



ATHLETIC DEVELOPMENT PROGRAMME

STAY ACTIVE AT HOME

#TOGETHERWEAREBASKETBALL

WWW.BASKETBALLENGLAND.CO.UK

This programme has been devised by the Sports Science and Medicine Team at Basketball England.

The aims of the 8-week programme are to get you physically prepared for when you return to the court and enhance your general athleticism.

The content of the programme should be followed as set out to optimise your results.

Stay safe and keep focused.



8-WEEK PROGRAMME

OVERALL AIMS

- Maintain physical activity and conditioning levels
- Enhance coordination, stability and movement control
- Increase muscular strength in muscle groups important for basketball performance

TWO PHASES

- *Master your Body* - weeks 1-4: The first 4 weeks focuses on movement control in athletic movement skills
 - *Build Capacity* – weeks 5-8: The second 4 weeks challenges control in more advanced movements and targets strength and jumping ability
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PROGRAMME OUTLINE

- The table below shows an overview of the plan for the week
- The arrangement of the week has been devised to optimise your progress
- All exercises have accompanying demonstration videos

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARM UP & PREPARATION SERIES - Strength & Movement Prep Warm Up	WARM UP & PREPARATION SERIES - Outdoor Conditioning Session Warm Up	WARM UP & PREPARATION SERIES - Strength & Movement Prep Warm Up		WARM UP & PREPARATION SERIES - Strength & Movement Prep Warm Up		WARM UP & PREPARATION SERIES - Outdoor Conditioning Session Warm Up
VIDEO LINK	VIDEO LINK	VIDEO LINK		VIDEO LINK		VIDEO LINK
MOVEMENT SKILLS & STRENGTH 1	AEROBIC CONDITIONING 1	MOVEMENT SKILLS & STRENGTH 2		MOVEMENT SKILLS & STRENGTH 3		AEROBIC CONDITIONING 2

MASTER YOUR BODY (WEEKS 1-4)

- Follow the exercises in the table below, completing all prescribed sets and repetitions for the exercise before moving to the next
- Each week, progress the number of repetitions as prescribed

MOVEMENT SKILLS & STRENGTH 1 (MONDAY)

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 Landing	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 (WEEKS 1-4)

- Follow the exercises in the table below, completing all prescribed sets and repetitions for the exercise before moving to the next
- Each week, progress the number of repetitions as prescribed

MOVEMENT SKILLS & STRENGTH 2 (WEDNESDAY)

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 Y & T	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 (WEEKS 1-4)

- Follow the exercises in the table below, completing all prescribed sets and repetitions for the exercise before moving to the next
- Each week, progress the number of repetitions as prescribed

MOVEMENT SKILLS & STRENGTH 3 (FRIDAY)

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
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

BUILD CAPACITY (WEEKS 5-8)

- Follow the exercises in the table below, completing all prescribed sets and repetitions for the exercise before moving to the next
- Each week, progress the number of repetitions as prescribed

MOVEMENT SKILLS & STRENGTH 1 (MONDAY)

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 & 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 Hold	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 (WEEKS 5-8)

- Follow the exercises in the table below, completing all prescribed sets and repetitions for the exercise before moving to the next
- Each week, progress the number of repetitions as prescribed

MOVEMENT SKILLS & STRENGTH 2 (WEDNESDAY)

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 Repetition 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 & 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 the Neck 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 Bent Knee	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 (WEEKS 5-8)

- Follow the exercises in the table below, completing all prescribed sets and repetitions for the exercise before moving to the next
- Each week, progress the number of repetitions as prescribed

MOVEMENT SKILLS & STRENGTH 3 (FRIDAY)

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
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

AEROBIC CONDITIONING

SESSION 1 (TUESDAY)

30-minute run at 'all day' level of intensity

Continuous run at a pace that can be sustained well above 30-minutes.

SESSION 2 (SUNDAY)

Tempo Efforts (strides)

At no greater than a $\frac{3}{4}$ pace, stride 80-100m (ideally on grass). Rest 40 seconds & repeat x 10 efforts. Rest 3 minutes and repeat for 2 more sets.

VIDEO LINK
