



# 8-Week Youth Training Program

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## **A note from Alan**

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## Introduction

Should kids lift weights? Will it stunt their growth? At what age should they start? What kinds of exercises and drills are safe?

These are excellent and valid questions. The goal of this program is to clear up the confusion and provide an age appropriate training program for boys and girls ages 8-12.

One of the most important concepts to understand in youth training is that a child's chronological age and their physical and mental maturity are not always the same. This includes their muscular and Central Nervous System maturity (coordination, body awareness, etc.) as well as their mental maturity (attention span, ability to process and follow instructions, etc.). Children mature and progress at different rates. Some 10 year olds look and act 16 and some 16 year olds look and act 10!

**Given such individual differences, we highly recommend you get an assessment and approval from a qualified professional prior to implementing this training program.**

In addressing the questions we asked earlier, there is a difference between "lifting weights" and "strength training." We prefer to use the term "strength training" as it encompasses a variety of modalities and methodologies. Plus, our goal is not to produce better "weight lifters", but rather to use appropriate training methods to produce stronger, more coordinated, and more confident young players.

We are firm believers young athletes ages 8-12 years old, who have been assessed and approved by a qualified professional, should participate in a structured, supervised, age appropriate training program such as this one. We recommend that all participants are properly supervised to help make sure perfect technique is utilized and that safety is the highest priority. Resistances, if needed at all, should be very conservative. Using lighter loads will reduce unnecessary orthopedic stress. This age appropriate training program will not harm a child's growth, but will actually help strengthen their skeletal and muscular system as well as their connective tissue. It will also help facilitate an improvement in their coordination and body awareness.

As mentioned previously, while individual differences will certainly come into play, 8-12 years old is usually a safe age range to start an appropriate training program. This comprehensive program involves dynamic flexibility, movement preparation, footwork, strength training, and agility training. This program is to be done twice per week, for 30-45 minutes per workout. It focuses on multi-joint exercises and movements (skipping, hopping, jumping, lunging, squatting, pushing, pulling, throwing, and twisting) and using appropriate loads (resistances they can do for 20 perfect reps). The workouts should be challenging, yet fun and engaging with the goal of building great training habits and a solid foundation of proper movement.

It is important for younger players to be exposed to a variety of motor skills in order to promote future athletic success and injury prevention. Developing this basic coordination through a wide variety of movements, drills, and exercises is integral, with the eventual goal of developing basketball specific coordination in their teenage years. But you need to develop a solid foundation of the basics before you can introduce the specifics! This program lays the foundation for the future.

Research has shown that coordination is best developed between the ages of 8-12 years old. There are several components to coordination, such as balance, rhythm, body awareness in space, and reaction. Younger players that can learn to perfect these components, and improve their coordination through appropriate training, tend to have better athletic success at later ages.

## Youth Training Program Components

- ➔ **Safe:** Safety is important for any training program, but is integral for working with young players. We encourage proper form, technique, and footwork at all times.
- ➔ **Fun:** We want this program to be fun and engaging
- ➔ **Fundamental:** We want young players to master a variety of general motor skills (skipping, hopping, jumping, lunging, squatting, pushing, pulling, throwing, and twisting) before trying to master sport-specific skills (ball handling, shooting, etc.).
- ➔ **Challenging:** Young players learn quickly and are like sponges, so we have tried to challenge them physically and mentally with a variety of new movements, exercises, and drills.

## Here are several quality coaching points to use when implementing this program:

### **Plyometrics:**

- ➔ Avoid “knocked knee’d” position in both jumping and landing.
- ➔ Land with “chest over knees over feet” to improve balance and stability.
- ➔ Absorb impact with ankles, knees, and hips (quiet landing, no bouncing).
- ➔ Land toe to heel (but *not* tip-toed) and quickly distribute weight to the entire foot.

### **Agility:**

- ➔ Plant using each foot & ankle equally.
- ➔ Plant at 90 degrees (perpendicular to the direction you were running, T-step).
- ➔ Use shorter, “choppy” steps when decelerating and closing out.
- ➔ Keep around shoulder width apart and hips low.

**NOTE:** The warm-up and strength portion of the workout may be performed without shoes. This will help develop a better sense of balance as well as strengthen the small intrinsic muscles of the foot and ankle.

### **Agility Drills:**

- ➔ Start each drill in an athletic stance.
- ➔ Stay low and use the T-step for each transition.
- ➔ Perform each drill as quickly as possible, but always use correct footwork.

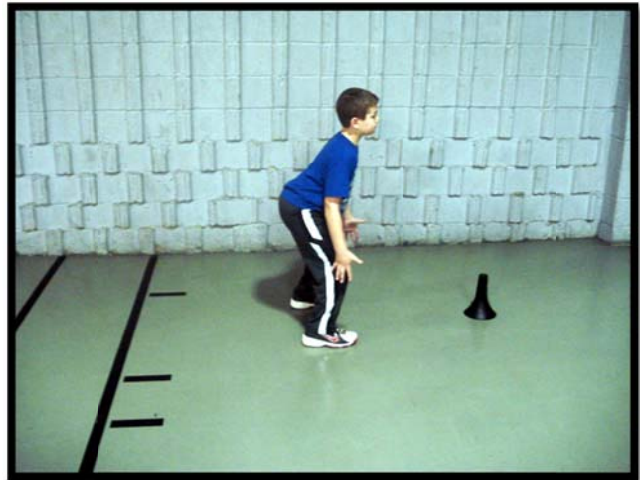
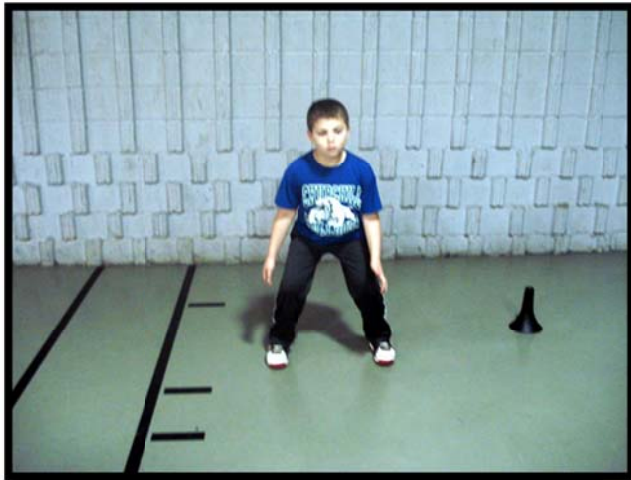
## Rest

Unless otherwise noted, we recommend you rest as long as you feel necessary in between each set and exercise. Initially this may be as much as 2-3 minutes, but over time, as you get in better basketball shape, you will be able to reduce your rest to 30-45 seconds. Ideally your rest intervals will continue to get shorter as the program progresses. This “metabolic” conditioning will help you on the court!

## Workout Schedule

This 8-week program was designed to be flexible in regards to scheduling the weekly workouts as we know everyone’s situation is slightly different. It is to be performed twice a week (there is a Day 1 and Day 2 workout) on non-consecutive days. It can be performed before or after skill workouts or practice.

**Athletic Stance:** Assume a balanced position with your hips and knees slightly bent and your “chest over knees over feet.” Your weight should be evenly distributed over the power pads of your feet (you should be able to slide a piece of paper under your heels... but you are not up on your toes). Your hands should be in a ready position. In this stance you should be able to move in any direction and perform any athletic movement.



**T-Step:** A ‘T-Step’ is the ideal way to safely and efficiently “put on the brakes” to plant and cut. Prior to planting and cutting, you want to quickly turn your hips and plant your outside foot perpendicular (90 degrees) to the direction you were going. For example, if running a sprint from the baseline to mid-court and back to the baseline, you would want to plant with your foot parallel to the mid-court line (thus perpendicular to the direction you will be running). This foot position will provide a strong braking mechanism for the knee as well as be the best position for a strong transition into the desired direction. It is important to keep your center of gravity low during each transition.



**Deceleration:** at the end of each sprint, you want to come to a complete stop in an athletic stance. The key is to stay low, take shorter steps as you approach your stop, be under control, and finish in an athletic stance.

**Important:** many of the exercises within the exercise program have abbreviated descriptions. Below is the key for each of the abbreviations.

**KEY: DB: Dumbbell MB: Medicine Ball**

### Workout: Month 1 - Week 1 - Day 1

Activity		Sets / Duration	☑
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 4 reps	<input type="checkbox"/>
	Deceleration Runs (the walk back is the rest period)	Perform 4 reps, 2 reps at 50% of max speed and 2 reps at 75% of max speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Low Hurdle Two Foot Jumps (stick landing)	2 sets of 4 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30 seconds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 15 seconds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 rounds of each exercise consecutively. Rest 1 minute between exercises and 2 minutes between each round.</b>		
	Bench Squats	1 set of 8 reps	<input type="checkbox"/>
	Push-Up Position Hold	1 set of 30 seconds	<input type="checkbox"/>
	Inverted Row	1 set of 8-10 reps	<input type="checkbox"/>
	MB Slams	1 set of 10 reps	<input type="checkbox"/>



## Workout: Month 1 - Week 1 - Day 2

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Slide with overhead reach Slide with lateral reach Slide with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Lateral Skips	Perform 4 reps	<input type="checkbox"/>
	Deceleration Runs (the walk back is the rest period)	Perform 4 reps, 2 at 50% speed and 2 at 75% speed	<input type="checkbox"/>
	Zigzag Agility	Perform 6 reps (forward sprint)	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	1 set of 20 jumps for each pattern Side to Side Front to Back Twists Touch Toes / Touch Heels	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20-30 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 10-20 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Reverse Lunges (each leg)	1 set of 6 reps	<input type="checkbox"/>
	Bench Push-Ups	1 set of 8-10 reps	<input type="checkbox"/>
	DB Row (each arm)	1 set of 10 reps	<input type="checkbox"/>
	MB Overhead Wall Throws	1 set of 10 reps	<input type="checkbox"/>

## Workout: Month 1 - Week 2 - Day 1

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Frankenstein March, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 4 reps	<input type="checkbox"/>
	Deceleration Runs	Perform 6 reps, 2 at 50% speed, 2 at 75% speed and 2 at 90-95% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Low Hurdle Two Foot Jumps (stick landing)	2 sets of 5 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20-30 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 10-20 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	Push-Up Position Hold	1 set of 20-30 second hold	<input type="checkbox"/>
	Inverted Row	1 set of 8-10 reps	<input type="checkbox"/>
	MB Slams	1 set of 12 reps	<input type="checkbox"/>

## Workout: Month 1 - Week 2 - Day 2

Activity		Sets / Duration	☑
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Lateral Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration Runs (the walk back is the rest period)	Perform 6 reps, 2 at 50% speed, 2 at 75% speed, and 2 at 90-95% speed	<input type="checkbox"/>
	Zigzag Agility	Perform 3 reps for each: forward sprint Alternate forward sprint / backpedal	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	1 set of 20 jumps for each pattern Side to Side Front to Back Twists Touch Toes / Touch Heels	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20-30 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 10-20 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		<input type="checkbox"/>
	Bodyweight Reverse Lunges (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Bench Push-Ups	1 set of 10-12 reps	<input type="checkbox"/>
	DB Row (each arm)	1 set of 12 reps	<input type="checkbox"/>
	MB Overhead Wall Throws	1 set of 12 reps	<input type="checkbox"/>



## Workout: Month 1 - Week 3 - Day 1

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration Runs (the walk back is the rest period)	Perform 6 reps, 2 at 50% speed, 2 at 75% speed, 2 at 90% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 Set of 6 reps	<input type="checkbox"/>
	Low Hurdle Two Foot Jumps (Stick Landing)	3 Sets of 5 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 Set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 Set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 Sets of 20-30 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 Sets of 10-20 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		<input type="checkbox"/>
	Bench Squats	1 set of 8 reps	<input type="checkbox"/>
	Push-Up Position Hold	1 set of 20-30 second hold	<input type="checkbox"/>
	Inverted Row	1 set of 8-10 reps	<input type="checkbox"/>
	MB Slams	1 set of 10 reps	<input type="checkbox"/>

## Workout: Month 1 - Week 3 - Day 2

Activity		Sets / Duration	<input checked="" type="checkbox"/>
Dynamic Flexibility	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
Movement Series (with basketball)	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
Agility / Speed	Lateral Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration Runs (the walk back is the rest period)	Perform 6 reps, 2 at 50% speed, 2 at 75% speed, 2 at 90% speed	<input type="checkbox"/>
	Zigzag Agility	Perform 3 reps for each: forward sprint Alternate forward sprint / backpedal Alternate forward sprint / slide	<input type="checkbox"/>
Plyometrics	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	2 sets of 20 jumps for each pattern Side to Side Front to Back Twists Touch Toes / Touch Heels	<input type="checkbox"/>
Pre-hab (no shoes)	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20-30 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 10-20 second holds	<input type="checkbox"/>
Strength Training	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Reverse Lunges (each leg)	1 set of 6 reps	<input type="checkbox"/>
	Bench Push-Ups	1 set of 10 reps	<input type="checkbox"/>
	DB Row (each arm)	1 set of 10 reps	<input type="checkbox"/>
	MB Overhead Wall Throws	1 set of 10 reps	<input type="checkbox"/>

## Workout: Month 1 - Week 4 - Day 1

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration Runs (the walk back is the rest period)	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Low Hurdle Two Foot Continuous Jumps	3 sets of 6 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20-30 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 10-20 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	Push-Up Position Hold	1 set of 20-30 second hold	<input type="checkbox"/>
	Inverted Row	1 set of 10 reps	<input type="checkbox"/>
	MB Slams	1 set of 12 reps	<input type="checkbox"/>

## Workout: Month 1 - Week 4 - Day 2

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
	Lateral Skips	Perform 6 reps	<input type="checkbox"/>
<b>Agility/Speed</b>	Deceleration Runs (the walk back is the rest period)	Perform 6 reps, 2 at 50% speed, 2 at 75% speed, 2 at 90% speed	<input type="checkbox"/>
	Zigzag Agility	Perform 3 reps for each: forward sprint Alternate forward sprint / backpedal Alternate forward sprint / slide Alternate forward sprint / carioca	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	2 sets of 25 jumps for each pattern Side to Side Front to Back Twists Touch Toes / Touch Heels	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	3-Spot Balance and Reach (each spot / each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 20-30 seconds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 10-20 seconds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		<input type="checkbox"/>
	Bodyweight Reverse Lunges (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Bench Push-Ups	1 set of 12 reps	<input type="checkbox"/>
	DB Row (each arm)	1 set of 12 reps	<input type="checkbox"/>
	MB Overhead Wall Throws	1 set of 12 reps	<input type="checkbox"/>

## Workout: Month 2 - Week 1 - Day 1

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Single Leg Lateral Bounds (stick landing) (each leg)	2 sets of 5 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	3-Spot Balance and Reach (each spot / each leg)	1 set of 3 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Forward Lunges (each leg)	1 set of 6 reps	<input type="checkbox"/>
	Push-Up Core Series (each hand / each move)	1 set of 5 reps	<input type="checkbox"/>
	Bodyweight Lateral Lunges (each leg)	1 set of 6 reps	<input type="checkbox"/>
	Inverted Row	1 set of 8 reps	<input type="checkbox"/>
	MB Side Slams (each side)	1 set of 6 reps	<input type="checkbox"/>
	Wall Dorsiflexion	1 set of 12 reps	<input type="checkbox"/>

## Workout: Month 2 - Week 1 - Day 2

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
	M-Drill	Forward sprints 2 sets of 4 reps	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	1 set of 10 jumps for each pattern Side to Side jumps while moving forwards and backwards Front to Back jumps while moving left to right Twist jumps while moving forwards and backwards Toe / Heel jumps while moving left to right	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 seconds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20-30 seconds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Step-Ups (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Basketball Push-Ups (each arm)	1 set of 6 reps	<input type="checkbox"/>
	Inverted Row	1 set of 12 reps	<input type="checkbox"/>
	DB Shoulder Press	1 set of 12 reps	<input type="checkbox"/>
	Bear Crawls (up / back)	1 set of 10 yards	<input type="checkbox"/>



## Workout: Month 2 - Week 2 - Day 1

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Single Leg Lateral Bounds (stick landing) (each leg)	2 sets of 6 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	3-Spot Balance and Reach (each spot / each leg)	1 set of 3 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20-30 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		<input type="checkbox"/>
	Bodyweight Forward Lunges (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Push-Up Core Series (each hand / each move)	1 set of 6 reps	<input type="checkbox"/>
	Bodyweight Lateral Lunges (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Inverted Row	1 set of 10 reps	<input type="checkbox"/>
	MB Side Slams (each side)	1 set of 8 reps	<input type="checkbox"/>
	Wall Dorsiflexion	1 set of 15 reps	<input type="checkbox"/>

## Workout: Month 2 - Week 2 - Day 2

Activity		Sets / Duration	☑
Dynamic Flexibility	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
Movement Series (with basketball)	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
Agility / Speed	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
	M-Drill	Forward sprints 2 sets of 3 reps Alternate forward sprint / backpedal 2 sets of 3 reps	<input type="checkbox"/>
Plyometrics	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	1 set of 12 jumps for each pattern Side to Side jumps while moving forwards and backwards Front to Back jumps while moving left to right Twist jumps while moving forwards and backwards Toe / Heel jumps while moving left to right	<input type="checkbox"/>
Pre-hab (no shoes)	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 seconds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20-30 seconds	<input type="checkbox"/>
Strength Training	<b>Perform 2 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Step-Ups (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Basketball Push-Ups (each hand)	1 set of 7 reps	<input type="checkbox"/>
	Inverted Row	1 set of 12 reps	<input type="checkbox"/>
	DB Shoulder Press	1 set of 12 reps	<input type="checkbox"/>
	Bear Crawls (up / back)	1 set of 15 yards	<input type="checkbox"/>

## Workout: Month 2 - Week 3 - Day 1

Activity		Sets / Duration	☑
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Frankenstein March, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Low Hurdle Two Foot 90 Degree Jumps	3 sets of 6 reps	<input type="checkbox"/>
	Single Leg Lateral Bounds (stick landing) (each leg)	3 sets of 5 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 Set of 10 reps	<input type="checkbox"/>
	3-Spot Balance and Reach (each spot / each leg)	1 Set of 3 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 second holds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20-30 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		<input type="checkbox"/>
	Bodyweight Forward Lunges	1 set of 6 reps	<input type="checkbox"/>
	Push-Up Core Series (each hand / each move)	1 set of 5 reps	<input type="checkbox"/>
	Bodyweight Lateral Lunges (each leg)	1 set of 6 reps	<input type="checkbox"/>
	Inverted Row	1 set of 8 reps	<input type="checkbox"/>
	MB Side Slams (each side)	1 set of 6 reps	<input type="checkbox"/>
	Wall Dorsiflexion	1 set of 15 reps	<input type="checkbox"/>

## Workout: Month 2 - Week 3 - Day 2

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
	M-Drill	Forward sprints 2 sets of 3 reps Alternate forward sprint / backpedal 2 sets of 3 reps Alternate forward sprint / slide 2 sets of 3 reps	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	2 sets of 10 Jumps for Each Pattern Side to Side jumps while moving forwards and backwards Front to Back jumps while moving left to right Twist jumps while moving forwards and backwards Toe / Heel jumps while moving left to right	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 seconds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20-30 seconds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Step-Ups (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Basketball Push-Ups (each hand)	1 set of 5 reps	<input type="checkbox"/>
	Inverted Row	1 set of 8 reps	<input type="checkbox"/>
	DB Shoulder Press	1 set of 8 reps	<input type="checkbox"/>
	Bear Crawls (up / back)	1 set of 10 yards	<input type="checkbox"/>

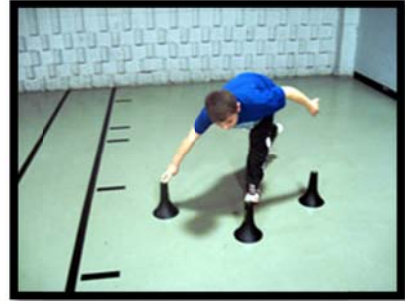
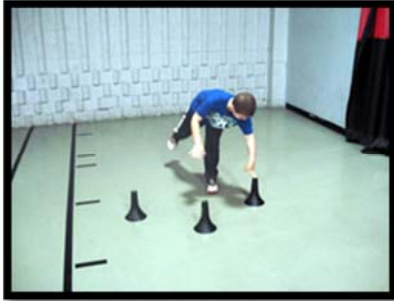
## Workout: Month 2 - Week 4 - Day 1

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Shin Grabs, Side-to-Side Lunges, Overhead Forward Lunges, Horizontal Leg Swings		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal run with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Forward and Backward Skips	Perform 6 reps	<input type="checkbox"/>
	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Low Hurdle Two Foot 90 Degree Jumps	3 sets of 6 reps	<input type="checkbox"/>
	Single Leg Lateral Bounds (Stick Landing) (each leg)	3 sets of 5 reps	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Bench Squats	1 set of 10 reps	<input type="checkbox"/>
	3-Spot Balance and Reach (each spot / each leg)	1 set of 3 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 second holds	<input type="checkbox"/>
	Side Bridge (On Knees)	2 sets of 20-30 second holds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Forward Lunges (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Push-Up Core Series (each hand / each move)	1 set of 6 reps	<input type="checkbox"/>
	Bodyweight Lateral Lunges (each leg)	1 set of 8 reps	<input type="checkbox"/>
	Inverted Row	1 set of 10 reps	<input type="checkbox"/>
	MB Side Slams (each side)	1 set of 8 reps	<input type="checkbox"/>
	Wall Dorsiflexion	1 set of 15 reps	<input type="checkbox"/>

## Workout: Month 2 - Week 4 - Day 2

Activity		Sets / Duration	<input checked="" type="checkbox"/>
<b>Dynamic Flexibility</b>	Knee Hugs, Quad Stretch, Inchworm, Standing Groin Stretch, Over the Fence, Low Lunges		<input type="checkbox"/>
<b>Movement Series (with basketball)</b>	Jog / backpedal with overhead reach Jog / backpedal with lateral reach Jog / backpedal with twisting reach Slide with overhead reach Slide with lateral reach Slide with twisting reach Carioca with overhead reach Carioca with lateral reach Carioca with twisting reach		<input type="checkbox"/>
<b>Agility / Speed</b>	Deceleration runs	Perform 6 reps, 2 at 50% speed and 4 at 90% speed	<input type="checkbox"/>
	M-Drill	Forward sprints 2 sets of 4 reps Alternate forward sprint / backpedal 2 sets of 4 reps Alternate forward sprint / slide 2 sets of 4 reps	<input type="checkbox"/>
<b>Plyometrics</b>	Low Box Landings	1 set of 6 reps	<input type="checkbox"/>
	Quick Two Foot Jumping Series	2 sets of 12 jumps for each pattern Side to Side jumps while moving forwards and backwards Front to Back jumps while moving left to right Twist jumps while moving forwards and backwards Toe / Heel jumps while moving left to right	<input type="checkbox"/>
<b>Pre-hab (no shoes)</b>	Glute Bridge	1 set of 10 reps	<input type="checkbox"/>
	Fire Hydrants (each leg)	1 set of 10 reps	<input type="checkbox"/>
	One Leg Balance and Reach (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Front Bridge	2 sets of 30-40 seconds	<input type="checkbox"/>
	Side Bridge (on knees) (each side)	2 sets of 20-30 seconds	<input type="checkbox"/>
<b>Strength Training</b>	<b>Perform 3 Rounds of each exercise consecutively. Rest 30 seconds to 1 minute between exercises and 2 minutes between each round.</b>		
	Bodyweight Step-Ups (each leg)	1 set of 10 reps	<input type="checkbox"/>
	Basketball Push-Ups (each hand)	1 set of 6 reps	<input type="checkbox"/>
	Inverted Row	1 set of 10 reps	<input type="checkbox"/>
	DB Shoulder Press	1 set of 10 reps	<input type="checkbox"/>
	Bear Crawls (up / back)	1 set of 15 yards	<input type="checkbox"/>



**Activity Descriptions (Ordered Alphabetically)****3-Spot Balance and Reach**

Visually find 3 different spots on the ground in front of you: #1 is to the left of your balanced foot; #2 is directly in front of you; and #3 is to the right of your balanced foot. Balance on one leg while keeping only a slight bend in the knee. Reach both hands towards the ground touching in each designated spot. Return to the standing position in between touching each numbered area.

**Basketball Push-Ups**

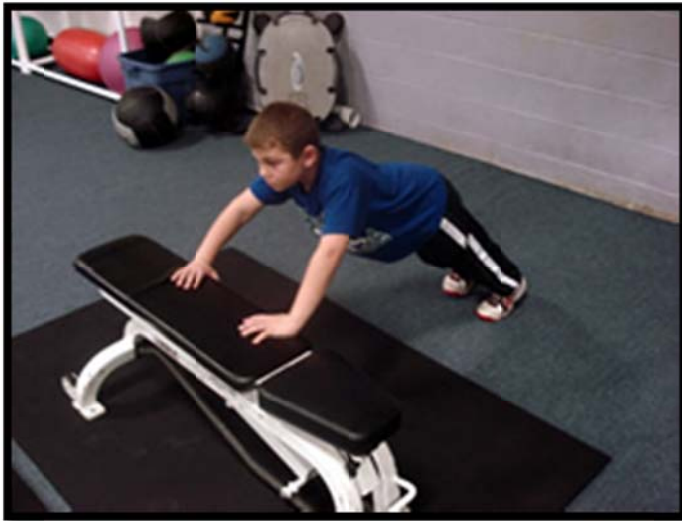
Place one hand on the ground and the other hand on the ball. Keep a straight line from your head to your heels. Lower your body until the chest is close to the ground, then press back up to the starting position. You can keep the ball in place for a number of repetitions or you can switch the ball between each repetition.

### Bear Crawls



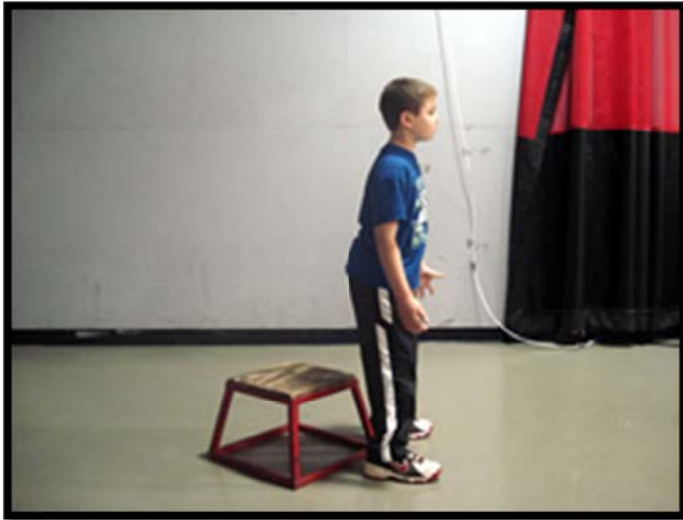
Assume a “crawling” position on all fours with your knees and elbows slightly bent. “Walk” yourself forward and backwards on your hands and feet.

### Bench Push-Ups



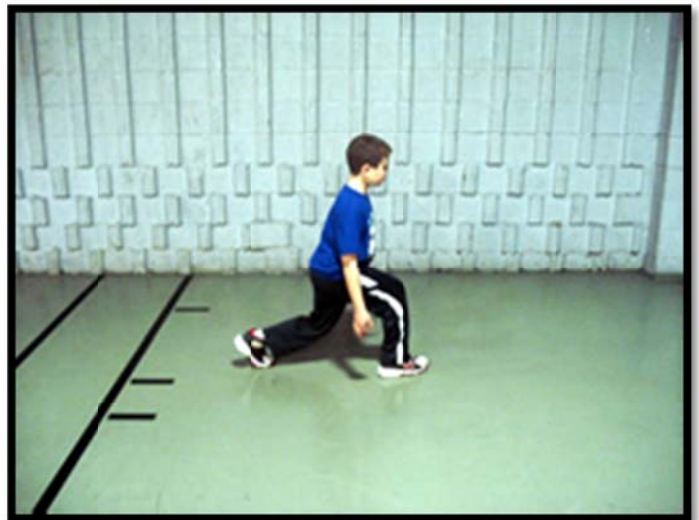
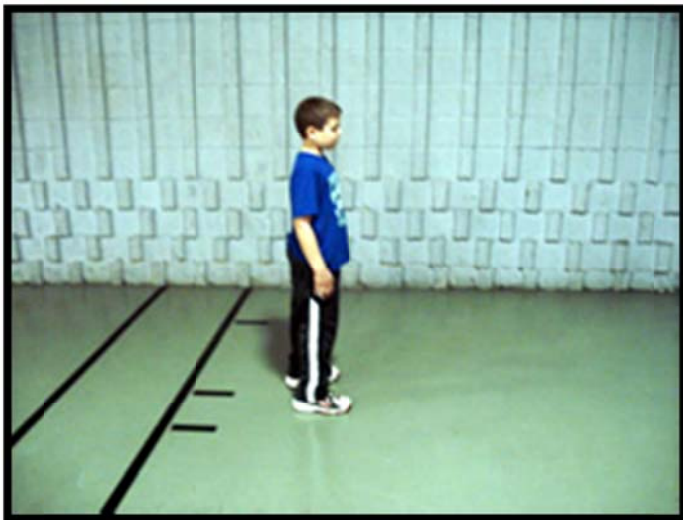
Start in plank position with your arms extended (hands directly under your shoulders) on a bench. Your ankles, knees, hips, and shoulders should be in a straight line. Lower your body under control by drawing your shoulder blades back and keeping your elbows approximately 45 degrees from your shoulders. Keep your head in a neutral position and lower yourself until you are 3 inches above the bench. Immediately push your body back to the starting position and repeat.

### Bench Squats



Start in an athletic stance with your feet hip-width apart. Drop your hips back in a squatting position. Lower yourself until your backside touches the bench then push back up to the start (you will not actually sit on the bench, just touch it). Keep your heels flat and be sure to maintain good upper body posture.

### Bodyweight Forward Lunges



Assume an athletic stance. Take a big step forward and keep your ankles, knees, hips, and shoulders facing forward. Keep your front lower leg perpendicular to the ground. Drop your back knee close to the ground and push your body back to the start.



### Bodyweight Lateral Lunges



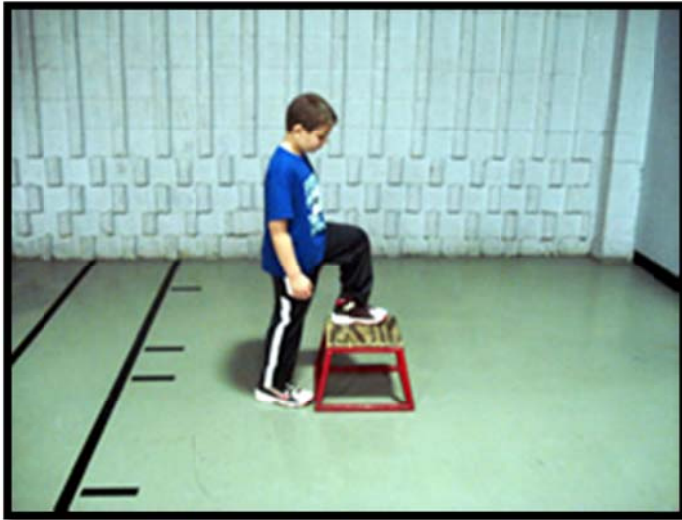
Assume an athletic stance. While keeping your ankles, knees, hips, and shoulders pointing straight ahead, step laterally and lower your outside hip towards the ground (keeping the opposing leg straight). Push back up to the starting position and repeat on the opposite leg. Upon the descent, focus on driving your hips back and keeping your heel flat. Be sure to maintain good posture and balance throughout the exercise.

### Bodyweight Reverse Lunges



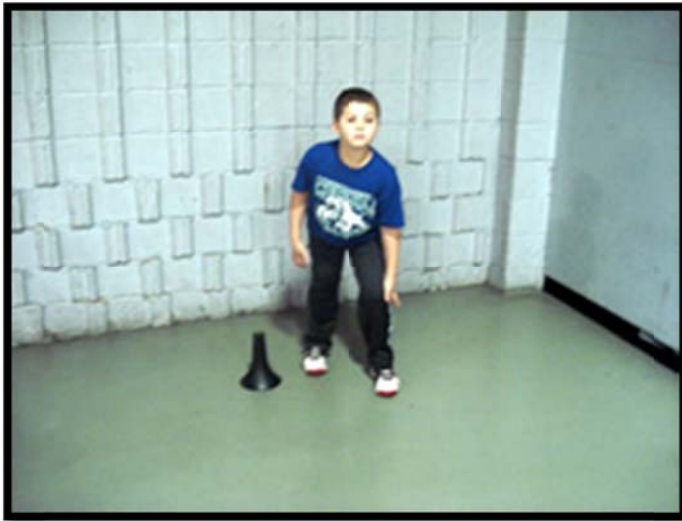
Assume an athletic stance. Take a big step backwards and keep your ankles, knees, hips, and shoulders facing forward. Keep your front lower leg perpendicular to the ground. Drop your back knee close to the ground and push your body back to the start.

### Bodyweight Step-Ups

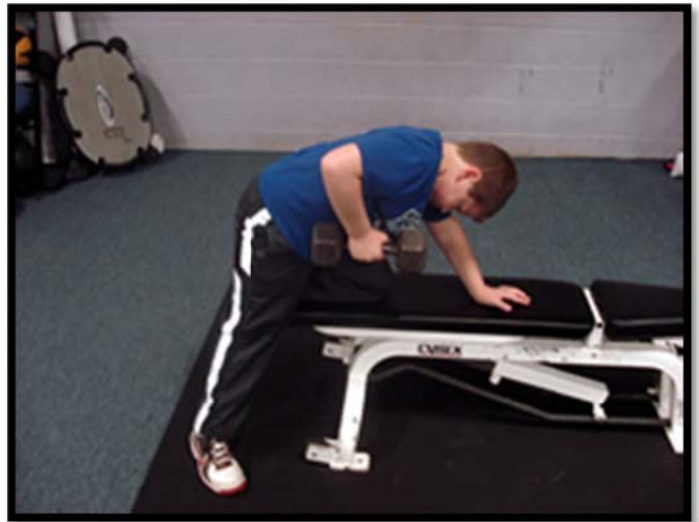


Step up on a box, driving the opposite knee at the top of the movement. Return to the starting position and repeat for the prescribed number of repetitions. Choose a box that is close to knee height.

### Deceleration Runs



Sprint 10-15 yards, and then bring yourself to a complete stop in an athletic stance. The key is to stay low, take a few choppy steps as you approach your stop and be under control.

**DB Row**

Start with one knee on a bench and the other foot on the ground. Maintain a flat back and drive the dumbbell towards the chest without much upper body movement. Return the weight to the starting position and repeat.

**DB Shoulder Press**

Hold two dumbbells at your shoulders and press straight above the head until the arms are fully extended. Return the weight under control to the starting position and repeat.



### Fire Hydrants



Assume a kneeling position on all fours (knees and hands). Lift your right knee out to the side of your body as high as you can go, then return to the starting position. Keep your back flat and your body still during the entire movement. Perform the drill on each leg.

### Front Bridge



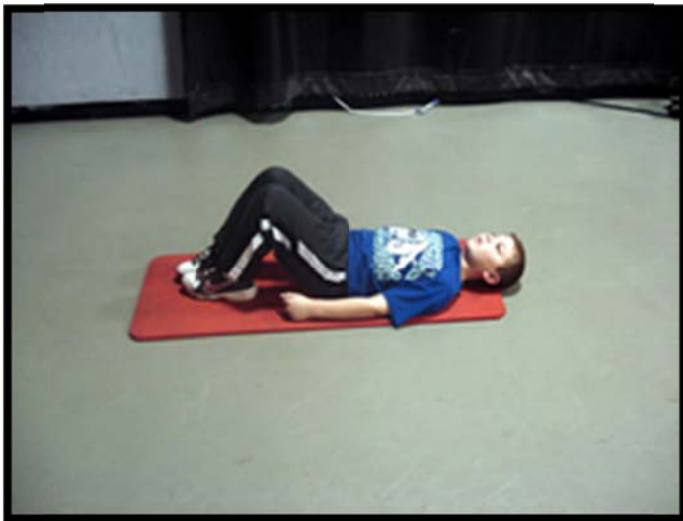
Balance on both forearms and toes while keeping your body in a straight line from the head to the heels.

### Forward and Backward Skips



Jump and land on the same foot. Immediately do the same on the other foot and move continuously forwards (or backwards) from the baseline to mid-court. Focus on driving your knees up (similar to shooting a lay-up).

### Glute Bridge



Lie flat on your back with your knees bent and feet close to your body. Push through your heels and raise your hips into the air as high as possible. Pause briefly then return to the starting position.

### Horizontal Leg Swings



Stand 2 feet off of a sturdy wall (arms extended, palms on the wall). While keeping your bottom foot as flat as possible and perpendicular to the wall, swing your other leg across your body reaching in both directions in a sweeping motion.

### Inchworm



Starting in pushup position, and keeping your legs as straight as possible, walk your feet towards your hands until you feel a stretch. Maintain good posture during the entire exercise. Try to keep your heels down during each step to stretch your Achilles. Once you have walked your feet in as far as possible, walk your hands back out to the original pushup position.

### Inverted Row



**Set a bar so that it is approximately waist height. Position yourself underneath the bar and hold with an overhand grip. Pull your chest towards the bar and pause briefly. Return to the starting position and repeat.**

### Knee Hugs



While walking forward, hug your right leg into your chest, then step and do the same thing with your left leg (then repeat again with your right).

### Lateral Skips



Jump and land on the same foot. Immediately do the same on the other foot and move continuously left and right over a 10-15 yard area. Focus on keeping separation on the feet and driving the knees up during this drill.



### Low Box Landings



Stand on a short box (approximately 6-12 inches high). Step off of the box and land in an athletic stance. Make sure to land “chest over knees over feet.” Let your weight dissipate over your entire foot and land “quietly” and “softly.”

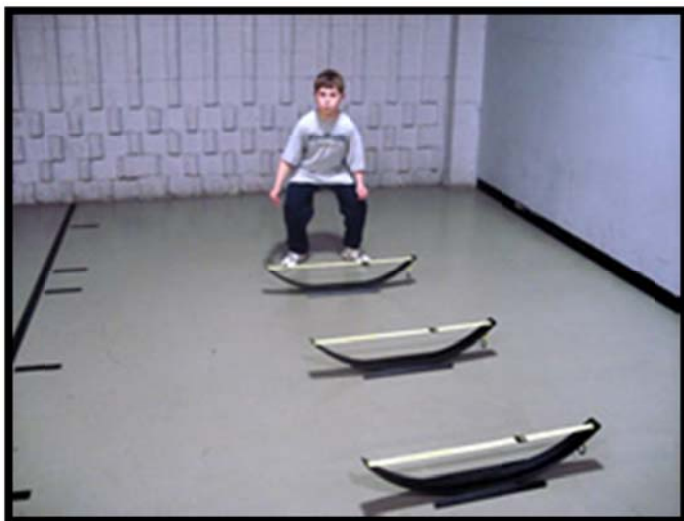
### Low Hurdle Two Foot 90 Degree Jumps



Set up 5 low hurdles in a straight line about 3 feet apart (hurdles can be 6-12 inches depending on level of athlete). Use a 2 foot take-off and jump over each hurdle, turn 90 degrees in the air, and land in an athletic stance. Make sure to stick each landing and hold for a one count. Jump over each hurdle in the same fashion until the drill is completed.



### Low Hurdle Two Foot Jumps (Stick Landing or Continuous Jumps)



Set up 5 low hurdles in a straight line about 3 feet apart (hurdles can be 6-12 inches depending on level of athlete). Use a 2 foot take-off and jump over each hurdle and land in an athletic stance. Make sure to stick each landing and hold for a one count. This is to reinforce good landing technique with each jump. Jump over each hurdle in the same fashion until the drill is completed. When asked to perform continuous jumps, do not stick each landing, but instead, immediately bound into the next jump (spend as little time on the ground as possible). Jump over each hurdle in the same fashion until the drill is completed.

### Low Lunges



Step forward with your right leg into a lunge position (ankles, knees, hips, and shoulders square to where you are facing and keeping your torso upright). Try and place your right elbows on the ground as close to your right heel as possible. Bring your feet together and repeat with the left side.

### M-Drill



Set up 4 cones in the shape of a box with a 5th cone in the middle of the box (each of the 4 cones should be 5 yards apart). Start in an athletic stance at the bottom left cone. Sprint through the box following a pattern that will create the letter “M”. This drill will create varying cutting angles. Make sure to decelerate and come to a complete stop at the end of the drill.

### MB Side Slams



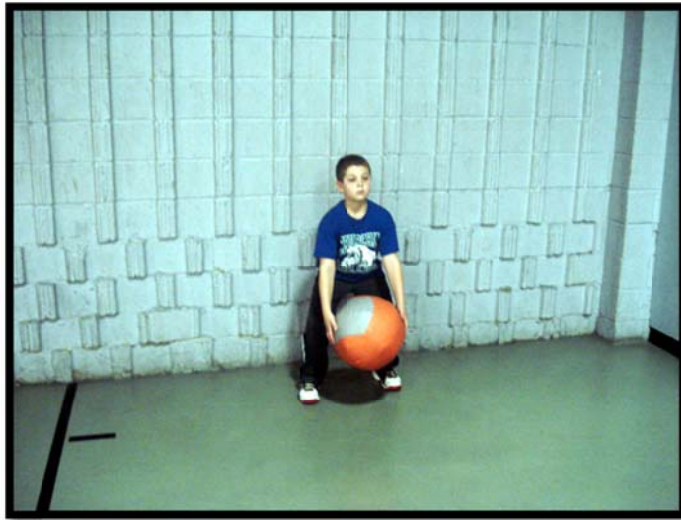
Stand with an athletic stance holding a medicine ball straight overhead. Slam the ball towards the ground right outside your left foot. Grab the medicine ball and repeat the slam to the other side of the body.

### MB Slams



Bring the medicine ball straight overhead and quickly reverse directions throwing the ball as hard as possible towards the ground. Be careful as the ball may quickly bounce back up towards your head. Grab the medicine ball and repeat.

### MB Overhead Wall Throws



Stand in an athletic stance with a medicine ball with your back close to a wall (approximately 3-5 feet away). Start with your knees slightly bent and your arms straight, then dip the medicine ball between your legs and throw the ball over your head and at the wall. After the ball bounces off the wall after the throw, quickly run to get the ball and repeat.



### Movement Series

This series can be performed over a 10-15 yard area and can be used with a basketball. Perform each movement consecutively until the entire series is complete.



Run forward and backward while raising the basketball ball overhead then back to the waist



Slide with a basketball in front and twist to each side of the body



Run forward and backward with a basketball overhead and reach laterally left and right



Carioca while raising the basketball overhead then back to the waist



Run forward and backward with a basketball in front and twist to each side of the body



Carioca with a basketball overhead and reach laterally left and right



Slide while raising the basketball overhead then back to the waist



Carioca with a basketball in front and twist to each side of the body



Slide with a basketball overhead and reach laterally left and right

### One Leg Balance and Reach



**Balance on one leg and while keeping only a slight bend in the knee, reach both hands towards the ground, then return to the standing position.**

### Over the Fence



Facing laterally to the direction you are going, raise your right knee up as high as you can and rotate it forward as if you were trying to step over an imaginary fence. Then do the same thing with the left leg (alternating each leg). Keep your shoulders and torso straight ahead.

### Overhead Forward Lunges



Step forward and drop into a lunge position. At the bottom of the lunge, extend your arms overhead. Step forward bringing both feet together and repeat on the other leg.

### Pointers



While walking forward and keeping your right leg straight (left leg bent) and right foot pointed upwards, reach down with your left hand and try to touch your right toe. Next, take a step and repeat with the other side.

### Push-Up Position Hold



Start in plank position with your arms extended (hands directly under your shoulders). Your ankles, knees, hips, and shoulders should be in a straight line. Hold this position for the prescribed amount of time.

### Push-Up Core Series (3 Moves)



Balance yourself in the top position of a push-up (plank position). Your hands should be directly under your shoulders and your arms should be fully extended. Your feet should be hip width apart. Keep your ankles, knees, hips, and shoulders in a straight line. Alternate arms each repetition and attempt to keep your body still (minimal hip movement) during each exercise.

**Hand to Shoulder:** Balance on one arm, and with the other arm, lightly touch your opposite shoulder.

**Arm Extension:** Balance on one arm and reach your other arm straight out in front of your head.

**Reach Through:** Balance on one arm and reach underneath your body with your opposite arm.

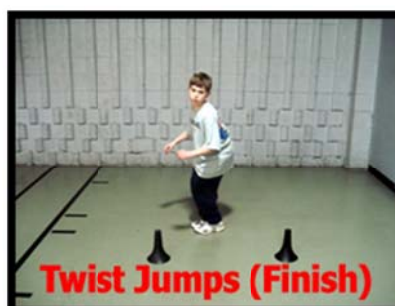
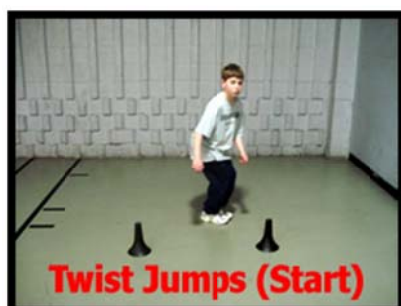
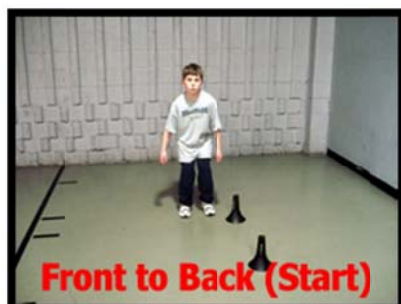
### Quad Stretch



While walking forward, pull your left heel into your backside, then step and do the same thing with your right heel (alternating each leg).



### Quick Two Foot Jump Series



**Side-to-Side:** jump left to right

**Front-to-back:** jump forwards and backwards

**Twist jumps:** jump and turn 180 degrees

**Toe / Heel Jumps:** jump so that your toes touch, then jump so that your heels touch.

### Shin Grabs



While walking forward, grab your ankle and knee and pull towards your chest. Hold for 2 seconds then switch legs.

### Side Bridge (On Knees)



Balance on one forearm and your bottom knee while keeping your body in a straight line from the head to the knees.

### Side-to-Side Lunges



Step laterally to your right with your right leg and assume a side lunge position (ankles, knees, hips, and shoulders facing perpendicular to the direction you are moving and keeping your torso upright). Allow your bodyweight to shift over your right foot. Bring your feet together and repeat. Make sure to do both sides.

### Single Leg Lateral Bounds



Start by balancing in an athletic stance on your left foot. Push off of your left foot (moving to the right) and jump laterally as far as you can, and land on the right foot into a balanced athletic position. Focus on taking as much horizontal distance as possible and land in an athletic position. Repeat the drill with your left foot for the prescribed amount of repetitions (then switch legs).

### Standing Groin Stretch



Start by standing in a wide stance. Drop down into a squat position and while at the bottom position, use your elbows to push your knees away from each other. Hold for 2 seconds then stand back up.

### Wall Dorsiflexion



Stand with your body against a wall and your feet approximately 12 inches away from the wall. Raise your toes as high as possible pausing momentarily at the top range of motion. Lower your toes until your feet touch the ground and repeat.



### Zigzag Agility



Set up 5 or 6 cones approximately 4-5 yards apart in the shape of a continuous “V” shape. Start at the first cone and sprint through the entire series of cones until each are complete.