

## ***Summer Basketball Conditioning***

Hello Lady Rams Player,

Congratulation!! on 2013 season and welcome to the 2014 summer workout program for the Lady Rams Basketball. As you know the sport of basketball is a very explosive and fast paced sport. Every year players are becoming bigger, stronger, and faster. With faster and stronger athletes as your competition you as an athlete must be prepared. The importance of coming into the season in the best shape possible is at the utmost priority. By coming into a season out of shape you are already behind your competition that has been training for the whole off-season. This is what separates the good players from the mediocre ones. Championship teams and players come into the season in shape and only improve from then on. Mediocre players come into the season out of shape and are always trying to catch up with the winning teams the whole season. Remember you cannot play yourself into shape. You must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a pre-season conditioning program for basketball is critical for the prevention of injuries. Scientifically based programs will get you into the best shape possible for the upcoming season. The following program will help get into shape for the season and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming basketball season.

Good Luck and Have Fun,

Lee McCormick  
Head Strength and Conditioning Coach  
Huston-Tillotson University

## Strength & Endurance Training



Ram Power “Why Train for Second Place”

4 Days A Week

Phase1 June 2-July 7

### DAY 1 UPPER BODY

	Sets	Reps
Dumbbell Prone Row (30-degree angle)	3x	8
Dumbbell Floor Bench Press	3x	6
Dumbbell High Pull (alternate)	3x	6
Dumbbell Standing Shoulder Press (alternate)	3x	6
Push-ups (Neutral hand position)	3x	12
Barbell Biceps Curl	2x	10

### DAY 2 LOWER BODY

	Sets	Reps
Dumbbell Front Squat	3x	8
Kettle bell Suitcase Deadlift	3x	6
Dumbbell Bulgarian Split Squat	3x	6ea.
Body weight Skater Squats	3x	6ea.
Dumbbell Standing Single Leg Calf Raise	3x	10

### DAY 3 PUSH

	Sets	Reps
Finger Tip-plank hold	3x	:10
Dumbbell Floor Bench Press	3x	6
Dumbbell Incline Flye (15-degree angle)	3x	8
Dumbbell Clean & Press	4x	3
DB Standing Side Raises	2x	10
Dumbbell Kickbacks	3x	8ea.

**Day 4 Swimming 30 minutes of work in the pool**

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**Day 1 Strength Ball Core Work**

1. STRENGTH BALL Knee Tuck = 2x 15
2. STRENGTH BALL Prone Combo (hold 10 sec + 5 leg raises each leg + 10 rotations to R & L) (2x)
3. STRENGTH BALL Sit-up's w/ 10-25 lb. weight (alt R & L) = 2x 15
4. STRENGTH BALL Hyper 2x 10
5. STRENGTH BALL Reverse Hyper = 2x 15

**Day 2 Pillar Core Work**

1. Prone Pillar x 30 sec w/ leg lifts R & L
2. Prone Pillar x 20 sec w/ arm lifts R & L
3. Prone Pillar x 15 sec w/ leg and arm lifts opposites
4. Side Bridge X 20 sec. hold then push-up w/hip or leg lift 5X

**Day 3 MB Core Work**

- |                                                             |       |
|-------------------------------------------------------------|-------|
| 1. Wood Chopper (kneeling or standing)                      | 3x 10 |
| 2. Jackknife (Start with ball above head and arms extended) | 3x 10 |
| 3. Back to Back Rotation                                    | 3x 10 |
| 4. MB Side Bends (Stand with ball above head)               | 3x 10 |

**Day 4 MB Core Work 3x 10**

1. Lateral step w/side Throw
2. Chest Pass - The athlete stands about 6-8 feet from a partner
3. Lying Chest Pass
4. Overhead Throw w/ forward Lunge
5. Underhand Wall Throw

## **Basketball Summer Workout (Phase 2/July 7<sup>th</sup>- August 7<sup>th</sup>)**

<b>Monday</b>	Set/Reps
Front Squats	3x 10
DB Walking Lunges	2x 20yds
Laying Leg Curls	3x 15
Calf Raises	3x 15
DB Shoulder Circuit	2x 10 (front raises, side raises, push press)
Standing MB Slams	3x 15
One Arm DB Row	3x 12
Trunk Twists	100 Reps (standing)

<b>Wednesday</b>	Set/Reps
Leg Press + Box Jumps	3x 10 (super set box jumps 5 reps)
Reverse lunges+ MB Press	3x 8
MB Step-ups	3x 8
MB Skaters	3x 10
MB Side Throws	3x 12/10lbs
Reverse Hyper Extention	3x 12

<b>Friday</b>	Set/Reps
DB One-leg Box Squats	3x (12)
DB Incline Press	3x 8
Bent Over Rows	3x 8
Lat Pull Downs	3x 8
Hand step ups	3x 10 (need 8in. box to step up on)
Med. Ball Push-ups	3x 8

### **\* Strength ball Dynamic Integration 2x 10**

1. V-ups
2. Leg Curls w/kick
3. Push up w/knee tuck
4. Kneeling roll-outs
5. Ball exchange

### **\*Core Work**

- Plank : 1 min.
- Side Plank 1 min.
- Leg Raises 30 reps
- Back Bridge 30 reps
- Hip Raises 20 reps
- Russian Twists 30 reps
- Side Lunges 30 reps



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**Phase 3 Basketball Strength Development August 11<sup>th</sup> Sept. 1<sup>st</sup>**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1		Workout #2		Workout #3	
<b>EXERCISE</b>			<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>	<b>Set #4</b>
Jump Rope/warm-up daily			300 rotations			
<b>Workout #1</b>						
Hang Cleans/40-50% of body weight			6	7	8	
DB Incline Bench Press-20lbs. add if you need it.			8	8	8	
Reverse Hypers- strength ball			12	12	12	
BB Front Squats-hold DB on shoulder			8	8	8	
BB High Pulls-alternate/Rt-Lt-Together			6	6	6	
<b>Workout #2</b>						
DB Floor Press-15lbs. add 5lbs.ea. set			12	12	12	
Lat Pull Downs-50% of body wt.			10	10	10	
Push-ups-as many possible, ex. 20 30 left, 10, 20 left			50			
Bench Dips-as many possible			50			
KB Catch-15lbs.			8ea.	8ea.	8ea.	
<b>Workout #3</b>						
MB Slams-12lbs.			12	15	20	
DB Military Press- on strength ball			10	10	10	
MB Lunge Matrix- Fwd, Side,Back			4	4	4	
MB wall throws-10lbs.-OH, Side, Reverse			10	10	10	
Box Jumps/ 18-24 in. box			6	6	6	



**SUMMER WORKOUT ROUTINE Tuesday & Thursday Work**

**Ball Handling -**

-- Drills without dribbling (5 minutes) - Figure 8 (forward and backward), rhythm, slammer, quick drop, round the head/waist/legs (F&B), tap (high to low).

-- Drills with the dribble (5 minutes) - Figure 8, fingertip, crossover, 2 ball drills - do the drills at the knees & waist, alternate height - same time then alternate times. Do drills standing still then on the move.

-- Moves on the move (5 minutes) - Do while running - alternate right and left hands - crossover, spin, through legs (from the inside - out), behind the back. Keep the head up and focus on the weaker hand.

**Foot Quickness -**

**Jump Rope**

-- For endurance (5 minutes at  $\frac{3}{4}$  speed)

-- Quickness - 3 repetitions of each set listed below - allow 30 seconds of rest between each minute of jumping and build to more reps. Do these as quickly as possible. Right foot - 15 seconds, Left foot - 15 seconds, Alternate feet - 15 seconds, Both feet - 15 seconds.

-- Ball Jump - Place a basketball on the floor. Jump for 15 seconds over it from side to side, then for 15 seconds from front to back. Rest for 30 seconds. 3 Reps to start and build to 5 over time. Build to the ability to not hop between jumps.

**Passing -**

-- Pass to a wall or friend - 2 hand catches on return (5 minutes). Work on the bounce pass, overhead pass, outlet pass (catch, pivot and overhead pass) and side pass (bounce pass from hip - with 2 hands).

**Shooting -**

-- One hand flip from 8-10 feet - (make 8 of 10, then move on). The goal for the summer is to get each of the boys shooting above their head with the proper form - legs for power with proper footwork and proper wrist flex for aim.

-- Mikan Drills - 30 seconds each. Work on both the front and reverse (with back to the basket) drills.

-- 50 shots off the dribble (total of 100). Mix in the following moves and mix in distances and areas from which to shoot: Simulate shooting off the break (pull up quickly), move on the move into the shot (crossover, stutter step, inside out) and stationary moves - fake drive and shoot from either side. Do 5 sets of 10 shots with 2 free throws in between for rest - repeat total set 2 times.

-- 50 shots off the pass (total of 100) - Mix in the following with someone or self-pass (spin back): Step into the shot using your inside foot. Use both inside and outside pivots to square up. If working with someone always V-Cut before coming to the ball. Remember to catch the ball with your knees bent to allow for quick release. Do 5 sets of 10 shots with 2 free throws in between for rest - repeat total set 2 times.

-- 30 shots using shot and pass fakes (total of 90). This drill has the player use a pump fake prior to taking the shot. Variations are to pump fake to dribble to the shot and to pass fake to the shot. Do 3 sets of 10 with 2 free throws in between for rest - repeat 3 times.

All shots should be taken at game speed - rest by shooting free throws and not by going  $\frac{1}{2}$  speed.

**Conditioning Monday-Friday**

**PUT IN THE WORK IF YOU WANT TO BE CHAMPIONS!!!**

Conditioning Monday #1	Conditioning Tuesday #2
<p style="text-align: center;"><u>110's</u></p> <p>**Run continuous 110 yard sprints. Run each one in the following times with :45 seconds rest between each:</p> <ul style="list-style-type: none"> <li>- Males under 230 lbs - 18 seconds</li> <li>- Males over 230 lbs - 20 seconds</li> <li>- Females - 18-20 seconds</li> </ul> <p>**run the specified amount of runs!</p> <p>**Do these on a track or on grass</p>	<p style="text-align: center;"><u>Walk, Jog, Sprint Circuit</u></p> <p>**This circuit is done continuously for 14 minutes!</p> <ol style="list-style-type: none"> <li>1. Walk for :40 seconds</li> <li>2. Jog for :20 seconds</li> <li>3. Sprint for :08 seconds</li> </ol> <p><b><i>**In 14 minutes you get 12 sprints in!</i></b></p>

\*Swim on Wednesday!!! At least 25 min + Cold Tub

Conditioning Thursday #3	Conditioning Friday #4
<p style="text-align: center;"><u>Stair Circuit</u></p> <p>**Perform stair circuit 6 reps each (1-4)</p> <ol style="list-style-type: none"> <li>1. Run up hitting every step</li> <li>2. Run up hitting every other step</li> <li>3. DL hops hitting every other step</li> <li>4. Run up hitting every other step, using a skier-like motion, going side to side of the width of the stair</li> <li>5. Jog 200 meters</li> <li>6. Do AB circuit</li> </ol> <p>**Repeat the specified amount of times!</p>	<p style="text-align: center;"><u>Run/Jump Circuit 2x</u></p> <p>**These are done continuously!</p> <ol style="list-style-type: none"> <li>1. Jog 400 meters</li> <li>2. Do 2 AB exercises (25 reps)</li> <li>3. Sprint 150 meters (90%)</li> <li>4. 20 push-ups</li> <li>5. 20 dips (on Bench)</li> <li>6. Sprint 100 meters (100%)</li> <li>7. Walk 50 meters</li> <li>8. 10 tuck jumps</li> <li>9. 10 split jumps</li> <li>10. Sprint 50 meters (100%)</li> <li>11. 15 ankle hops</li> <li>12. 30 meter lunge walk</li> <li>13. 2 AB exercises (25 reps)</li> <li>14. 400 meter cool-down</li> </ol>

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