

Warm-Up		Sets	Reps	Time	
<b>Foam Roll</b>					
Calves		1		30 sec	
IT-Band		1		30 sec	
Lats		1		30 sec	
<b>Static Stretch</b>					
Gastrocnemius Stretch		1		30 sec	
Kneeling Hip Flexor Stretch		1		30 sec	
Ball Lat Stretch		1		30 sec	
Core & Balance		Sets	Reps	Tempo	Rest
Cable Rotations		2	12	Medium	0
Cable Lift		2	12	Medium	0
Single-Leg Balance Reach		2	12	Medium	90 sec
Plyometrics		Sets	Reps	Tempo	Rest
No plyometrics					
Speed/Agility/Quickness		Sets	Reps	Distance	Rest
No SAQ					
Resistance	Sets	Reps	Tempo	Intensity	Rest
<b>Total Body: Optional</b>					
Chest: Bench Press	4	5	Controlled	85%	3 mins
Back: Lat Pull Down	4	5	Controlled	85%	3 mins
Shoulders: Seated DB Military Press	4	5	Controlled	85%	3 mins
<b>Biceps: Optional</b>					
<b>Triceps: Optional</b>					
Legs: Single Leg Squat	4	5	Controlled	85%	3 mins
<b>Cool Down</b>					
Repeat Warm-Up Section					

# High School Basketball Strength Program

**S Ashworth**



## **High School Basketball Strength Program:**

*The High School Athlete: Basketball* Michael Volkmar, 2019-12-10 Get fit for basketball season A specialized fitness program and workout collection for young athletes Developed by best selling fitness author and strength and conditioning expert Mike Volkmar *The High School Athlete Basketball* is the essential program for any student who wants to train and play basketball in high school The second book in *The High School Athlete* series this unique program features training fundamentals for different levels of player development from pre freshman all the way to varsity level getting ready to play in college With over 100 workouts *The High School Athlete Basketball* also contains information geared towards a young athlete's goals and includes information on player development motivation and nutrition *Strength Training for Basketball* Bruno Pauletto, 1994 A practical workout manual that shows players how to increase their strength with a ready to use program designed specifically for the physical challenges they face on the court Photos and illustrations throughout

**Neuromuscular Training and Adaptations in Youth Athletes** Urs Granacher, Christian Puta, Holger Horst Werner Gabriel, David G. Behm, Adamantios Arampatzis, 2018-11-02 The *Frontiers Research Topic* entitled *Neuromuscular Training and Adaptations in Youth Athletes* contains one editorial and 22 articles in the form of original work narrative and systematic reviews and meta analyses From a performance and health related standpoint neuromuscular training stimulates young athletes physical development and it builds a strong foundation for later success as an elite athlete The 22 articles provide current scientific knowledge on the effectiveness of neuromuscular training in young athletes Functional Training Handbook Craig Liebenson, 2014 Training has many different connotations depending on one's perspective Traditionally for healthy individuals or athletes it focused on strength flexibility or cardiovascular training Such training would normally be supervised by a personal fitness trainer or strength and conditioning S C coach This book promotes a different approach in that the aim of training is to promote athletic development 1 2 From the perspective of sustainable athletic development training is not limited to strength flexibility or cardiovascular domains but also focuses on the fundamental A B Cs of agility balance and coordination as a foundation for enhanced movement literacy 3 Provided by publisher *Basketball For Dummies* Richard Phelps, 2011-03-16 Basketball is the most popular participatory sport in the United States As simple as the game often seems throwing a ball through a hoop there are many aspects of the game that go unnoticed But with *Basketball For Dummies Second Edition* you'll get the inside scoop on hoops Whether you're a player a fan or a coach *Basketball For Dummies Second Edition* will get you better acquainted to the game so you can play it better coach it smarter or appreciate it more as a spectator Former Notre Dame head coach Digger Phelps begins with the fundamentals and quickly moves up court from there From playing a pick up game to watching March Madness on TV to the excitement of the NBA Playoffs Phelps has come up with a game plan that shows you how to have fun with the game while you become familiar with it By the final buzzer you'll have pulled down pointers on how to play the game how to look good on the court how to coach it how to watch

it how to strategize and even how to talk trash on the playground Within these pages you ll also discover how to Suit up for the court Get into basketball shape Play effective offense and defense Use signature moves from NBA greats Shoot quality free throws Join fantasy leagues and get great stuff online From the basics to the latest coaching drills and techniques this friendly reference offers you expert advice on the plays strategies and moves on and off the court from high school to college hoops to the WNBA and beyond

**Summer Workout for High School Players** Gary U Petrin,2020-01-17 Need a great workout program for the off season to prepare for your upcoming season or are you preparing yourself to play in college Summer Workout for High School Players eBook is exactly what you need This Interactive eBook is a must for any player wanting to make the most out of their off season Lots of Links to Video Clips and Handouts The Off season and Summer months are the most important times of the basketball season and critical to the skill development of players who are hoping to play at the college level someday There is way too much competition out there and to make it you must work hard This eBook has a designed program that will get players going in the right direction to further their basketball development Packed with pictures diagrams video clips and helpful forms Read the information in the booklet then View the demonstrations on the Video Clips using the links An excellent Interactive instructional tool resource and reference for youth basketball players and coaches

[Athletic Training Clinical Workbook](#) Kim Miller-Isaac,Melissa Noble,2014-07-17 A one of a kind workbook for certification exam success Waiting in the training room Have downtime on the field Take this portable workbook with you wherever you go to confidently prepare for the competencies required by the BOC and meet the challenges you ll face in clinical and practice

[Noyes' Knee Disorders: Surgery, Rehabilitation, Clinical Outcomes E-Book](#) Frank R. Noyes,2016-02-02 Frank R Noyes MD internationally renowned knee surgeon and orthopaedic sports medicine specialist presents this unparalleled resource on the diagnosis management and outcomes analysis for the full range of complex knee disorders Relies on Dr Noyes meticulous clinical studies and outcomes data from peer reviewed publications as a scientifically valid foundation for patient care Features detailed post operative rehabilitation programs and protocols so that you can apply proven techniques and ease your patients progression from one phase to the next Presents step by step descriptions on soft tissue knee repair and reconstruction for anterior cruciate ligament reconstruction meniscus repair soft tissue transplants osseous malalignments articular cartilage restoration posterior cruciate ligament reconstruction and more to provide you with guidance for the management of any patient Contains today s most comprehensive and advanced coverage of ACL PCL posterolateral unicompartmental knee replacement return to sports after injury along with 1500 new study references supporting treatment recommendations Features all new content on unicompartmental and patellofemoral knee replacement updated operative procedures for posterior cruciate ligament and posterolateral ligament deficiency updated postoperative rehabilitation protocols and new information on cartilage restoration procedures and meniscus transplantation Includes some of the most comprehensive and advanced discussions on arthrofibrosis complex regional pain

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