



LSW

Girl's Basketball

Suggested Off-Season Workout Program

Dear Team,

November seems a long time away. However, the basketball season will be here before we know it. The work you put in now will help shape the success we have as a team. This workout program is a first step. The program is designed to help your overall fitness and stamina. It also has a basketball specific component to help you with skills.

Every time you work out keep in mind some basic things:

- It is the little things that matter – pay attention to the details like footwork, proper form, etc.
- Compete with yourself – in all these exercises and drills push yourself to constantly do better
- It all starts with you – you control the attitude and effort you put into preparing for the season. The more you put in now, the more we all benefit later.

Enjoy your summer. I look forward to seeing as many of you as possible at the summer open gyms.

Sincerely,

Coach Rump

“Happy are those who dream, and have the courage to work to make their dreams come true”

Conditioning Program

The Off-Season Conditioning Program and Jump Rope Workout are outlined in a step by step format that is designed to have you conditioned for the upcoming season. Do not “put off” conditioning because there is so much time during the summer. Training now will help in the fall and winter. What you do today will affect tomorrow’s ability.

Goals: the first day of tryouts should be your goal that you should be able to complete the following:

Pyramid (running from baseline to opposite baseline and back):

- 1 time : 12 seconds
- 2 times: 25 seconds
- 3 times: 40 seconds
- 4 times: 55 seconds
- 5 times: 70 seconds

Every workout should start with a Dynamic and Abdominal workout. These are broken into two sets of workouts – ODD WEEKS and EVEN WEEKS. Challenge yourself to complete these every day. Remember to stretch before completing these!

ODD WEEKS

Dynamic Workout

2 times – 20 yards each

Walking Toe Touch

Lunge-squat-lunge

High Knee Hug

Walking Lunge

Backwards Lunge

***Abdominal Workout**

Toe Touches (2x30)

Bicycle (2x20)

Butterfly (2x30)

Crunches (2x50)

Right Side Plank (2x30 secs)

Left Side Plank (2x30 secs.)

EVEN WEEKS

Dynamic Workout

2 times – 20 yards each

Walking Toe Touch

Technique Defensive Slides

High Knee Hug

High Knee Skips

***Abdominal Workout**

Single Leg V ups (2x30)

Bicycle (2x20)

Ab Planks (2x30secs.)

Crunches (2x50)

Right Side Plank (2x30 secs.)

Left Side Plank (2x30 secs.)

*Abdominal workouts are defined on the next page.

Abdominal Workout Descriptions

Crunches – on the floor, knees up, lift head to knees

Toe Touches – with legs in the air, touch toes while lifting shoulder blades off the floor

Butterfly – on the floor, soles of feet together, raise chest towards feet reaching with both hands together towards feet

Bicycle – touch right elbow to left knee, then touch left elbow to right knee

Single Leg V ups – lying flat on back, raise one leg straight up and lift chest toward raised leg. Do required reps and switch legs

Ab Plank – Face down, rest on forearms and hold your body off the floor. Keep your elbows under your shoulders with forearms facing forward. Try to keep a straight line throughout the legs and spine. Hold this position for the desired time.

Right/Left Side Plank – Rest right forearm on the ground with left arm fully extended in the air. Right foot should be in constant contact with the ground with the left foot directly on top of the right. Form a plank keeping elbow under shoulders and a straight line throughout legs and spine. Lower slowly to the ground making contact with right hip. Return to the straight plank position.

Jump Rope Workout

- Develops foot quickness, coordination and stamina
- Complete workout two times a week
- Do this program on a soft, forgiving surface such as grass or a track

Continuously jump rope performing each of the footwork patterns for the time indicated. Add 5 seconds each week to each jumping pattern.

Jumping Style	July	August	September/October
Feet Together	60 sec	90 sec	120 sec
Left Foot only	2 reps of 10 sec	2 reps of 30 sec	2 reps of 90 sec
Right Foot only	2 reps of 10 sec	2 reps of 30 sec	2 reps of 90 sec
Feet Together	40 sec	60 sec	90 sec
High Knees		20 sec	45 sec
Feet Together		20 sec	45 sec
*Double Step	30 sec	60 sec	90 sec
*Speed Jumps	20 sec	30 sec	60 sec
Total Time	3:10	6:40	10:30

Basketball Workout

- Should be completed at least 3 days a week
- It is important that you make all basketball drills as game-like as possible. Make sure that you are focusing on making cuts game speed and having the right footwork

Ball Handling Drills

1. Stationary with One Ball – While maintaining a triple threat position throughout the drill, work on basic ball handling skills (30 seconds each with no faults)
 - a. Rotate basketball around the waist
 - b. Rotate the basketball around one leg
 - c. Figure eight through legs
 - d. Right hand dribble – low and tight (below waist and protect with off hand)
 - e. Left hand dribble – low and tight (below waist and protect with off hand)
 - f. Crossover – low and tight to the body, keep the ball below your knees as you crossover
 - g. Right hand inside out dribble – start the dribble on outside of your body and then fake the crossover and control it back to the outside of your foot
 - h. Left hand inside out dribble – start the dribble on outside of your body and then fake the crossover and control it back to the outside of your foot
2. Two Ball Handling – While moving down the floor control both basketballs in a variety of ways (Down and Back with no faults)
 - a. Control dribble – both basketballs hit the floor at the same time
 - b. Alternating dribble – one ball hits the floor as one hits your hand
 - c. One hand crossback – one hand controls the ball outside your body while the other crosses back and forth in front of your body
 - d. Zigzag crossover – while moving up the floor in a zigzag pattern, plant your outside foot and crossover with both basketballs as you change direction

Shooting Drills

1. Perfects – from both blocks and three feet in front of the rim, begin by making 3 perfect shots without hitting the rim. This helps stretch out your muscles and train them to shoot the ball consistently every time
2. Mican Drill – start under the basket. Using your right hand make a right handed lay-up. Grab the rebound as high as possible. Using your left hand, make a left handed lay-up. Grab the rebound as high as possible. Repeat and make as many as you can in 30 seconds.
3. Drop Step Moves on the Block – start under the basket. Spin the ball out beyond the block. Follow the ball and catch it on the block. As you catch, drop the proper leg towards the rim and finish with a power lay-up. Do both inside (towards the middle of the floor) and outside (towards the baseline) move.

4. Putbacks – throw the ball off the glass and put the ball back in the basket using an explosive jump.
5. Progression Spin Shooting – simulate the different shot that you'll be taking on the offensive side of the floor. Progress through 3 shots at each point – Drive to the Rim, One Dribble Pull-up, Jump Shot. Shoot from :
 - a. Short Corners
 - b. Going up the line to the elbows
 - c. Crossing the lane diagonally to the elbows
 - d. Elbow to elbow
 - e. Screen out to the corner
 - f. Downscreen to the wings
 - g. Downscreen to the top of the key
6. Full Court Shooting – Get the rebound and then push the ball quickly up the floor and finish in transition:
 - a. Lay-ups
 - b. Running jumpers from the block
 - c. Elbow jumpers