

## **Preseason Basketball Training**

**Sample Program: (Always in conjunction with a strength training program)**

### **Neuromuscular/Speed, Agility, Quickness (SAQ)**

**Sample Pre-season Training Program** 4-6 weeks (each training day should consist of a combination of Dynamic Flexibility, linear or lateral foot speed drills, change of direction and a few explosive drills) Each day should have a topic. For example, if it is a “**lateral workout day**” then training plan might be: dynamic flexibility and warm-up, lateral foot speed drills and then lateral explosion drills focusing on one direction and then add changes of left/rt movements and/or angles.

#### **Optimal Training Program:**

2-3 days a week, approximately 1.0 hour each workout

**Dynamic Flexibility and Warm-ups:** Stretches with movement mixing in active stretching which allows the players to get their muscles warmed up and firing like they will once they step on the floor; 10-12 min.

**Foot Firing Drills:** ladder drills focusing on linear or lateral movement, watching technique and foot placement; 15-20 mins.

**Change of Direction:** cone drills both linear and lateral with multiple changes of direction, establishing a foot plant and body position on top of feet; 10-15 min.

**Lift Mechanics:** Mini-hurdles/micro-hurdles, linear or lateral drills, along with vertical hops and jumps; 10-15 mins.

**Linear Speed and Explosion:** running technique drill, first step explosion, speed drills (runs/skips/strides) and max speed work 15-20 mins.

**Plyometrics:** lateral, linear or vertical explosive drills using resistance 15-20 min. (See Illustrations of lateral and vertical drills)

\* **Note:** Programs may be adjusted to emphasize linear, lateral or vertical formats on any day, but must include some work in several of the above to continue reinforcement and progression in a comprehensive pattern. These programs should be implemented and instructed by someone knowledgeable both in the strength training and movements of the game. Bottom line is...**How does it apply to the game? Are the movements true to basketball?**

\*\*Many of the drills can be later used as “**quick hitters**” by the coaches in individuals and/or practice as the ball can be added once the players have mastered the movements.