

Basketball: Basketball S&C program

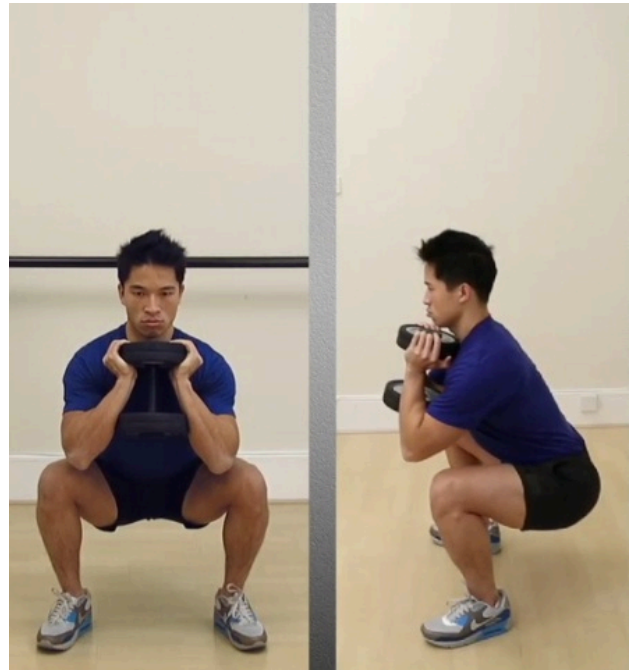
Day 1

A1



Goblet Squat

Sets: 3 Reps: 8



- Stand with your feet parallel and a comfortable distance apart with your weight evenly distributed between both legs
- To add resistance take a dumbbell or kettlebell in your hands in front of your chest. Your palms should be facing each other and elbows should be wide and slightly raised.
- Keeping your chest up, bend at your knees then hips to lower your bum down towards the ground behind you.
- Go as low as you can with control, ideally your hips should go below your knees. Keeping your heels on the ground, push up into the start position.

A2



Alternating Split Squat Jumps

Sets: 3 Reps: 5 Rest: 2 min



1. Assume a split Squat position.
2. Lower yourself down into the squat.
3. With as much power as possible jump up and switch legs before you land.
4. Land and repeat.
5. Breathe out as you jump up.

A3



Push ups

Sets: 3 Reps: 10



1. On the floor with hands and feet, get into a push up position
2. Lower your chest to the floor keeping your body in a straight line (not letting your hips drop)
3. Push your body up to the start position

A4



Medicine Ball Throw

Sets: 3 Reps: 5 Rest: 2 min



1. Place a medicine ball on the floor just slightly in front of you.
2. Squat down to pick the ball up
3. Using the momentum from your legs, stand up and throw the ball as far forward as you can.
4. Run/walk up to the ball and repeat.
5. Exhale as you throw the ball forward.

A5



Walking Lunges

Sets: 3 Reps: 8



1. Step forward with one leg and lunge down til there is a 90-degree bend in your knees.
2. Rise up, bringing your back leg to your front leg.
3. Repeat with the opposite leg so you travel over a distance.
4. Breathe out as you rise up.

A6



Single leg calf raises

Sets: 3 Reps: 10 Rest: 2 min



1. Standing on one leg holding onto a pole or stable surface for support
2. Breathe out and raise up onto the tips of your toes
3. Breathe in and slowly come down to the start position

A7



Dumbbell Shoulder Press

Sets: 3 Reps: 8



1. Standing with a Dumbbell in each hand
2. Breathe out and push the dumbbell over your head maintaining a ribs over hips posture
3. Breathe in and lower the weight down to your shoulders

A8



Plank

Sets: 3 Time: 30sec Rest: 2 min



1. Assume the plank position on your elbows
2. Tuck your tailbone under and keep your ribs and hips level

Day 2

B1



Banded Crab Walks (side steps)

Sets: 3 Reps: 8 Rest: 1 min



1. Place band around your legs above your knees
2. In a quarter squat position step to the side
3. Ensure your toes are pointing forward, you're driving your knees out and your breathing throughout
4. Face the same way for both sides

B2



20 Meter Sprint

Sets: 2 Reps: 3 Tempo: Fast Rest: 3 min between reps Intensity: 90-100%



- Put 2 markers 20 meters apart.
- Sprint from one marker to the next as far as you can.

B3



Broad Jump

Sets: 3 Reps: 5 Rest: 2 min



1. Stand with both feet flat on the floor, shoulder width apart.
2. Bend your knees and swing your arms back.
3. As you jump forward, swing your arms forward.

B4



Bunny Hops / Pogo's

Sets: 3 Reps: 8 Rest: 2 min



On the spot or small progression forward jumping.

Each time you land quickly explode up to the next jump.

B5



T-Test Agility

Sets: 3 Reps: 3 Rest: 2 min



T-Test - Agility

Set Up: ^ = cone placement

^C-----4.5m-----^B -----4.5m----- ^D

-

9.1m

-

-

^A

Procedure

1. Start at cone A.
2. Once the timer starts, sprint to cone B and touch the base of the cone with their right hand.
3. Turn left and shuffle sideways to cone C, and also touch its base, this time with the left hand.
4. Then shuffling sideways to the right to cone D and touching the base with the right hand.
5. Shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

B6



Reverse Plank

Sets: 3 Time: 30 sec Rest: 30 sec



- 1: Sit down with your arms and hands slightly behind you on the floor.
- 2: Lean back into your arms and brace your hands on the floor in your preferred hand position (in or out)
- 3: Lift your hips
- 4: Walk your feet out as far as possible to the hold position
- 5: Hold for the desired time

B7



High Plank

Sets: 3 Time: 30 sec Rest: 30 sec



- 1. Assume the plank position on your hands
- 2. Hold the plank, ensuring your ribs to hips are flat
- 3. Do not sink into the plank

B8



Side Plank

Sets: 3 Time: 20sec Rest: 40 sec



- Come down with one elbow and the outside of your corresponding foot on a mat. Your feet, knees, hips, chest and head should all be facing sideways. Your body should form a straight line all the way up.
- Engage your core by drawing your tummy in and pelvic floor muscle (the muscle you would use to stop yourself from peeing) up with 30% effort.
- Hold this position.
