

Overview

Day 1: Lower Body

WARM-UP	
Exercise	Sets/Reps
Lateral Dowel Jump	3x8 sec
Band Waltz	3x10
Jump Rope	3x1 min
PHASE 2	
Exercise	Sets/Reps
Lateral Hurdle Jumps	6x4
Foam Roller IT Band	4x30 sec
PHASE 3	
Exercise	Sets/Reps
Front Squat	4x10
Forward Hurdle Jumps	4x6
Single-Arm/Single-Leg Row	4x30 sec
Med Ball Wall Throws	4x10
PHASE 4	
Exercise	Sets/Reps
Bulgarian Squat	4x10
Jump Split Squat	4x6
Rotational Row	4x10
Side Bridge	4x30 sec
CORE	
Exercise	Sets/Reps
Ab Routine	2 Sets
Roller Angel	2x5
FLEXIBILITY	
Exercise	Seconds
Strap Stretching	30 each muscle
<p>Note: All exercises in each phase should be used as a superset. For example, in Phase 3, perform the first set of each exercise (Front Squats, Forward Hurdle Jumps, Single-Arm/Single-Leg Row and Med Ball Wall Throws), then repeat four times before moving on to the next phase. Follow this superset routine for each day.</p>	

Day 2: Upper Body/Trunk

WARM-UP	
Exercise	Sets/Reps
T Push-Up	2x10
Wall Snatch Squat Press	3x5
Wall Angel	2x5
PHASE 2	
Exercise	Sets/Reps
Roller Back/Lat	2x10
DB Step-Ups w/ Snatch	2x5
PHASE 3	
Exercise	Sets/Reps
Cable Push/Pull	4x10
HiLo Woodchop	4x10
Med Ball Side Throw	4x10
PHASE 4	
Exercise	Sets/Reps
DB Physioball Press w/ Rotation	3x10
Push-Up Row	3x6
DB Row Toss	3x10
CORE	
Exercise	Sets/Reps
Ab Routine	2 sets
Bridge Series	2x2 min
FLEXIBILITY	
Exercise	Sets/Reps
Clock Stretch	2x30 sec

Day 3: Lower Body

WARM-UP	
Exercise	Sets/Reps
Forward Dowel Jump	4x8 sec
Band Waltz	4x5
Jump Rope	4x1 min
PHASE 2	
Exercise	Sets/Reps
Skater	6x6
Foam Roller IT Band	4x30 sec
PHASE 3	
Exercise	Sets/Reps
Rotational Row	4x10
Speed Skater	4x6
Lunge	4x10
Dowel Hops	4x8 sec
PHASE 4	
Exercise	Sets/Reps
Squat Snatch	3x10
Dowel Hop	3x8 sec
Side Bridge	3x30 sec
CORE	
Exercise	Sets/Reps
Warrior Series (Four positions)	2x30 sec / position
FLEXIBILITY	
Exercise	Seconds
Strap Stretching	30 each muscle

Day 4: Upper Body/Trunk

WARM-UP	
Exercise	Sets/Reps
Push-Up	2x20
Pull-Up	3x10+
Wall Angel	2x5
PHASE 2	
Exercise	Sets/Reps
Roller Back/Lat	2x10
DB Step-Up w/ Snatch	2x5
PHASE 3	
Exercise	Sets/Reps
Cable Push/Pull	4x10
DB Push-Up Row	4x10
Plate Rotation Press	4x10
PHASE 4	
Exercise	Sets/Reps
DB Physioball w/ Press	3x10
Clap Push-Up	3x6
DB Row Toss	3x10
CORE	
Exercise	Sets/Reps
Ab Routine	2 sets
Bridge Series	2x2 min
FLEXIBILITY	
Exercise	Sets/Reps
Clock Stretch	2x30 sec

End-of-Workout On-Court Drills

QUICKNESS, AGILITY AND CONDITIONING PHASE	
Drill	Goal Time
10 full-court lay-ups (right)	2 min or less
5 free throws	-
10 full-court lay-ups (left)	2 min or less
Strap Stretch	6 min
Star Drill	25 sec or less
2 free throws	-
Star Drill	23 sec or less
2 free throws	-
10 makes (no floor)*	-
2 free throws	-
Star Drill	-
2 free throws	-
Star Drill	-
2 free throws	-
5 flash and scores (each block)	-
10 makes (no floor)*	-
2 free throws	-
Double Triangle	30 sec max to make 4 elbow jumpers
2 free throws	-
Half Waldo	45 sec max
5 free throws	-
Half Chili Bean	30 sec max to make 4 top-of-key jumpers
5 free throws	-
<p>*Shoot from the 10- to 15-foot range // Get your own rebound without allowing ball to touch floor // For each time ball touches floor during drill, run full court sprint when drill is complete</p>	

Monday: Lower Body

WARM-UP						
Exercise	Set 1	Set 2	Set 3			
Lateral Dowel Jump	/8 seconds	/8 seconds	/8 seconds			
Band Waltz	/10	/10	/10			
Jump Rope	/1 minute	/1 minute	/1 minute			
PHASE 2						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Lateral Hurdle Jumps	/4	/4	/4	/4	/4	/4
Foam Roller IT Band	/30 seconds	/30 seconds	/30 seconds	/30 seconds		
PHASE 3						
Exercise	Set 1	Set 2	Set 3	Set 4		
Front Squat	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Forward Hurdle Jumps	/6	/6	/6	/6		
Single-Arm/Single-Leg Row	/30 seconds lbs	/30 seconds lbs	/30 seconds lbs	/30 seconds lbs		
Med Ball Wall Throws	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
PHASE 4						
Exercise	Set 1	Set 2	Set 3	Set 4		
Bulgarian Squat	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Jump Split Squat	/6 lbs	/6 lbs	/6 lbs	/6 lbs		
Rotational Row	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Side Bridge	/30 seconds	/30 seconds	/30 seconds	/30 seconds		
CORE						
Exercise	Set 1	Set 2				
Ab Routine						
Roller Angel	/5	/5				
FLEXIBILITY						
Exercise	Set 1					
Strap Stretching	/30 seconds					

Tuesday: Upper Body/Trunk

WARM-UP						
Exercise	Set 1	Set 2	Set 3			
T Push-Up	/10	/10				
Wall Snatch Squat Press	/5 lbs	/5 lbs	/5 lbs			
Wall Angel	/5	/5				
PHASE 2						
Exercise	Set 1	Set 2				
Roller Back/Lat	/10	/10				
DB Step-Ups w/ Snatch	/5 lbs	/5 lbs				
PHASE 3						
Exercise	Set 1	Set 2	Set 3	Set 4		
Cable Push/Pull	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
HiLo Woodchop	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Med Ball Side Throw	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
PHASE 4						
Exercise	Set 1	Set 2	Set 3			
DB Physioball Press w/ Rotation	/10 lbs	/10 lbs	/10 lbs			
Push-Up Row	/6 lbs	/6 lbs	/6 lbs			
DB Row Toss	/10 lbs	/10 lbs	/10 lbs			
CORE						
Exercise	Set 1	Set 2				
Ab Routine						
Bridge Series	/2 minutes	/2 minutes				
FLEXIBILITY						
Exercise	Set 1	Set 2				
Clock Stretch	/30 seconds	/30 seconds				

Thursday: Lower Body

WARM-UP						
Exercise	Set 1	Set 2	Set 3	Set 4		
Forward Dowel Jump	/8 seconds	/8 seconds	/8 seconds	/8 seconds		
Band Waltz	/5	/5	/5	/5		
Jump Rope	/1 minute	/1 minute	/1 minute	/1 minute		
PHASE 2						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Skater	/6	/6	/6	/6	/6	/6
Foam Roller IT Band	/30 seconds	/30 seconds	/30 seconds	/30 seconds		
PHASE 3						
Exercise	Set 1	Set 2	Set 3	Set 4		
Rotational Row	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Speed Skater	/6	/6	/6	/6		
Lunge	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Dowel Hops	/8 seconds	/8 seconds	/8 seconds	/8 seconds		
PHASE 4						
Exercise	Set 1	Set 2	Set 3			
Squat Snatch	/10 lbs	/10 lbs	/10 lbs			
Dowel Hop	/8 seconds	/8 seconds	/8 seconds			
Side Bridge	/30 seconds	/30 seconds	/30 seconds			
CORE						
Exercise	Set 1	Set 2				
Warrior Series (Four positions)	/30 seconds	/30 seconds				
FLEXIBILITY						
Exercise	Set 1					
Strap Stretching	/30 seconds					

Friday: Upper Body/Trunk

WARM-UP						
Exercise	Set 1	Set 2	Set 3			
Push-Up	/20	/20				
Pull-Up	/10+	/10+	/10+			
Wall Angel	/5	/5				
PHASE 2						
Exercise	Set 1	Set 2				
Roller Back/Lat	/10	/10				
DB Step-Up w/ Snatch	/5 lbs	/5 lbs				
PHASE 3						
Exercise	Set 1	Set 2	Set 3	Set 4		
Cable Push/Pull	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
DB Push-Up Row	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
Plate Rotation Press	/10 lbs	/10 lbs	/10 lbs	/10 lbs		
PHASE 4						
Exercise	Set 1	Set 2	Set 3			
DB Physioball w/ Press	/10 lbs	/10 lbs	/10 lbs			
Clap Push-Up	/6	/6	/6			
DB Row Toss	/10 lbs	/10 lbs	/10 lbs			
CORE						
Exercise	Set 1	Set 2				
Ab Routine						
Bridge Series	/2 minutes	/2 minutes				
FLEXIBILITY						
Exercise	Set 1	Set 2				
Clock Stretch	/30 seconds	/30 seconds				

End-of-Workout On-Court Drills

QUICKNESS, AGILITY AND CONDITIONING PHASE		
Drill	Reps	Goal Time
10 Full-Court Lay-Ups [right]	/10	/2 minutes or less
5 Free Throws	/5	
10 Full-Court Lay-Ups [left]	/10	/2 minutes or less
Strap Stretch		/6 minutes
Star Drill		/25 seconds or less
2 Free Throws	/2	
Star Drill		/23 seconds or less
2 Free Throws	/2	
10 Makes [no floor]*	/10	
2 Free Throws	/2	
Star Drill		
2 Free Throws	/2	
Star Drill		
2 Free Throws	/2	
5 Flash and Scores [each block]	/10	
10 Makes [no floor]*	/10	
2 Free Throws	/2	
Double Triangle	/4	/30 seconds or less
2 Free Throws	/2	
Half Waldo		/45 seconds or less
5 Free Throws	/5	
Half Chili Bean	/4	/30 seconds or less
5 Free Throws	/5	