



# ATHLETIC DEVELOPMENT PROGRAMME

**BUILD CAPACITY**

**#TOGETHERWEAREBASKETBALL**

**[WWW.BASKETBALLENGLAND.CO.UK](http://WWW.BASKETBALLENGLAND.CO.UK)**

# 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
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# 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!

## BUILD CAPACITY

- *After 4 weeks of this programme you should have gained increased muscle strength through a number of key basketball related areas of the body.*

## 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
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# 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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>
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	<a href="#">Video Link</a>
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. <a href="#">Video Link</a>

# 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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>

# 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	<a href="#">Video Link</a>
Lateral Bounds	3 x 5 each leg	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	90s	<a href="#">Video Link</a>
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	<a href="#">Video Link</a>
Hamstring Bridge Switches	3 x 6 each leg	3 x 7 each leg	3 x 8 each leg	3 x 9 each leg	60s	<a href="#">Video Link</a>
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	<a href="#">Video Link</a>