

ATHLETIC DEVELOPMENT PROGRAMME

Build Capacity



Be Robust

Injury Reduction

- By preparing our bodies to withstand the physical demands placed upon it
- Through improved movement control

Be Adaptable

Movement Diversity

- To deal with every scenario
- To be creative on the court

The Programme

Overall Aims

- Develop a vast range of movements transferable to basketball
- Enhance coordination, stability and movement control required in basketball
- Increase muscular strength in muscle groups important for basketball performance
- Build your vertical jump!

Master your body

This 4 week block takes you back to basics, working on flexibility and stability. This is a must to maintain good movements throughout your life.

Programme outline

- Complete each of the three sessions once per week with 48-72 hours between sessions. For example, Monday, Wednesday, and Friday.
- All exercises have accompanying demonstration videos

Increase your vertical - Jump rope warm-ups

**Perform the following as a circuit
(with or without a rope)**

- Double Leg x 20 s
- Side to Side Jumps x 20 s
- Split Jumps x 20 s
- Out and In Jumps x 20 s
- Hip Twist Jumps x 20 s
- Single Leg Jumps x 20 s each leg

[CLICK HERE FOR VIDEO](#)



Build Capacity (Session 1)

EXERCISE	WEEK 1 SETS X REPS	WEEK 2 SETS X REPS	WEEK 3 SETS X REPS	WEEK 4 SETS X REPS	BETWEEN SET REST PERIOD	VIDEO LINK / NOTES
Double Leg Squat into Reverse Lunge	3 x 5	3 x 10	3 x 15	3 x 20	60s	Progress to overhead version. Video Link
CMJ and Land in Place	3 x 5	3 x 6	3 x 7	3 x 8	90s	‘Hit the brakes hard’ and stop downward movement quickly. Video Link
Single Leg Hip Hinge with 3 second pause on each rep	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Pause at ‘bottom’ position, when chest is parallel to the floor. Video Link
Drop Lunge into Lateral Lunge	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Video Link
Arrowhead Push Ups	3 x 9	3 x 10	3 x 11	3 x 12	60s	Use incline push up to make less demanding. Use decline push up to make more demanding. Video Link

Build Capacity (Session 2)

EXERCISE	WEEK 1 SETS X REPS	WEEK 2 SETS X REPS	WEEK 3 SETS X REPS	WEEK 4 SETS X REPS	BETWEEN SET REST PERIOD	VIDEO LINK / NOTES
1.5 Repetitions Split Squats	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Progress to Overhead Split Squat if consistent with hands on hips. Video Link
Single Leg CMJ and Land in Place	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	90s	Be strong in landing. 'Freeze frame' for 2 seconds. Video Link
Hinged Shoulder Behind Neck Overhead Press	3 x 5 of each	3 x 6 of each	3 x 7 of each	3 x 8 of each	60s	Use strong hip hinge position throughout. Video Link
Side Bridge with Leg Abduction	3 x 5 each side	3 x 6 each side	3 x 7 each side	3 x 8 each side	60s	Use progression 2 from video if able to hold bent knee version for prescribed time. Video Link
Single Leg Calf Raises with Knee Bent	3 x 15 each leg	3 x 20 each leg	3 x 25 each leg	3 x 30 each leg	60s	Wall supported. Video Link

Build Capacity (Session 3)

EXERCISE	WEEK 1 SETS X REPS	WEEK 2 SETS X REPS	WEEK 3 SETS X REPS	WEEK 4 SETS X REPS	BETWEEN SET REST PERIOD	VIDEO LINK / NOTES
Single Leg Squat	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Video Link
Lateral Bounds	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	90s	Video Link
Copenhagen Adductor Bridge Level 2	2 x 15s each side	2 x 20s each side	2 x 25s each side	2 x 30s each side	60s	Video Link
Hamstring Bridge Switches	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	3 x 9 each leg	60s	Video Link
Plank with Shoulder Taps	3 x 5 each arm	3 x 6 each arm	3 x 7 each arm	3 x 8 each arm	60s	Video Link