# PRE-SEASON TRAINING FOR WOMEN'S BASKETBALL AT THE UNIVERSITY OF WISCONSIN

Recently on the Everything Basketball web forum a couple of strength coaches posted questions regarding basketball pre-season training. Most of the questions centered on conditioning, program designing, fatigue monitoring and recovery modalities. These questions inspired me to share in details my pre-season training plan for our women's basketball program at the University of Wisconsin.

Similar to most strength coaches, my goal for the pre-season is to prepare our basketball team for the rigors of the upcoming competitive season. The collegiate basketball season is long, physical and mentally exhausting even for high level athletes. The objective in preparing for the season is to develop and enhance the physical and mental qualities needed to perform at a healthy and productive level.

Before developing a plan of action, I think it is extremely important for strength coaches to meet with their head coaches to understand the goals for the year. Strength training plans should be consistent with team goals. These meetings can also provide you information regarding team dynamics. This may include:

1. What type of playing style will we execute offensively and defensively?
2. Are we a team that needs toughness? More team unity?
3. Are we skilled at all five positions? How many players do we have at each position?
4. How will certain players be utilized offensively and defensively?
5. Potential starters?
6. Are we a veteran (experience) or a rebuilding team?

Additional questions may involve logistics:

1. How many days per week will the team have individual skill instruction with coaching staff? Will these sessions be in the mornings or afternoons?
2. Will weight training and conditioning sessions be in the mornings or afternoons? How many days per week?
3. Is it beneficial to train as a team or in small groups?
4. How many days per week will the team play pick-up basketball?

One of the keys to having a successful strength and conditioning program is to have constant communication with your coaching staff and with individuals that support the team. This will include athletic training, physical therapy, sports nutrition, academic services, etc. Communication keeps the coaching staff abreast to your plans and gives them some level of security and confidence in your area of responsibility as they embark on a potentially hectic season.

## PLAYER ASSESSMENT AND COUNSELING

Prior to workouts, the athletic trainer and I will assess and evaluate the players in a couple of areas. First, we will do a functional movement screen on all of our players. I like doing the movement screens because it allows me to asses an array of total body movement mechanics. As you know, proper movement mechanics is needed to perform efficiently, effectively, and injury free on the basketball court. All screens are videotaped and recorded for future use.

The screens we typically use are:

1. Overhead squat test
2. Hurdle test

3. Active hamstring test
4. In-line lunge test
5. Y-balance test

In addition to the screens, we will also use the hop and stop test and the leap and stop test to assess a player's ability to produce, absorb, and stop force on one leg.

We will also do some performance evaluations specifically for measuring leg power and strength. To measure power, we will do a series of vertical jump test.

1. Static jump test to measure starting strength
2. Countermovement jump to measure speed-strength
3. 4-jump test to measure how efficient a player is using their power repeatedly

We perform these jumps on a just-jump mat while the athletes are holding a dowel on the back of their shoulders (as if they were going to do a back squat). The goal is to eliminate the action of the arms to really determine leg power. I really like performing these tests because they can help you determine if certain players need more strength work or more speed/elastic work.

For conditioning, we will use the standard 300 yard shuttle test which is a great test to measure anaerobic capacity (total amount of anaerobic energy produced). This year, we also tested the players in the 150 yard shuttle because it is great measure of anaerobic power (the rate of anaerobic energy production).

Lastly, we will do body composition assessments using a DEXA scan machine. I think it is extremely important for athletes (regardless of sport) to be at an optimal body weight to increase performance and to reduce the chances of injury.

As an added benefit, our sports nutrition team will meet with the players to discuss, counsel, and provide information on the effects of nutrition on athletic performance. After this informational session, all players are required to attend a cooking and shopping seminar taught by our nutrition science department.

This year, for the first time, we implemented an extensive tracking protocol to monitor fatigue. Some of the tracking methods were borrowed from my good friend, Art Horne (Northeastern University), Jim Snider (University of Wisconsin) and my intern assistant Mike Boykin. The information that we track is resting heart rate, countermovement vertical jump, the dot test, and we conclude by having the players answer a mood questionnaire. This information is recorded before our weight training sessions. Our goal is to compile this information for the remainder of the season and use the data to better prepare our athletes for on-court competition.

**PLAYER PERSONNEL**

This year we return a team that qualified for the 2010 NCAA tournament. This includes three starters, six key reserve players, and three newcomers. Our goal for this season is to win the Big Ten conference title and advance to the sweet 16 in the 2011 NCAA tournament.

Compare to some teams in our conference, we are not entirely skilled or athletic at all five positions. Therefore, off-court training is vital to our success. It gives us the confidence and physical toughness needed to compete against skilled competition. This is understood by everyone in our program from the coaching staff to athletic training to academic support to the players.

**COACHING PERSONNEL**

All weight training and conditioning sessions will have at least three strength coaches on the floor instructing, assisting, and monitoring the players. This is to ensure the players are training in a safe environment and that they are executing the prescribed exercises with technical proficiency.

**PRE-SEASON WORKOUTS**

Our pre-season training is typically divided into two (2) phases. Each phase is approximately four (4) weeks long.

This year, the NCAA allowed collegiate women's basketball programs (Division I only) to start official team practices on October 4th. In previous years, official practice would typically start in mid-October. In my opinion, the change in date has been quite beneficial for our program. The change has allowed us to have:

1. Shorter practice times (approximately1 hour and 30 minutes compared to 3 hours)
2. Two (2) off days per week versus one (1) off day. This gives us more time to recover from intense practices
3. More time to work on individual skill development
4. Less pressure and more time to implement offensive or defensive strategies

PHASE 1

This phase begins the first week of September until the first official practice of the season.

The goal during this phase is to prepare our team for the start of official practice and the volumes and intensities incurred during that time period. The physical qualities that are highly emphasized in our workouts are basketball specific movement/endurance, power, and strength. Since I work with female athletes, strength work is a priority. First, strength helps reduce the risk of injuries associated with the sport. And when you compared female basketball players to their male counterparts they are often more prone to on-court related injuries because of physiological differences.

Second, strength is one of the major catalysts for enhancing athleticism. Athleticism is the catalyst for providing a solid foundation for developing a skill. Therefore, if you want your players to improve their ability to post up a defender, rebound, play man-to-man defense, to absorb contact when driving to the basket, to set hard screens or get through screens, or to improve their jump shot they must possess an optimal level of strength.

From a conditioning standpoint, I (and the coaching staff) do not expect our players to be in "game" shape during this training phase. Our goal is to be in great shape by the start of the Big Ten Tournament. However, we do expect our players to have an optimal level of fitness that will allow them to complete a session of individual skill instructions. Individual skill instructions are sessions where the coaching staff work with groups of players on skill development.

Weight training, on-court conditioning, and individual/team skill instruction make up the volume of training during this period.

Below is an outline of our weekly training schedule:

**WEIGHT TRAINING AND CONDITIONING**
**Frequency: Three (3) days/week**

| **MONDAY** | **WEDNESDAY** | **FRIDAY** |
|---|---|---|
| **AFTERNOON SESSION** | **AFTERNOON SESSION** | **AFTERNOON SESSION** |
| WEIGHT TRAINING<br>4:30 – 5:30PM | WEIGHT TRAINING<br>4:30 – 5:30PM | WEIGHT TRAINING<br>4:30 – 5:30PM |
| ON-COURT CONDITIONING<br>5:45 – 6:00PM | TRAINING TABLE | BIKE CONDITIONING<br>5:45 – 6:00PM |
| TRAINING TABLE | | TRAINING TABLE |

**SKILL DEVELOPMENT**
**Frequency: Two (2) days/week**

| **TUESDAY** | **THURSDAY** |
|---|---|
| **AFTERNOON SESSION** | **AFTERNOON SESSION** |
| INDIVIDUAL SKILL INSTRUCTION | INDIVIDUAL SKILL INSTRUCTION |
| Groups of 4 players | Groups of 4 players |
| (40 minute sessions) | (40 minute sessions) |
| PICK UP BASKETBALL | PICK UP BASKETBALL |
| * structured | * structured |
| (30-40 minutes) | (30-40 minutes) |
| TRAINING TABLE | TRAINING TABLE |

All weight training sessions start with some soft tissue work, static stretching, activation and core work, integration/mobility work, and some drills to improve landing mechanics.

The Monday and Friday sessions are devoted to strength and speed work. This year, I used the Canadian Ascending-Descending Complex Training method popularized by Christian Thibaudeau to improve those physical traits. This method of training gives equal focus to each type of strength in the strength spectrum. The players are able to develop the neurological adaptations associated with training with light and heavy loads.

The Monday workout is a descending workout starting with the slowest but heaviest exercise and ending with the quickest but lightest exercise. The Friday workout is the reverse starting with the quickest and lightest exercise and ending with the slowest but heaviest exercise. I use this method for lower body training only. The first two (2) weeks concentrates on bilateral strength and the remaining weeks on unilateral strength.

The Wednesday sessions are devoted to more low impact metabolic work and may include a circuit or some form of a dumbbell or barbell complex.

Conditioning is completed at the end of weight training sessions on Monday and Friday. On Monday, conditioning is performed on the basketball court and primarily consists of shuttle drills. A conditioning component is also included during individual instruction as well. As a staff, we feel the best way to get in "game" shape is to put the players through basketball-specific movement drills. On Friday, we will do a steady state bike workout as recovery work from the long week of activities.

The players are instructed to play pick-up basketball after our last group completes individual instruction. Pick-up games are structured and monitored by our team managers and last for approximately 30 minutes.

At the University of Wisconsin, we are fortunate to provide our players training table meals or meal vouchers to restaurants in the Madison area. Training table meals are provided and prepared by our sports nutrition and foods and beverages department. All players are required to attend these meals.

<u>PHASE 2</u>
Phase two (2) begins on the first day of official practice and ends when we play our first exhibition game (usually the first week of November). The goal for this phase is to prepare our team for the beginning portion of our non-conference game schedule. At this point in time, on-court activity increases dramatically. The coaches are with the players on a full time basis working on basketball specific drills, conditioning, and slowly implementing tactical offensive and defensive strategies.

Weight training volume will decrease but we will continue to train three days per week and usually before practice. The quality of the training session is more productive before practice versus training after

practice. Weight training goal is to maintain strength gains achieved during the off-season and pre-season I. We tend to do more therapeutic work after training sessions to help facilitate the recovery process as well.

Prior to practice, all players are required to meet with our athletic trainer for soft tissue work, stretching and mobility work. On-court preparation is done as a team.

**PRACTICE AND WEIGHT TRAINING**
**Frequency: Five (5) days/week**

| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|---|---|---|---|---|
| **AFTERNOON SESSION** | **AFTERNOON SESSION** | **AFTERNOON SESSION** | **AFTERNOON SESSION** | **AFTERNOON SESSION** |
| WEIGHT TRAINING | PRACTICE | PRACTICE | WEIGHT TRAINING | WEIGHT TRAINING |
| 2:30 – 3:15PM | 4:30 – 6:00PM | 4:30 – 6:00PM | 2:30 – 3:15PM | 2:30 – 3:15PM |
| PRACTICE | TRAINING TABLE | TRAINING TABLE | PRACTICE | PRACTICE |
| 4:30 – 6:00PM | OR VOUCHER | OR VOUCHER | 4:30 - 6:00PM | 4:30 – 6:00PM |
| TRAINING TABLE | | | TRAINING TABLE | TRAINING TABLE |
| OR VOUCHER | | | OR VOUCHER | OR VOUCHER |

Note: examples of phase 1 and 2 workouts and on-court movement prep work are presented at the end of this document.

**RECOVERY STRATEGIES**

Immediate post practice recovery strategies include post workout supplementation and Cryotherapy. We provide our players with a wealth of NCAA compliant supplements to replenish glycogen and electrolyte stores depleted from practices. Cryotherapy is also utilized where athletes will immerse themselves in cold water for an extended period of time. This is used to cool the body's core temperature and decrease the production of catabolic hormones.

On our off days, some players will do a twenty (20) minute tempo bike workout for the purpose of delivering oxygenated blood to muscle tissue and to enhance the removal of metabolic waste products. Others will typically do some soft tissue massage work with a foam roller and some static stretching.

One device that is extremely popular by our staff and players and introduced by our hockey strength coach, Jim Snider, is the Normatec MVP. The Normatec MVP is great device to facilitate faster recovery from workouts and to treat acute and chronic injuries. For more information about the Normatec MVP visit the website www.normatecsports.com.

**CONCLUSION**

In conclusion, I am fortunate to work with a great coaching staff at the University of Wisconsin. We understand that it takes teamwork, trust, and sacrifice among the coaches to have success. The coaches respect my profession, ideas and creativity. Our pre-season training success would not be possible without their support.

In part II, I will go into more depth about my program design set-up, strategy and philosophy.

## Example: PRE-SEASON PHASE 1 [Block 1]:

Strength + Speed Complex Work [Canadian Ascending and Descending], Bilateral

### MONDAY 9/6

| INHIBIT | SETS | REPS |
|---|---|---|
| MFR [add t-spine ext] | | 10 |
| Rocking Ankle Mobe | | 10e |
| **LENGTHEN** | | |
| Box hip flex + RF stretch [back leg on box] | | :15e |
| Glute stretch | | :15e |
| Partner pec stretch | | :15e |
| Floor lat stretch | | :15e |
| **ACTIVATION [CORE] I x2** | | |
| Clams [bands] | | 12e |
| Alt 1 leg box buck | | 10 |
| Scap push ups [slow] | | 12 |
| Kneeling anti rotation rollers | | :20 |
| **ACTIVATION II x2** | | |
| Lateral zig-zag band walks [OH reach] | | 2x10yd |
| **INTEGRATION [PREHAB]** | | |
| S.leg 3-way reach [Y balance] | | 5e |
| D.leg hurdle hop w/band feedback [stabilization] | | 2x5 |
| S.leg fwd hurdle hop [stabilization] | | 2x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **PLATE REACH OUT SQUAT** | 1/5/x | | 5 |
| **BOX SQUAT [PAUSE]** | 2/1/x | | 5 |
| SIT BACK | | | 4 |
| SPREAD FLOOR WITH FEET AND HIPS | | | 4 |
| | | | 4 |
| | | | 4 |
| | | | 4 |
| | | | 4 |
| **ISO SNATCH PULL [AGAINST RACKS]** | | | :05 |
| PROP POSITION; VERTICAL TORSO | | | :05 |
| | | | :05 |
| | | | :05 |
| | | | :05 |
| **VERTIMAX SQUAT JUMPS** | | | 5 |
| COUNTERMOVEMENT; SQUAT THEN JUMP | | | 5 |
| CONTINUOUS, EXTEND HIPS | | | 5 |
| | | | 5 |
| Box hip flex stretch [front leg on top] | | | |
| **BENCH CORD PULLDOWNS (UH)** | | | 3x12 |
| PAIR | | | |
| S.LEG BUCKS | | | 3x8e |
| **ON-COURT CONDITIONING** | | | |
| Quick mvmt prep | | | |
| 4 Groups (3 Rounds) | | | |
| 5 court crosses (:30 -:35) | | | |
| 3 court crosses (:15 - :17) | | | |
| 1 court cross (:05 - :07) | | | |

**STRETCH**

### WEDNESDAY 9/8

| INHIBIT | SETS | REPS |
|---|---|---|
| MFR | | |
| Gastroc stretch [slant boards] | | :15e |
| **LENGTHEN** | | |
| Pulsed hip flex mobilization | | 5x:05e |
| Spider stretch | | :15e |
| Pec flye | | 10 |
| Dynamic floor lats | | 10 |
| **ACTIVATION [CORE] I x2** | | |
| Partner groin [3 positions] | | :05e |
| Bench extension | 87654321 | lso |
| Side bridge | | :25e |
| MB side throw [pivot] 1 response | | 5e |
| **ACTIVATION II x2** | | |
| S.leg box squat | | 1x10e |
| **INTEGRATION [PREHAB]** | | |
| Reverse lunge [sagittal arm drivers] | | 5e |
| Lateral altitiude drop [stabilization] | | 1x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **KB REVERSE ASYMMETRICAL SLIDE LUNGE** | | | 8e |
| [MAINTAIN VERTICAL TIB] | | | 8e |
| | | | 8e |
| PAIR | | | |
| **DB ROW** | 87654321 | lso | x3 |
| **PARTNER BARBELL COMPLEX [5 ROUNDS]** | | | |
| [SEE SHEET] | | | |
| **BACKWARD SLED WALKS [VMO]** | | | 6 |

**STRETCH**

### FRIDAY 9/10

| INHIBIT | SETS | REPS |
|---|---|---|
| MFR [add cook side-lying T-rotate, arm sweep] | | 10e |
| Anterior tib | | 20e |
| Ankle mobe [frontal plane leg swings] | | 10e |
| **LENGTHEN** | | |
| Box hip flex + RF stretch [back leg on box] | | :15e |
| Glute stretch | | :15e |
| Partner pec stretch | | :15e |
| Floor lat stretch | | :15e |
| **ACTIVATION [CORE] I x2** | | |
| Clams [bands] | | 12e |
| Alt 1 leg box buck | | 10 |
| Scap push ups [slow] | | 12 |
| Kneeling anti rotation rollers | | :20 |
| **ACTIVATION II x2** | | |
| Lateral [staggared] band walks | | 2x10yd |
| **INTEGRATION [PREHAB]** | | |
| Lunge matrix | | 3e |
| D.leg hurdle hop w/band feedback [stabilization] | | 2x5 |
| S. leg diag hurdle hop [stabilization] | | 2x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **ISO SNATCH PULL [AGAINST RACKS]** | | | :05 |
| PROP POSITION, VERTICAL TORSO | | | :05 |
| | | | :05 |
| | | | :05 |
| **VERTIMAX SIT [SHOCK] JUMPS** | | | 5 |
| EXTEND HIPS | | | 5 |
| | | | 5 |
| | | | 5 |
| **PLATE REACH OUT SQUAT** | 1/5/x | | 5 |
| **BOX SQUAT [PAUSE]** | 2/1/x | | 5 |
| SIT BACK | | | 4 |
| SPREAD FLOOR WITH FEET AND HIPS | | | 4 |
| | | | 4 |
| | | | 4 |
| | | | 4 |
| EQI Splits Squat | | | |
| **BENCH CORD PULLDOWNS (UH)** | | | 3x12 |
| PAIR | | | |
| S.LEG BUCKS | | | 3x8e |
| **BIKE** | | | |

**STRETCH**

## Example: PRE-SEASON PHASE 1 [Block 2]:

Strength + Speed Complex Work [Canadian Ascending and Descending], Unilateral

**MONDAY**
**9/27**

| INHIBIT | SETS | REPS |
|---|---|---|
| MFR [add t-spine ext] | | 10 |
| 2 way ankle mobe | | 10e |
| **LENGTHEN** | | |
| Box hip flex+ RF stretch [back leg on box] | | :15e |
| Glute stretch | | :15e |
| Partner pec stretch | | :15e |
| Dynamic lat stretch | | :15e |
| **ACTIVATION [CORE] I x2** | | |
| Side bridge [bent knee] Glute Medius | | 5+:05e |
| Ecc only leg curls [platform] | | 10 |
| Face pull with external rotation | | 12 |
| Pallof Press | | 10e |
| **ACTIVATION II x2** | | |
| Lateral zig-zag band walks [OH reach] | | 2x10yd |
| **ACTIVATION III** | | |
| Iso split squat | | :40e |
| **LANDING REINFORCEMENT** | | |
| S.leg fwd hurdle hop [stabilization] | | 2x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **S.LEG ISO DEADLIFT [RACK]** | | | :05e |
| | | | :05e |
| | | | :05e |
| | | | :05e |
| | | | :05e |
| **SPEED RFE SPLIT SQUAT** | | vest | 4e |
| P: L-SIT CHINS: 2x:10 ECC [3 SETS] | | vest | 4e |
| | | vest | 4e |
| | | | 4e |
| | | | 4e |
| **ISO RELEASE BAND SPLIT JUMPS** | | | 4e |
| [HOLD FOR :04] | | | 4e |
| P:/ BAND PUSH UPS 3x10 | | | 4e |
| | | | 4e |
| **SNATCH GRIP RDL** | | | 7 |
| P:/BALL ROLLOUT 3x12 | | | 7 |
| | | | 7 |
| | | | 7 |
| **ON-COURT CONDITIONING** | | | |
| Quick mvmt prep | | | |
| Team | | | |
| Metabolics (full game) | | | |

**STRETCH**

**WEDNESDAY**
**9/29**

| INHIBIT | SETS | REPS |
|---|---|---|
| MFR | | |
| Gastroc stretch [slant boards] | | :15e |
| **LENGTHEN** | | |
| Pulsed hip flex mobilization | | 5x:05e |
| Spider stretch | | :15e |
| Pulse trap [palms down] | | 10 |
| Dynamic floor lats | | 10 |
| **ACTIVATION [CORE] I x2** | | |
| Partner hollow rocks | | 10 |
| Bench extension [10 lbs] | | 10 |
| MB OH throw downs [step] | | 5e |
| MB facing side throw 1 response | | 5e |
| **ACTIVATION II x2** | | |
| BB s.leg stance | | :20e |
| **INTEGRATION [PREHAB]** | | |
| Squat to stand | | 10 |
| Cradle tuck | | 5e |
| Knee hug | | 5e |
| **CNS** | | |
| Iso release squat jumps [:04 hold] | | 2x5 |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **HEX BAR DL** | | | 4 |
| | | | 4 |
| | | | 4 |
| | | | 4 |
| | | | 4 |
| | | | 4 |
| **DB INCLINE** | | 2/1/x | 6 |
| [2nd HOLE] | | | 6 |
| | | | 6 |
| | | | 6 |
| PAIR | | | |
| S.ARM BAND ROW | | | 8e |
| [SHORT LUNGE STANCE] | | | 8e |
| | | | 8e |
| | | | 8e |
| PAIR | | | |
| SB LEG CURL | | | 8 |
| | | | 8 |
| | | | 8 |
| | | | 8 |
| **CROSSOVER SLEDS** | | | 6 |

**STRETCH**

**FRIDAY**
**10/1**

| INHIBIT | REPS |
|---|---|
| MFR [add Quad T-rotate+ext ] | 10e |
| 3 way ankle mobe | 10e |
| **LENGTHEN** | |
| Box hip flex + RF stretch [back leg on box] | :15e |
| Glute stretch | :15e |
| Partner pec stretch | :15e |
| Dynamic lat stretch | :15e |
| **ACTIVATION [CORE] I x2** | |
| Side bridge [bent knee] Glute Medius | 5+:05e |
| Ecc only leg curls [platform] | 10 |
| Face pull with external rotation | 12 |
| Pallof Press | 10e |
| **ACTIVATION II x2** | |
| X band walks | 2x10yd |
| **ACTIVATION III** | |
| Iso split squat | :40e |
| **LANDING REINFORCEMENT** | |
| S. leg diag hurdle hop [stabilization] | 2x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **ISO RELEASE BAND SPLIT JUMPS** | | | 4e |
| [HOLD FOR :04] | | | 4e |
| P:/ BAND PUSH UPS 3x10 | | | 4e |
| | | | 4e |
| **SPEED RFE SPLIT SQUAT** | | vest | 4e |
| P: L-SIT CHINS: 2x:10 ECC [3 SETS] | | vest | 4e |
| | | vest | 4e |
| | | | 4e |
| | | | 4e |
| **S.LEG ISO DEADLIFT [RACK]** | | | :05e |
| | | | :05e |
| | | | :05e |
| | | | :05e |
| | | | :05e |
| **SNATCH GRIP RDL** | | | 7 |
| P:/BALL ROLLOUT 3x12 | | | 7 |
| | | | 7 |
| | | | 7 |
| **BIKE CONDITIONING** | | | |

**STRETCH**

## Example: PRE-SEASON PHASE 2:
Maintenance

| MONDAY 10/18 | | |
|---|---|---|
| **INHIBIT** | **SETS** | **REPS** |
| MFR [add t-spine ext] | | 10 |
| 2 way ankle mobe | | 10e |
| **LENGTHEN** | | |
| 1/2 kneeling hip flex + RF stretch | | :15e |
| Glute stretch | | :15e |
| Partner pec stretch | | :15 |
| Dynamic floor lat stretch | | 10 |
| **ACTIVATION [CORE] I x2** | | |
| Lateral band walks [2 steps turn] | | 10yds |
| KB swings [hip ext] | | 10 |
| Face pulls | | 12 |
| SB arm circles [plank] | | 10e |
| **INTEGRATION** | | |
| Squat to stand | | 6 |
| OH reach reverse lunge | | 5e |
| Lateral squat shift | | 10 |
| **LANDING REINFORCEMENT** | | |
| S.leg fwd hurdle hop [stabilization] | | 2x5e |
| **CNS** | | |
| Iso release split squat jumps [:04 hold] | | 1x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **HEX BAR DEADLIFT** | | | 3 |
| | | | 5 |
| | | | 5 |
| | | | 5 |
| | | | 5 |
| PAIR | | | |
| MANUAL SIDE-LYING ER | | 5 | 3x10e |
| **DB BENCH** | 3/1/x | | 4x6-8 |
| P: | | | |
| S.ARM DB ROW | 87654321Iso | | 4 |
| P: | | | |
| D.LEG SB LEG CURL | | | 4x8 |
| **MCGILL SIDE BRIDGE** | | | 4321e/side |

**STRETCH**

| THURSDAY 10/21 | | |
|---|---|---|
| **INHIBIT** | **SETS** | **REPS** |
| MFR [add side-lying T-rotations] | | 10e |
| Rocking ankle mobe | | 10e |
| **LENGTHEN** | | |
| Rack hip flex + OH reach | | :15e |
| Spider stretch | | :15e |
| Split stance kneeling adductor stretch | | 10e |
| Floor lat stretch | | :10 |
| **ACTIVATION [CORE] I x2** | | |
| Lying hip flexor pulls | | 5+05e |
| Bench s.leg hip thrust | | 8e |
| Side elbow bridge w/leg raise | | 5+05e |
| **INTEGRATION** | | |
| OH lunge walk | | 10yds |
| Alt lateral lunge walk | | 10yds |
| Cradle tuck | | 10yds |
| **LANDING REINFORCEMENT** | | |
| Lateral box jump off | | 2x3e |
| **CNS** | | |
| MB side throw [1 response] | | 1x5e |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **ECC CHIN UPS** | :10 Ecc | | 3 |
| [PARTNER ASSISTED CONCENTRIC] | | | 3 |
| | | | 3 |
| | | | 3 |
| PAIR | | | |
| DB INCLINE [HVY] | 2/1/x | | 6-8 |
| [3RD HOLE] | | | 6-8 |
| | | | 6-8 |
| | | | 6-8 |
| **SNATCH GRIP RDL [HVY]** | | | 4x6-8 |
| P: | | | |
| SQUATTING S.ARM BAND ROTATIONAL ROW | | | 3x8e |
| P: | | | |
| TALL KNEELING PALLOF PRESS | 10 hold | | 3x3e |

**STRETCH**

| FRIDAY 10/23 | | |
|---|---|---|
| **INHIBIT** | **SETS** | **REPS** |
| MFR [add side lying ext+int rotations] | | 10e |
| 2 way ankle mobe | | 10e |
| **LENGTHEN** | | |
| 1/2 kneeling hip flex + RF stretch | | :15e |
| Glute stretch | | :15e |
| Partner Pec Stretch | | :15 |
| Dynamic floor lat stretch | | 10 |
| **ACTIVATION [CORE] I x2** | | |
| Staggared band walks | | 10yds |
| Band pull throughs | | 10 |
| Face pulls w/ER | | 12 |
| SB arm circles [plank] | | 10e |
| **INTEGRATION** | | |
| Squat to stand | | 6 |
| OH reach reverse lunge | | 5e |
| Lateral squat shift | | 10 |
| **LANDING REINFORCEMENT** | | |
| S.leg diag. hurdle hop [stabilization] | | 2x5e |
| **CNS** | | |
| Iso release squat jumps [:04 hold] | | 2x5 |

| EXERCISE | TEMPO | LOAD | REPS |
|---|---|---|---|
| **DB SPLIT SQUAT** | 2/1/x | | 6-8e |
| | | | 6-8e |
| | | | 6-8e |
| | | | 6-8e |
| PAIR | | | |
| BAND REVERSE CROSSOVER FLY | | | 10 |
| [TALL KNEELING] | | | 10 |
| | | | 10 |
| | | | 10 |
| **BACK EXT [10LBS]** | 7654321Iso | | x3 |
| P: | | | |
| BAND PUSH UPS | 3/1/x | | 3x10 |
| P: | | | |
| INVERTED ROW [OH] | | | 3xamrp |
| **MCGILL CURL UP** | | | 2x5e (:02) |

**STRETCH**

**Example: MOVEMENT PREPARATION**
Prior to on-court conditioning or practice

**Off-court Preparation**
Soft Tissue Work
Hip Flex + RF Stretch
Kneeling Split Stance Hip Adduction Stretch
Seated 90-90 Stretch
Lateral Band Staggered Walks [Glute Medius + Max Activation Work]
Squat to Stand, Reverse Lunge with overhead reach [Hip Mobility Work]

**On-court Preparation**
**Linear**
Skip fwd + Retro
Shuffle Retro + Exchange
S-Pattern Run + Retro
Backpedal S
Backward Run + Reach
45 Cut [plant and pivot]

**Lateral**
Crossover Front Shuffle
Carioca Change direction
Lateral Jumping Jacks
Lateral Push x2 to crossover sprint

**Multi-directional [specific]**
Post + Perimeter: Lane runs [call for ball]

Perimeter: Arc chase [get through screen simulations] [R+L]
Perimeter: Closeout to 3 point line to pop back (or slide)

Post: Baseline + box-out + rebound [turn and run] [R block + L block]
Post: Pit Drill