

## Summer Strength Training

Anyone who truly wants to make the basketball team in the fall, and desires to get better, should be doing strength training four times per week.

For example, the plan below works your upper body and lower body on alternating days, with rest days. Taking rest days is important because it's on the rest days that your muscles repair the tiny tears caused by lifting, and actually get stronger.

Start Each day with core work:

- \* Crunches
- \* Throw Downs
- \* Decline Crunches
- \* Leg Raises
- \* Plank

Each weight lifting exercise should be done with 10-12 reps and 3 sets. Your 10th, 11th, and 12th rep should be at almost capacity, meaning you can't do anymore.

Day 1: Chest and Triceps	Day 2: Lower Body - Strength	Day 3: Recovery Day
<ul style="list-style-type: none"> <li>* Bench Press</li> <li>* Dumbbell Fly</li> <li>* Dips</li> <li>* Decline Press</li> <li>* Tricep Push Down</li> <li>* Incline Press</li> <li>* Dumbbell Tri Extension</li> </ul>	<ul style="list-style-type: none"> <li>* Squats</li> <li>* Lunges</li> <li>* Calf Raises</li> <li>* Hamstring Curls</li> <li>* Quadriceps Extension</li> </ul>	Do at least 30-45 minutes of active aerobic exercise like: <ul style="list-style-type: none"> <li>* Running</li> <li>* Swimming</li> <li>* Cycling</li> <li>* Hiking/Hill Walking</li> </ul>
Day 4: Back and Biceps	Day 5: Lower Body - Explosive Power and Speed	Day 6: Recovery Day
<ul style="list-style-type: none"> <li>* Back Rows (machine)</li> <li>* Standing Curls</li> <li>* Preacher Curls</li> <li>* Isolated Curls</li> <li>* Lat Pull Downs</li> </ul>	<ul style="list-style-type: none"> <li>* Double Leg Drills</li> <li>* Single Leg Drills</li> <li>* Line Drills</li> <li>* Lane Drill</li> </ul> (see page 2)	Do at least 30-45 minutes of active aerobic exercise like: <ul style="list-style-type: none"> <li>* Running</li> <li>* Swimming</li> <li>* Cycling</li> <li>* Hiking/Hill Walking</li> </ul>
Day 7: Rest Day - Full rest and recovery - very light activity only.		

The following page has a description of exercises to use in the Power and Speed Section of the Summer Strength Training workout. For each of these exercises you should initially concentrate on your form initially, and not worry about how fast you can do each continuation. After practicing you should start doing each jump quickly.

#### Double Leg Max Jumps - Height and Distance

1. Start on the baseline with both feet together in a shallow squat.
2. Use both legs to jump in an arc as high and as far forward as you can.
3. Land evenly with both feet together
4. Continue to the opposite baseline.
5. Rest for 30 seconds, then repeat back to your starting point.

#### Double Leg Max Jumps - Knees to Chest

1. Start on the baseline with both feet together in a shallow squat.
2. Use both legs to jump as high as you can while bringing both legs/knees to your chest.
3. Land evenly with both feet together
4. Do 10-12 jumps.
5. Rest for 30 seconds, then repeat.

#### Double Leg Max Jumps - Vertical

1. Start on the baseline with both feet together in a shallow squat.
2. Use both legs to jump as high as you can with your arms legs fully extended.
3. Land evenly with both feet together
4. Do 10-12 jumps.
5. Rest for 30 seconds, then repeat.

#### Single Leg - Alternate Hop

1. Start on the baseline standing on your right foot.
2. Jump off your right foot in an arc as high and as far forward as you can.
3. Land on your left foot and jump again - alternate feet each jump
4. Continue to the opposite baseline.
5. Rest for 30 seconds, then repeat back to your starting point.

#### Single Leg - Power Skip

1. Start on the baseline standing with both knees slightly bent.
2. Step with your right foot and then skip in an arc as high and as far forward as you can.
3. Alternate feet each skip
4. Continue to the opposite baseline.
5. Rest for 30 seconds, then repeat back to your starting point.

#### Single Leg - Strides

1. Start on the baseline standing with both knees slightly bent. If you have a ball hold it out in front of your body.
2. Stride forward like you are running as far forward as you can with each step.
3. Try and keep your upper body at the same height. Don't bob up and down each step
4. Continue to the opposite baseline.
5. Turn and repeat back to your starting point.
6. Rest for 30 seconds and then repeat.

#### Line Drill - Double Hop Front and Back

1. Start facing the baseline with both feet behind the line, both knees slightly bent and arms bent like you are running.
2. Quickly take a small jump forward across the baseline, then jump backwards as quickly as you can.
3. One forward and backward jump is one rep.

4. Do as many reps as you can in 30 seconds.
5. Rest for 30 seconds and then repeat.

#### Line Drill - Single Hop Front and Back

1. Start on your right foot behind the baseline with your right knee slightly bent and arms bent like you are running.
2. Quickly take a small jump forward across the baseline, then jump backwards as quickly as you can.
3. One forward and backward jump is one rep.
4. Do as many reps with your right foot as you can in 30 seconds.
5. Rest for 30 seconds and then repeat with your left foot.

#### Line Drill - Double Leg Side to Side

1. Start standing next to the baseline with both feet parallel to the line, both knees slightly bent and arms bent like you are running.
2. Quickly take a small sideways across the baseline, then jump back as quickly as you can.
3. One side jump and back jump is one rep.
4. Do as many reps as you can in 30 seconds.
5. Rest for 30 seconds and then repeat.

#### Line Drill - Single Leg Side to Side

1. Start next to the baseline facing to the right with your weight on your left foot and your arms bent like you are running.
2. Quickly take a small sideways across the baseline, then jump back as quickly as you can.
3. One side jump and back jump is one rep.
4. Do as many reps as you can in 30 seconds.
5. Rest for 30 seconds turn to the left, stand on your right foot and repeat.

#### Lane Drill - Agility

1. Start in defensive position on the baseline at the right-hand corner of the lane.
2. Sprint to the right elbow.
3. Defensive slide to the left elbow.
4. Backpedal to the baseline.
5. Defensive slide to where you started.
6. Reverse your path.
7. Do 3 reps, rest, then repeat.

#### Lane Drill - Four Corner

1. Start in defensive position on the baseline at the right-hand corner of the lane.
2. Sprint to the right elbow and backpedal to the start.
3. Slide to the right lane corner and slide back to the start.
4. Backpedal to the left lane corner and spring back to the start.
5. Slide to the left elbow and slide back to the start.
6. Do 3 rep, rest, then repeat.

#### Lane Drill - Jump-Shuffle-Jump

1. Start in defensive position in the center of the lane facing mid court.
2. Jump explosively and touch the backboard as high as you can.
3. Shuffle to the right corner of the backboard.
4. Jump explosively and touch the backboard as high as you can.
5. Shuffle back to the left corner. Each round trip is one rep.
6. Do as many reps as you can in 30 seconds.
7. Rest for 30 seconds, and repeat.