop step make 10		Free Throws*	make 10
- middle drop step make 10			
- inside pivot right make 5			
- inside pivot left make 5			

\*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



## 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
- D. Touch the lane line on the opposite side and shuffle back
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#### Dribbling Drills:

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- 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)		Free Throws*	make 5
8-10 ft. from basket	make 10		
12 – 15 ft. from basket	make 10	Post Moves Left Block	
		<ul style="list-style-type: none"><li>- baseline drop stepmake 10</li><li>- middle drop step make 10</li><li>- inside pivot right make 5</li><li>- inside pivot left make 5</li></ul>	
Free Throws*	make 20	Free Throws*	make 5
15 ft. Elbow Shots			
<ul style="list-style-type: none"><li>- right elbow</li><li>- left elbow</li></ul>	<ul style="list-style-type: none"><li>make 10</li><li>make 10</li></ul>	10 - 12 ft. baseline shots	
Free Throws*	make 5	<ul style="list-style-type: none"><li>- right side make 10</li><li>- left side make 10</li></ul>	
8 - 10 ft. Inside Pivot Glass Shots		Free Throws*	make 5
<ul style="list-style-type: none"><li>- various spots</li></ul>	make 20	15 ft. Shot Fake, One Dribble, Shoot	
Free Throws*	make 5	<ul style="list-style-type: none"><li>- shot fake right make 10</li><li>- shot fake left make 10</li></ul>	
3-point Shots		Free Throws*	make 5
<ul style="list-style-type: none"><li>- various spots</li><li>- top of key</li></ul>	<ul style="list-style-type: none"><li>make 10</li><li>make 5</li></ul>	15 ft. Shots	
Free Throws*	make 5	Dribble, Jump Stop, Pivot, Balance, Shoot	
Post Moves Right Block		<ul style="list-style-type: none"><li>- pivot right make 5</li><li>- pivot left make 5</li></ul>	
<ul style="list-style-type: none"><li>- baseline drop stepmake 10</li><li>- middle drop step make 10</li><li>- inside pivot right make 5</li><li>- inside pivot left make 5</li></ul>		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)
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5. Shoot 3 pointers
  - a. Use the rest of the time to shoot 3's

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- shoot 3's when open at any time, as long as it is in their range
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# **Boy's Basketball Off-Season Workout Program**



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## 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



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.



## **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



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.

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



## **Weight Training**

**“Strength & Size”**

## **Cardio Training**

**“Endurance”**

## **Plyometric Training**

**“Speed & Agility”**

## **Flexibility Program**

**“Flexibility & Injury Prevention”**

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## Weight Training

<b>Monday / Thursday</b>	<b>Wks 1 - 3</b>	<b>Wks 4 - 6</b>	<b>Wks 7 - 9</b>	<b>Wks 10 - 12</b>
• 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				
<b>Tuesday / Friday</b>	<b>Wks 1 - 3</b>	<b>Wks 4 - 6</b>	<b>Wks 7 - 9</b>	<b>Wks 10 - 12</b>
• 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	Groin Stretch	Back Pedal
Hamstring Stretch	Quadriceps Stretch	Front Lunges
Lower-Back Stretch	Side Bends	Skip
Shoulder Stretch	Chest Stretch	Side Lunges
High Knees	Butt Kicks	Sumo Walk

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## Monday

### Weight Training

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
● 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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
● 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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
● 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

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
• 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
● 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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
● 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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
● 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

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
• 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
			8 – 40/10 – 20

### Plyometric Training

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
• Jump Rope			
○ Endurance Time	4:00 _____	4:00 _____	4:00 _____
○ Speed Time	3x50 _____	3x50 _____	3x50 _____
○ 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
• 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
• Jump Rope			
○ Endurance Time	5:00 _____	5:00 _____	5:00 _____
○ Speed Time	3x50 _____	3x50 _____	3x50 _____
○ 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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
• 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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
• Jump Rope			
o Endurance Time	6:00 _____	6:00 _____	6:00 _____
o Speed Time	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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
• 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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
• Jump Rope			
o Endurance Time	7:00 _____	7:00 _____	7:00 _____
o Speed Time	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

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



## Thursday

### Weight Training

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
● 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
● 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.

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



## Thursday

### Weight Training

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
● 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.

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



## Thursday

### Weight Training

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
● 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.

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



## Friday

### Weight Training

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
• 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
• 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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
● 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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
● 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

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
• 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
			8 – 40/10 – 20

### Plyometric Training

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>
• Jump Rope			
○ Endurance Time	4:00 _____	4:00 _____	4:00 _____
○ Speed Time	3x50 _____	3x50 _____	3x50 _____
○ 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
• 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

	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
• Jump Rope			
o Endurance Time	5:00 _____	5:00 _____	5:00 _____
o Speed Time	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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
• 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

	<b>Week 7</b>	<b>Week 8</b>	<b>Week 9</b>
• Jump Rope			
o Endurance Time	6:00 _____	6:00 _____	6:00 _____
o Speed Time	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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
• 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

	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
• Jump Rope			
o Endurance Time	7:00 _____	7:00 _____	7:00 _____
o Speed Time	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	
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
		- in and out left	make 5
Free Throws*	make 5	Free Throws*	make 5
12 - 15 ft. Glass Shots		15 – 20ft. Shots	
- various spots	make 25	Shot Fake, One Dribble, Shoot	
Free Throws*	make 5	- shot fake right	make 10
		- shot fake left	make 10
3-point Shots		Free Throws*	make 5
- various spots	make 20	15 ft. Shots	
- top of key	make 5	Dribble, Jump Stop, Pivot, Balance, Shot	
Free Throws*	make 5	- pivot right	make
15 ft. shots off the dribble		5	
- crossover left	make 5	- pivot left	make 5
- crossover right	make 5	Three Point Shots	
- stutter left	make 5	- various spots	make 20
- stutter right	make 5		
- in and out right	make 5		

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



\* 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	
		- shot fake right	make 10
3-point Shots		- shot fake left	make 10
- various spots	make 10	Free Throws*	make 5
- top of key	make 5		
Free Throws*	make 5	15 ft. Shots	
		Dribble, Jump Stop, Pivot, Balance, Shoot	
Post Moves Right Block		- pivot right	
- baseline drop step	make 10		make 5
- middle drop step	make 10	- pivot left	make 5
- inside pivot right	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

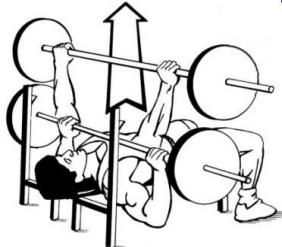
## Flexibility Program

## Diagrams

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



## Weight Training Diagrams



Bench Press



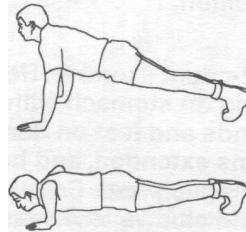
Incline Dumbbell Press



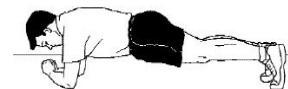
Triceps Extension



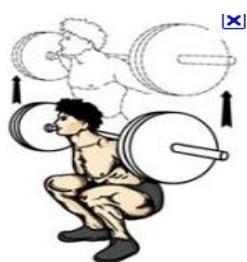
Dumbbell Curl



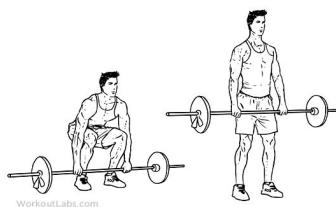
Push-Up



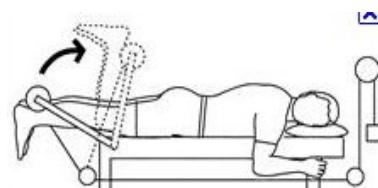
Plank



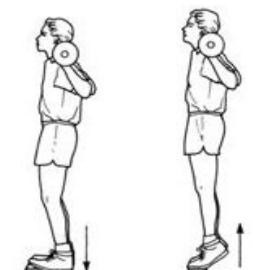
Squat



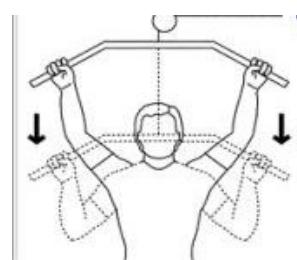
DeadLift



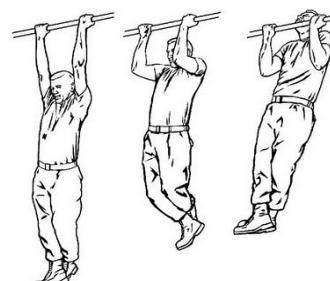
Leg Curl



Calf Raises



Pull-Down

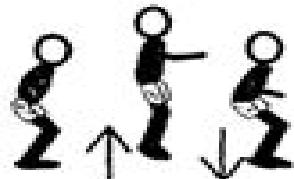


Pull-Up

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



## Plyometric Training Diagrams



**Ankle Hops**



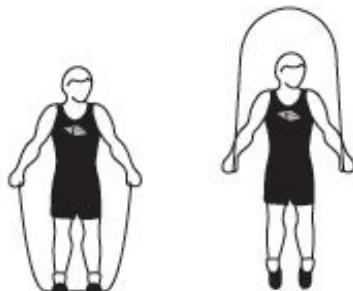
**Vertical Jumps**



**Squat Jump**

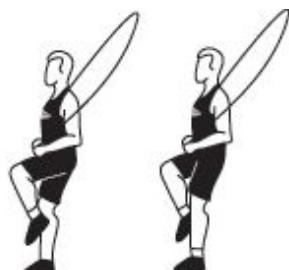


**Lateral Obstacle Jumps**



**2 Feet**

Balance / Speed Jump Rope



**1 Foot**

Balance Jump Rope

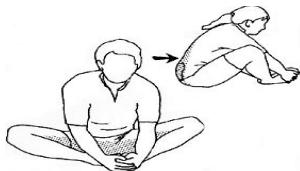
“Some people dream of success while others wake up and work at it.” – unknown author



## Flexibility Program Diagrams



Ankle Rolls



Groin Stretch



Hamstring Stretch



Quadriceps Stretch



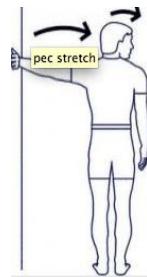
Lower Back Stretch



Side Bends



Shoulder Stretch



Chest Stretch



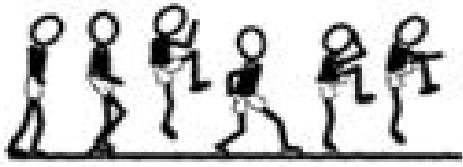
Backpedal



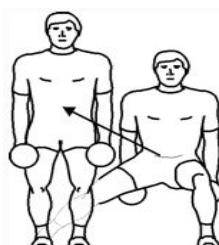
High Knees



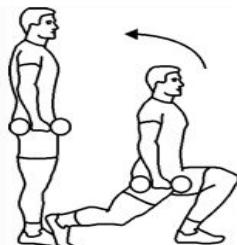
Butt Kicks



Skips



Side Lunge



Front Lunge

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



## Notes

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



## Notes

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



## Notes

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



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



## Weight Training

<b>Monday / Thursday</b>	<b>Wks 1 - 2</b>	<b>Wks 3 - 4</b>	<b>Wks 5 - 6</b>
• 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			
<b>Tuesday / Friday</b>	<b>Wks 1 - 2</b>	<b>Wks 3 - 4</b>	<b>Wks 5 - 6</b>
• 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 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.



## 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			
○ Endurance	3:00	4:00	5:00
○ Speed	3x50	3x50	4x50
○ 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	Groin Stretch
Hamstring Stretch	Quadriceps Stretch
Lower-back Stretch	Side bends
Shoulder Stretch	Chest Stretch
High Knees	Butt Kicks
Backpedal	Skip
Front Lunges	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.

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



## Tuesday

### Weight Training

	<b>Week 1 - 2</b>	<b>Week 3 - 4</b>	<b>Week 5 - 6</b>
● 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			
○ Endurance Time	3:00	4:00	5:00
○ Time	_____	_____	_____
○ Speed	3x50	3x50	4x50
○ 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

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



## 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

	<b>Week 1 - 2</b>	<b>Week 3 - 4</b>	<b>Week 5 - 6</b>
● 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

	<b>Week 1 - 2</b>	<b>Week 3 - 4</b>	<b>Week 5 - 6</b>
• 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

	<b>Week 1 - 2</b>	<b>Week 3 - 4</b>	<b>Week 5 - 6</b>
• Jump Rope			
○ Endurance Time	3:00	4:00	5:00
○ Time	_____	_____	_____
○ Speed	3x50	3x50	4x50
○ 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

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

<b>Monday / Thursday</b>	<b>Wks 1 - 2</b>	<b>Wks 3 - 4</b>	<b>Wks 5 - 6</b>
• 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			
<b>Tuesday / Friday</b>	<b>Wks 1 - 2</b>	<b>Wks 3 - 4</b>	<b>Wks 5 - 6</b>
• 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 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.



## 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			
○ Endurance	3:00	4:00	5:00
○ Speed	3x50	3x50	4x50
○ 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	Groin Stretch
Hamstring Stretch	Quadriceps Stretch
Lower-back Stretch	Side bends
Shoulder Stretch	Chest Stretch
High Knees	Butt Kicks
Backpedal	Skip
Front Lunges	Side Lunges



# 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.

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



## Tuesday

### Weight Training

	<b>Week 1 - 2</b>	<b>Week 3 - 4</b>	<b>Week 5 - 6</b>
● 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 Time	3:00	4:00	5:00
o 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

	<b>Week 1 - 2</b>	<b>Week 3 - 4</b>	<b>Week 5 - 6</b>
● 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 Time	3:00	4:00	5:00
o 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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