

ATHLETIC DEVELOPMENT PROGRAMME

Master your body



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!

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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](#)



Master your Body (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
Bodyweight Squat	3 x 5	3 x 10	3 x 15	3 x 20	60s	Progress to Overhead Squat if consistent with arms in front. Video Link
Double Leg Drop Landings	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	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Video Link
Lateral Lunges	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Video Link
Shoulder Step Up	3 x 5 each arm	3 x 6 each arm	3 x 7 each arm	3 x 8 each arm	60s	Video Link

Master your Body (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
Split Squat	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 Drop Landings	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 Ys & Ts	3 x 5 of each	3 x 6 of each	3 x 7 of each	3 x 8 of each	60s	Hold strong hip hinge position throughout. Video Link
Side Bridge	3 x 15s each side	3 x 20s each side	3 x 25s each side	3 x 30s each side	60s	Use progression 2 from video if able to hold bent knee version for prescribed time. Video Link
Single Leg Calf Raises	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

Master your Body (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
Double Leg Hip Hinge	3 x 5	3 x 10	3 x 15	3 x 20	60s	Progress to Overhead Hip Hinge if consistently performed with hands across chest. Video Link
Single Leg Sit to Stand	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	60s	Video Link
Lateral Bound & Stick	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 1	2 x 15s each side	2 x 20s each side	2 x 25s each side	2 x 30s each side	60s	Video Link
Plank	3 x 15s	3 x 20s	3 x 25s	3 x 30s	60s	Video Link