



# ATHLETIC DEVELOPMENT PROGRAMME

**MASTER YOUR BODY**

**#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!

## 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
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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](#)**

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# 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. <a href="#">Video Link</a>
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. <a href="#">Video Link</a>
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	<a href="#">Video Link</a>
Lateral Lunges	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>
Shoulder Step Up	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>

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

# 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. <a href="#">Video Link</a>
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	<a href="#">Video Link</a>
Lateral Bound & Stick	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 1	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>
Plank	3 x 15s	3 x 20s	3 x 25s	3 x 30s	60s	<a href="#">Video Link</a>