

Pre-Season Strength and Conditioning Program

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Title: Pre-Season Strength and Conditioning Program for High School Basketball
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Finding adequate time to improve strength and conditioning can be a daunting task for any high school athlete. Between school, leagues, and AAU tournaments, the high school athlete is left with minimal time for strength and conditioning. The purpose of this program is to help each athlete reach their pre-season goals such as increasing lean body mass. Weekly sessions focus on the following areas depending on the day of the week: (1) dynamic warm-up, (2) torso conditioning program (3) strength and conditioning and (4) speed, agility and quickness drills (SAQ).

Dynamic Warm-up

The goal of the dynamic warm-up is to prepare the athlete for the upcoming workout by increasing heart rate, core body temperature while activating the nervous and muscular systems. Examples of a dynamic warm-up may include forward/backward running, cariocca, walking lunges, jump rope, high skipping, butt kicks, defensive shuffle, cone jumps, t-test drill, slide board and basketball specific drills.

Torso Conditioning Program

The focus of this section of the program is to improve torso strength by working on the musculature that makes up the area from the navel to the knee (both anterior and posterior). All exercises are performed for time rather than repetitions with a goal of executing the most repetitions possible for the allotted time.

Torso Program - 1 set each performed for 30 seconds (Week 1-5)	Torso Program - 1-2 sets each for 45-60 seconds (Week 6-10). Perform 1 set of each then repeat.
-Medicine Ball Russian Twist -Medicine Ball Sit-up and Throw -Hyperextension -Reverse Hyperextension -Side-Lying Stabilization -Prone Stabilization	-Medicine Ball Tap and Lift -Standing Medicine Ball Throw Downs -Single Leg Hyperextensions -Reverse Hyperextension w/ MB-Side -Lying Stabilization w/ Abduction -Prone Stabilization w/ Hip Extension

Strength and Conditioning

The following program is divided into two five-week periods involving two workouts per week utilizing six core lifts. This section of the program is completed after the dynamic warm-up and torso conditioning.

Weeks 1-5: Exercises Number of Sets: 2-3 Repetitions: 12-15 Recovery: 1:00-1:30		Weeks 6-10: Exercises Number of Sets: 3-4 Repetitions: 6-10 Recovery: 2:00-3:00	
Day 1	Day 2	Day 1	Day 2
Front Squat	Med. Ball Step-Up to a Press	Box Jumps	Power Clean
Chin-Ups	Seated Row	High Pull	Squat
Walking Lunge	Reverse Lunge	Incline Press	DB Bench Press off Stability ball
Bench Press	DB Bench Press	Pull-Ups	Lat Pull-Down
DB Hammer Curl	Reverse Curl	DB Side Lateral Raise	DB Push Press
Standing Military Press	Push Press	Dips	2-Hand Push-Up of Med. Ball

Weeks 1-5: SAQ Program Week 1 through 5	Weeks 6-10: SAQ Program Week 6 through 10
Speed: Lean and Fall Drill - into walk (3 sets * 10 reps) Arm Action Drill - pumping arms (3 sets * 10 seconds) Bounding Drill (2 x court length)	Speed: Lean and Fall - into jog then into run (3 sets * 12 reps) Arm Action Drills - pumping arms with added weight (3 sets, 15 seconds)
Agility: T-Drill - 2 sets Lane Slides - (2 sets * 20 seconds)	Agility: Lane Slides - tubing around ankles (3 sets * 30 seconds) 5 - 10 - 5 drill (2 sets) incorporate slides, carioca, back pedaling
Quickness: Ladder - 1 Ins (2 sets, down and back) 2 Ins (2 sets, down and back) In / In / Out (2 sets down and back)	Quickness: Ladder - Ali Shuffle Side Shuffle (3 sets, down and back) Side In / In / Out / Out

Strength and conditioning sessions are performed twice-weekly for a 10-week period. Perform SAQ drills on opposite days. A typical week might look like the following:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength and Conditioning	SAQ	Basketball Skills	Strength and Conditioning	SAQ Basketball Drills	AAU Tournament	OFF

Authors Bio:

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