

# MVP Offseason Workouts - Basketball #1

Time	Activity	Notes
0-5 min 5 minutes	Warm up -Jog around the block for five minutes or run in place	-Start as slow as walking and gradually speed up to allow the body to warm up
6-15 min 10 minutes	Dribbling drills -Cross over, behind the back, spin, between the legs, hesitate w/ step back and cross over -6 of each, with each hand	-Change direction with purpose as if blowing by a defender or "breaking ankles" -Run a zigzag course about 10 feet wide and as long as it takes to make 3 change of directions on each side. Set up cones to indicate locations for changes in direction.
16-20 min 5 minutes	Speed/Explosion -15 Drop and jump	-Focus on spending as little time on the ground as possible from the drop
21-25 min 5 minutes	Rebounding Backboard toss: -10 defensive, 5 on the left and 5 on the right -10 offensive, 5 on the left and 5 on the right	-Defensive rebounding: keep ball up by chin with elbows out to protect the ball from defenders -Offensive rebounding: do not let the ball drop down to your waist when you bring down the rebound, it makes it easier for defenders to slap the ball away
25-36 min 10 minutes	Post moves -20 drop steps from each side of hoop *Water break*	-Focus on footwork, especially if you have never done the move before. Perfect the components of the move before going full speed. -Do 10 to the baseline and 10 to the middle on each side of the hoop.
36-40 min 5 minutes	Speed/Explosion -6 Drop and sprint forward, left, and right	-Alternate your takeoff foot, start the sprint with the left foot on half and the right foot on half

# Basketball Training Program Sample

**Chip Sigmon**



## **Basketball Training Program Sample:**

**52-week Basketball Training** Chip Sigmon, 2003 Designed for both male and female players this title presents daily workouts for optimal training throughout the year so that players can withstand the rigors of the sport Explanations and detailed illustrations provide clear instruction on how to perform each of the 192 drills and exercises

**Essentials of Strength Training and Conditioning** NSCA -National Strength & Conditioning Association, 2021-06 Developed by the National Strength and Conditioning Association NSCA and now in its fourth edition Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students This comprehensive resource created by 30 expert contributors in the field explains the key theories concepts and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance The scope and content of Essentials of Strength Training and Conditioning Fourth Edition With HKPropel Access have been updated to convey the knowledge skills and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist CSCS exam The evidence based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities The fourth edition contains the most current research and applications and several new features Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use Updated research specifically in the areas of high intensity interval training overtraining agility and change of direction nutrition for health and performance and periodization helps readers better understand these popular trends in the industry A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements Ten additional tests including those for maximum strength power and aerobic capacity along with new flexibility exercises resistance training exercises plyometric exercises and speed and agility drills help professionals design programs that reflect current guidelines Key points chapter objectives and learning aids including key terms and self study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real world settings making the information immediately relatable and usable Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information Further both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique Essentials of Strength Training and Conditioning Fourth Edition provides the most comprehensive information on organization and administration of facilities testing and evaluation exercise techniques training adaptations program design and structure and function of body systems Its scope precision and dependability make

it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

**Essentials of Strength Training and Conditioning 4th Edition** Haff, G. Gregory, Triplett, N. Travis, 2015-09-23 Developed by the National Strength and Conditioning Association Essentials of Strength Training and Conditioning Fourth Edition is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice

*Physiological Aspects of Sport Training and Performance* Jay Hoffman, 2002 This new in depth sport physiology reference provides a strong introduction to the physiological principles underlying sport training and performance Plus it delivers the best guidance available on applying the principles to athletes who are training to improve sport performance Physiological Aspects of Sport Training and Performance is an excellent resource for students and professionals in sports medicine and sport physiology The book thoroughly explores the practical and applied aspects of exercise prescription and includes specific advice on the conditioning and performance of athletes Physiological Aspects of Sport Training and Performance also explains how various components of sport and performance are measured Dr Jay Hoffman has worked extensively with athletes and coaches throughout his professional career Focusing on training factors and how various conditions and situations affect sport performance he provides an in depth review of all physiological components of an athlete's training program Physiological Aspects of Sport Training and Performance covers a broad range of topics Physiological adaptations to exercise Exercise training principles and prescription Nutrition fluid regulation and ergogenic aids Environmental factors Medical and health conditions The information is presented in an attractive reader friendly format that makes learning easy Key terms appear in bold print chapters are packed with supporting figures and numerous tables bring life to standardized performance data and specific athletic profiles such as strength measures for collegiate football players Physiological Aspects of Sport Training and Performance will quickly become your primary reference book It provides all the answers you need to successfully prescribe exercise for a wide variety of athletes

Coaching Better Basketball Forrest Anderson, Stan Albeck, 1964

**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

Physical Education, Health and Education Innovation Jorge Carlos-Vivas, Noelia Belando Pedreño, Manuel Gómez-López, Paulo Jorge Martins, David Manzano Sánchez, 2024-10-10 Today's society demands to train children and adolescents who develop in an environment based on respect and the promotion of educational values This aspect is especially relevant to promoting physical activity and its relationship with healthy habits such as the consumption of unprocessed foods the reduction of a sedentary lifestyle and the improvement of adherence to sports In this sense the World Health Organization warns that the current rates of overweight and obesity are very high and that we must combat them

From formal education you can help improve healthy habits with educational programs and especially in Physical Education a subject where the work of physical social and cognitive well being has special relevance Since the 20th century studies and research that have aimed to combat unhealthy habits in educational centres and sports schools have increased Not only by promoting physical activity within the school but above all by seeking to generate adherence towards the future of students and athletes

Coaching Basketball Jerry Krause,Ralph L. Pim,2002-05-10 This comprehensive guide includes concepts and ideas from a range of coaches It covers the fundamentals offensive and defensive strategy and coaching foundations including coaching philosophy running a programme and recruiting

*Coaching Basketball* Russell B. DeVette,William R. Vanderbilt,1986

**Teaching Basketball** N. Sue Whiddon,Howard Reynolds,1983

*Coaching Basketball* National Association of Basketball Coaches of the United States,1991 Containing articles and essays by the nation s leading professional collegiate and high school coaches this book covers every aspect of the game of basketball Contributors include Rick Pitino Bob Knight John Thompson Dean Smith and more Illustrated

Coaching Basketball Maryalyce Jeremiah,1979

**Successful Coaching** Rainer Martens,1997 Includes chapters by Brian J Sharkey on Principles of training Fitness for sport Developing your training program and Nutrition for athletes

**Optimizing Player Health, Recovery, and Performance in Basketball, volume II** Davide Ferioli, Aaron T. Scanlan, Daniele Conte,2025-03-19 This Research Topic is the second volume of the article collection Optimizing Player Health Recovery and Performance in Basketball Please see the first volume here In line with the first volume basketball is a popular team sport played all over the world by male and female players participating in various competitions As the game continues to evolve there are new challenges and opportunities being faced by teams Consequently basketball organizations constantly seek competitive advantages that optimize the health recovery and performance of players through various practices The growing body of basketball research provides an essential evidence base for basketball organizations to draw upon when implementing different practices As such it is important that sound basketball research with strong practical translation is produced on topics relevant to player health recovery and performance In this regard examination of coaching training testing monitoring nutrition recovery injury prevention psychological performance analysis and sleep strategies as well as technological innovations that can improve the existing understanding and practices in basketball would prove advantageous for basketball coaches high performance staff and players alike

**Young Men's Christian Association Leader's Club Program** Young Men's Christian Associations,1928

**Complete Conditioning for Basketball** Greg Brittenham,1995 Features exercises drills and training programs designed to enhance athletic abilities speed power endurance agility coordination balance and reaction time Illus

**Y Basketball Coaches Manual** YMCA of the USA.,1984

*Athletic Journal* ,1925

*The Clair Bee Basketball Library: The science of coaching* Clair Bee,1942

**The Clair Bee Basketball Library: The science of coaching; v.2. Basketball fundamentals and techniques; v.3. Individual and team basketball drills; v.4. Man-to-man defense and attack; v.5.**

**Zone defense and attack** Clair Bee, 1959

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