



ATHLETIC DEVELOPMENT PROGRAMME

SPEED-POWER-CONTROL

#TOGETHERWEAREBASKETBALL

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4-WEEK PROGRAMME

OVERALL AIMS

- Build upon strength & conditioning levels built across the 8-week programme
- Continue to enhance coordination, stability and movement control
- Increase acceleration, deceleration, and jumping capabilities

SPEED-POWER-CONTROL

PROGRAMME OUTLINE

- As in the 8-week programme, the table below shows an overview of the plan for the week
- The arrangement of the week should be followed as closely as possible to optimise your progress
- Some of the movement skills sessions from phase I of the 8-week programme now feature as warm-up series but with fewer sets

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Movement Skills Warm Up 1	Movement Skills Warm Up 2	Rest	Movement Skills Warm Up 3	Movement Skills Warm Up 4	Rest/Light technique work (low impact)*	Rest/Light technique work (low impact)*
Speed & Plyometrics 1	Strength 1		Speed & Plyometrics 2	Strength 2		
Handling Skills/ Shooting*	Handling Skills/ Shooting*		Handling Skills/ Shooting*	Handling Skills/ Shooting*		
Aerobic Conditioning			Aerobic Conditioning			

*As directed by head coaches

MONDAY

MOVEMENT SKILL WARM-UP 1

Complete this as a circuit of exercises (no rest between)

EXERCISE	SETS X REPS	VIDEO LINK / NOTES
Bodyweight Squat	1 x 20	Progress to Overhead Squat if consistent with arms in front VIDEO LINK
Double Leg Drop Landings	1 x 5	'Hit the brakes hard' and stop downward movement quickly VIDEO LINK
Single Leg Hip Hinge	1 x 10 each leg	VIDEO LINK
Lateral Lunges	1 x 5 each leg	VIDEO LINK
Shoulder Step Up	1 x 8 each arm	VIDEO LINK

MONDAY

SPEED & PLYOMETRICS 1

EXERCISE	SETS X REPS	VIDEO LINK / NOTES
60% Acceleration over 30m / full court	5 x 30m	Walk back between efforts
A-Skip over 20m	2 x 20m	Walk back between efforts
B-Skips over 20m	2 x 20m	Walk back between efforts
Big Skips (for height)	3 x 4 each leg	Get as much height as possible per skip. 2-3 minutes between sets
10m Accelerations	2 x 5 x 10m	60 seconds between each 10m effort. 5 minutes static handling skills between sets
Tuck Jumps	3 x 10	Feet off the floor quick! 2-3 minutes between sets

[CLICK HERE TO LINK TO THE "OUTDOOR CONDITIONING WARM-UP" VIDEO FOR A-SKIP & B-SKIP DEMONSTRATIONS](#)

TUESDAY

MOVEMENT SKILLS WARM-UP 2

EXERCISE	SETS X REPS	VIDEO LINK / NOTES
Split Squat	1 x 10 each leg	Progress to Overhead Split Squat if consistent with hands on hips VIDEO LINK
Single Leg Drop Landings	1 x 5 each leg	Be strong in landing. 'Freeze frame' for 2 seconds VIDEO LINK
Hinged Shoulder Ys & Ts	1 x 8 of each	Hold strong hip hinge position throughout VIDEO LINK
Side Bridge	1 x 30s each side	Use progression 2 from video if able to hold bent knee version for prescribed time VIDEO LINK
Single Leg Calf Raises	1 x 15 each leg	Wall supported VIDEO LINK

TUESDAY

STRENGTH 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
Alternating Reverse Lunge	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	60s	Hold a medicine ball / dumbbell / or rucksack with books in to add external resistance
Clap Push Up	3 x 5	3 x 5	3 x 5	3 x 5	60s	<u>Loud clap</u> on every repetition
Arrowhead Push Ups	3 x 10-15	3 x 10-15	3 x 15-20	3 x 15-20	60s	Pause at 'bottom' position, when chest is parallel to the floor VIDEO LINK
Nordic Hamstring Extensions	3 x 6	3 x 6	3 x 6	3 x 6	90s	Hips forward. Resist for as long as possible each repetition
Single Leg Calf Raises with Knee Bent	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60s	Wall supported VIDEO LINK

WEDNESDAY

REST!



THURSDAY

MOVEMENT SKILL WARM-UP 3

EXERCISE	SETS X REPS	VIDEO LINK / NOTES
1.5 Repetitions Split Squats	1 x 8 each leg	VIDEO LINK
Single Leg CMJ and Land in Place	1 x 5 each leg	VIDEO LINK
Hinged Shoulder Behind Neck Overhead Press	1 x 20	VIDEO LINK
Side Bridge with Leg Abduction	1 x 5 each side	VIDEO LINK
Single Leg Calf Raises with Knee Bent	1 x 15 each leg	VIDEO LINK

THURSDAY

SPEED & PLYOMETRICS 1

EXERCISE	SETS X REPS	VIDEO LINK / NOTES
60% Acceleration over 30m / full court	5 x 30m	Walk back between efforts
Lateral A-Skip over 10m	2 x 10m each side	Walk back between efforts
Cross-Step to Base Position	3 x 2 each side	Continuous e.g. left, right, left, right
Lateral Bounds	2 x 5 each leg	Aim to cover as much distance as possible but stick landing stance. 2-3 minutes between sets
10m Accelerations from Lateral Start Position	2 x 4 x 10m	Rest 60 seconds between each 10m effort. 5 minutes static handling skills between sets
505 Agility Run	2 x 5 each side	Sprint 15m, at the 15m mark, turn 180 degrees and sprint 5m in the opposite direction. Rest 60 seconds between each effort. 5 minutes of static handling skills between sets.

FRIDAY

MOVEMENT SKILLS WARM-UP 4

EXERCISE	SETS X REPS	VIDEO LINK / NOTES
Plank with Shoulder Taps	1 x 10 each arm	VIDEO LINK
Single Leg Squat	1 x 5 each leg	Be very focused on control in this movement VIDEO LINK
Slow Descent Double Leg Hip Hinge	1 x 10	4-second lowering phase VIDEO LINK
Lateral Lunge into Drop Lunge	1 x 5 each leg	VIDEO LINK
Parkour Floor “Kong”	1 x 5 each arm	Go to 15-minute mark on the video for demonstration VIDEO LINK

FRIDAY

STRENGTH 2 (A)

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 / Scissor Jumps	4 x 4 each leg	4 x 4 each leg	5 x 4 each leg	5 x 4 each leg	120s	VIDEO LINK
Rear Foot Elevated Split Squat	3 x 8 each leg	3 x 8 each leg	4 x 8 each leg	4 x 8 each leg	60-90s	Stay proud in the chest
Shoulder Step Ups	3 x 20	3 x 20	4 x 20	4 x 20	60s	Keep hips still throughout VIDEO LINK
Copenhagen Adductor Bridge Level 2	3 x 25s each side	3 x 25s each side	3 x 30s each side	3 x 30s each side	60s	VIDEO LINK
Single Leg Calf Raises (straight knee)	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60s	Wall supported VIDEO LINK

FRIDAY

STRENGTH 2 (B)

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 / Scissor Jumps	3 x 3 each leg	3 x 3 each leg	4 x 3 each leg	4 x 3 each leg	120s	VIDEO LINK
Rear Foot Elevated Split Squat	3 x 8 each leg	3 x 8 each leg	4 x 8 each leg	4 x 8 each leg	60-90s	Stay proud in the chest
Shoulder Step Ups	3 x 16	3 x 16	4 x 16	4 x 16	60s	Keep hips still throughout VIDEO LINK
Copenhagen Adductor Bridge Level 2	3 x 20s each side	3 x 20s each side	3 x 25s each side	3 x 25s each side	60s	VIDEO LINK
Single Leg Calf Raises (straight knee)	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60s	Wall supported VIDEO LINK

AEROBIC CONDITIONING

SESSION 1 (MONDAY)

10 x 100m Tempo Efforts @ approximately 75% maximum sprint effort with 45 seconds between repetitions.

TRY TO DO THESE ON GRASS (x 1 set only)

SESSION 2 (THURSDAY)

10 x 100m Tempo Efforts (as per Monday) x 2 sets with 5 minutes ball handling between sets.
