

Warm-Up		Sets	Reps	Time	
Foam Roll					
Calves		1		30 sec	
IT-Band		1		30 sec	
Lats		1		30 sec	
Static Stretch					
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
Total Body: Optional					
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
Biceps: Optional					
Triceps: Optional					
Legs: Single Leg Squat	4	5	Controlled	85%	3 mins
Cool Down					
Repeat Warm-Up Section					

High School Basketball Strength Program

Tobias Bleicker



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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

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