



Bacchus Marsh Basketball Association.

Coaches Manual



STRENGTH AND CONDITIONING WORKOUT

- 1/ Squats.**
- 2/ Step Ups.**
- 3/ Calf Raises.**
- 4/ Pushups.**
- 5/ Pushups on 1 Ball.**
- 6/ Pushups on 2 Balls.**
- 7/ Pushups with feet on Basketball.**
- 8/ Sit Ups or Abdominal Crunches.**
- 9/ Wall Crunch.**
- 10/ Oblique Crunches.**
- 11/ Bench Dips.**
- 12/ Planking - Front Plank.**
- 13/ Side Plank.**
- 14 Front Bridge on Ball.**
- 15/ Half Bridge.**
- 16/ Back Extensions.**
- 17/ Alternate Arm & Leg Raises.**
- 18/ Lunges**
- 19/ Various Lunges with a ball.**
- 20/ Stair Climb.**
- 21/ Skipping.**
- 22/ Bounding.**
- 23/ Double Leg jumps.**
- 24/ Single Leg jumps.**
- 25/ Box Jumps.**
- 26/ Court Running.**
- 27/ Reverse Medicine ball Throws.**
- 28/ Front Medicine ball Throws.**
- 29/ Inch Worm.**
- 30/ Line Jumps.**



STRENGTH AND CONDITIONING WORKOUT

Physical Development.

Physical Development (P.D.) is a very important part of developing our young athletes. In saying this each athlete will have different capabilities and each will need to be catered for individually. I have put together a very basic description of exercises with suggested sets & reps, these are not recommendations but are a basic guide for athletes with good core strength. If an athlete is struggling or in pain you need to stop the athlete performing the exercise & seek expert advice. Young athletes especially will need to be built up to higher sets & reps slowly. Athletes need to be encouraged to perform a variety of these exercises in each session, this will help develop the core strength needed to be a better athlete. These are body weight exercises only and quality strength & conditioning coaches should be sourced for specialized development.

Physical Development is an important part of making our junior athletes physically ready for the demands that are placed on their bodies. We usually get a lot of this development with every day play, running, climbing. Jumping, etc. Today's athletes seem to have less time in every day play so we try to incorporate or extend these abilities. There are many and varied skills and drills we can incorporate in our training sessions to help with this development and below are a few examples for you to utilise in your training sessions.

If at any stage any of these exercises cause pain not related to hard training effort muscle pain the exercise should be stopped.

1/ Squats.

Can be done basic with arms straight out in front parallel to floor, hands behind head or with broomstick on shoulders. Feet shoulder width apart. If using broom place broom on shoulder muscles, not on your spine. Push chest out, pull shoulders back and keep your eyes and head up. As you lower suck your stomach in.

Keep your heels on the ground and your knees aligned over your feet. Lower with control until your thighs are parallel to the ground, If your heels start to lift off the floor don't go any further. Do not hunch over as this will cause injury.

Return to the start position by raising under control.

You can also do half or full squats with body weight only.

Do 1 set of 10 to 20 in a session, more if the athlete is capable.



2/ Step Ups.

Find a bench or a step.

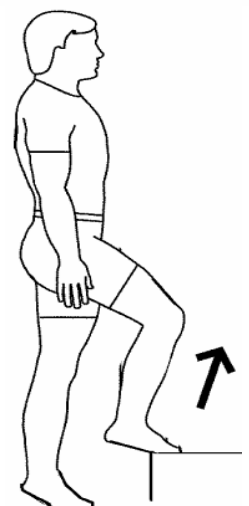
Step up with one foot on to the bench on the ball of your foot. Bring the other foot up again staying on the balls of your foot. Step down to the floor with the lead foot.

Step the other foot down and repeat the cycle again.. Alternate which feet you lead with.

Do not let the heel touch the ground. Work feet as quickly as possible.

Sets of 20 as a start. More depending on athlete's ability. Athletes may be timed during this exercise,

E.g. 1min = many as possible.

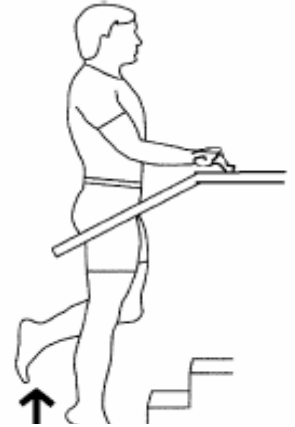




STRENGTH AND CONDITIONING WORKOUT

3/ Calf Raises.

Stand on a bench or step with your body weight on the balls of your feet. This can be done on 1 or 2 legs, if on 1 leg, alternate legs in sets. Push up or step up on the balls of your feet as high as possible, then lower the calf so the foot goes as far as possible below the step/ bench. Can be done on single or double leg. Do 1 set of 10 to 20 in a session, more if the athlete is capable.



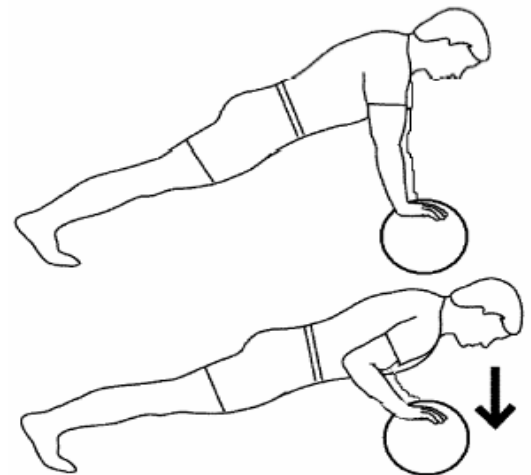
4/ Pushups.

Arms shoulder width apart.
Lower under control until just above floor, do not touch floor.
Raise under control until elbows are straight
Keep your back straight and avoid the saggy horse back.
Sets of 5-10 as penalties
Sets of 10-20 for strength development. More if athlete is capable.



5/ Pushups on 1 Ball.

When doing pushups on a Basketball make sure you have stability and good grip on the ball.
Perform the exercise as shown in diagram opposite.
You may want to do these on a mat for safety.



This is an extension of the strength development and the sets can be as above.

6/ Pushups on 2 Balls.

As above except now we use 2 Basketballs.



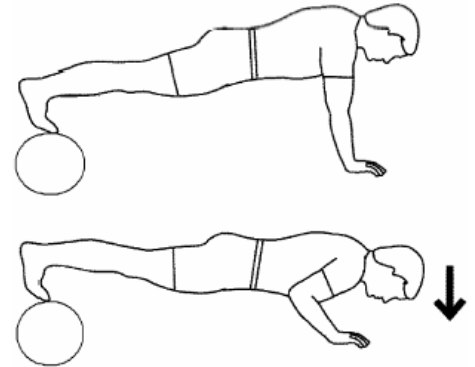


STRENGTH AND CONDITIONING WORKOUT

7/ Pushups with feet on Basketball.

Here we put the feet on the basketball and perform a push up. This puts a little more weight on the arms thus working them harder.

Sets of 10-20 for strength development. More if athlete is capable.



8/ Sit Ups or Abdominal Crunches.

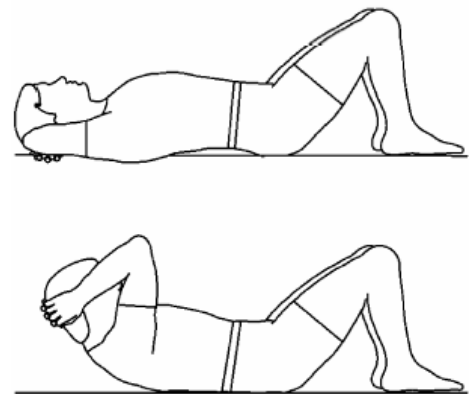
Start Crunch Lying flat on the floor with your knees up, feet flat. Place hands at the side of your head and tighten your stomach muscles curling your upper body under control toward your knees.

Lower under control back to starting position and repeat.

You may also wish to perform a sit up with your arms extended out in front. As above lift upper body under control until hands reach over your knees and lower under control to start.

Sets of 5-10 as penalties.

Sets of 10-20 for strength development. More if athlete is capable.



9/ Wall Crunch.

As above except now your feet are flat against a wall. Try to keep feet in contact with the wall.

Perform crunch as described above.

Sets of 5-10 as penalties

Sets of 10-20 for strength development. More if athlete is capable.



10/ Oblique Crunches.

Start in normal crunch position then hook one foot over the opposite knee.

Now crunch up bringing the elbow opposite the raised knee up to touch the knee under control.

Lower under control to start point and repeat.



Once set is complete alternate leg and elbow.

Sets of 10-20 for strength development. More if athlete is capable.

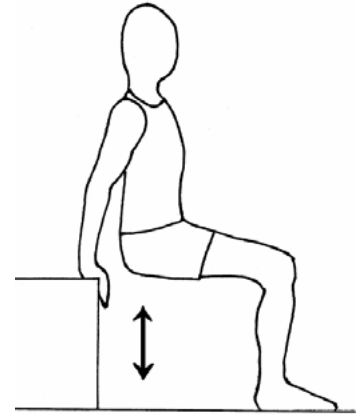


STRENGTH AND CONDITIONING WORKOUT

11/ Bench Dips.

Start with hands on bench, knees at 90 degree angle and butt Forward of bench,
Lower body with control down to floor without touching it, then up again under control.
Repeat this for the required number or amount of time.

Sets of 10-20 for strength development. More if athlete is Capable.



12/ Planking - Front Plank.

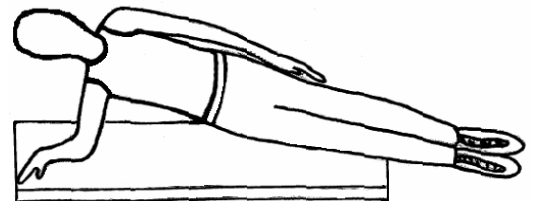
Athlete is up on toes and elbows. Elbows and fists remain flat on ground and are shoulder width apart. Body must be held rigid feet through to head.
This is done until set time expires or failure.
Failure is sagging body.
Can be timed for 30 sec to 2 min.
Do 2-3 sets.



13/ Side Plank.

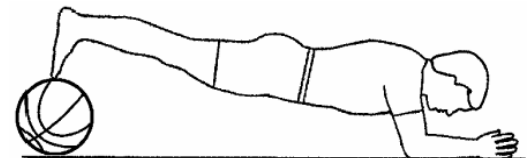
Athlete lies on a mat with legs straight out on their side & holding their body up with their elbow.
Body must be held rigid feet through to head.

Can be timed for 30 sec to 2 min. Do 2-3 sets.



14 Front Bridge on Ball.

As with normal Front Bridge but place feet on ball or box of similar height.
Can be timed for 30 sec to 2 min.
Do 2-3 sets.



15/ Half Bridge.

Place feet flat on the floor and shoulders on the floor.
Tighten stomach muscles and lift body to straight rigid position from shoulders through to knees.
This is done until set time expires or failure. Failure is Sagging body.

Can be timed for 30 sec to 2 min.
Do 2-3 sets.

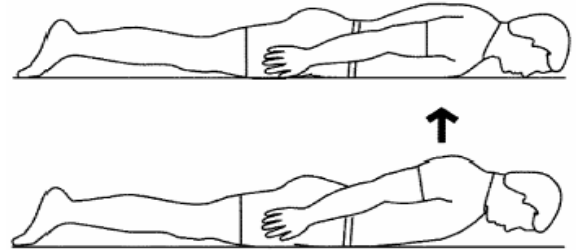




STRENGTH AND CONDITIONING WORKOUT

16/ Back Extensions.

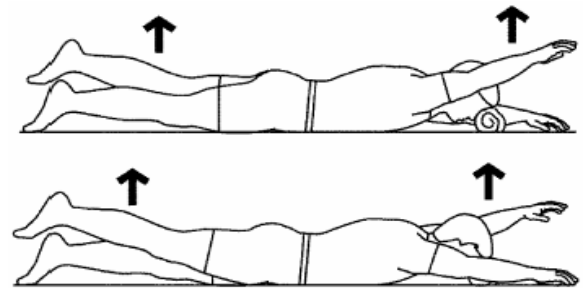
Lie flat on the floor with forehead touching floor. Raise shoulders as high as possible lifting chest off the floor, keep eyes looking to floor and don't tip head back.. Hold for a 3 count, lower under control and repeat. Do 3 sets of 10, more if athlete is capable.



17/ Alternate Arm & Leg Raises.

Lie flat on the floor with forehead on the floor or on rolled cloth. Raise one arm and the opposite leg at the same time, lower at the same time then repeat with the opposite arm and leg.

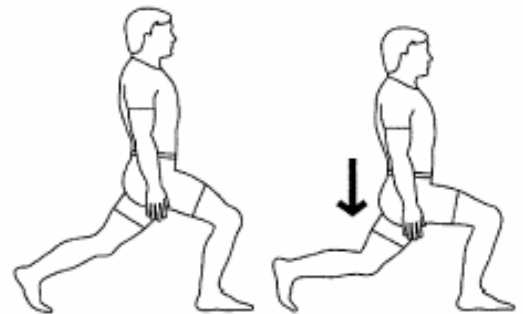
Hold for a 3 count, lower under control and repeat. Do 3 sets of 10, more if athlete is capable.



18/ Lunges

Step forward keeping the body upright. Lower the rear knee to the floor. Keep the front knee over the toes, no further. Step through and repeat with the other leg.

Walk either half the court or the full court depending on Athletes abilities.



19/ Various Lunges with a ball.

A/ Lunge with ball.

As above walk up the floor performing the lunge exercise. Now we add a ball and we bring the ball to the side of the lead knee. As you lunge up the floor the ball goes from side to side with each step in giant swings above the head.

B/ Lunge with ball and twist.

As with normal lunges walk along and with each step we bring the ball right out to the side at shoulder height twisting the trunk from Side to side.

C/ Lunge with ball passing between legs.

As with normal lunges we now pass the ball between our legs with each lunge we take.





STRENGTH AND CONDITIONING WORKOUT

20/ Stair Climb.

Run the stairs of the gymnasium or equivalent as quick as possible.

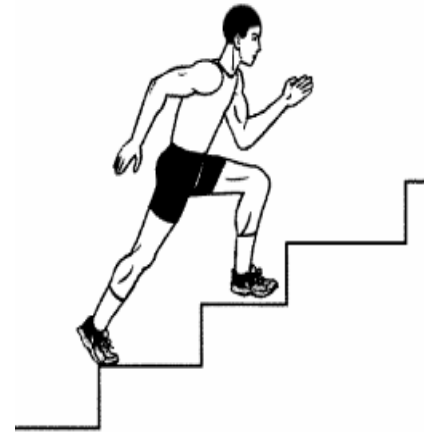
This exercise can be a couple of ways.

Quick choppy steps hitting every stair swinging arms sharply. Long bounding step climbing 2-3 stairs at a time.

You may choose to walk down the stairs back to the start point and repeat or jog down. If you jog be cautious with your footing.

4-5 sets of 30 stairs in a session.

More if athlete is capable.



21/ Skipping.

Work on skipping for set amount of time. Skipping can be done in a variety of ways 1 leg jumps.

Alternate leg jumps. 2 leg jumps

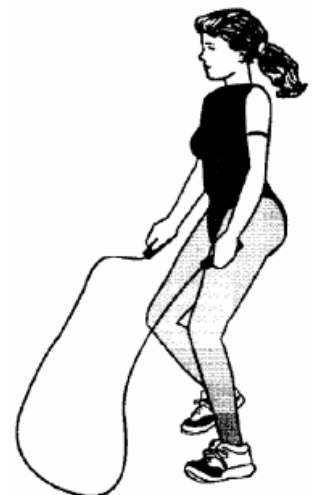
Jumping in box whilst skipping. ie forward, side, back, side while skipping.

Double whirl Jump, 2 rotations of arms to 1 jump.

3 Sets of 1-2 min skipping with changes between.

Set time for skipping e.g. 5 min.

Athlete can do more if capable.



22/ Bounding.

A/ Straight line bounding

Athlete takes long bounding steps getting as high and far as possible with each bound.

Try to be as light as possible on feet, avoid landing with thud.

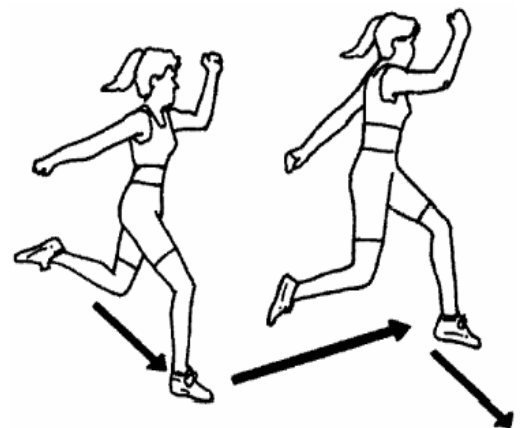
1-2 lengths of the court.

B/ Bounding side to Side.

Athlete takes long bounding steps side to side getting as high and far as possible with each bound.

Try to be as light as possible on feet, avoid landing with a thud.

1-2 lengths of the court.





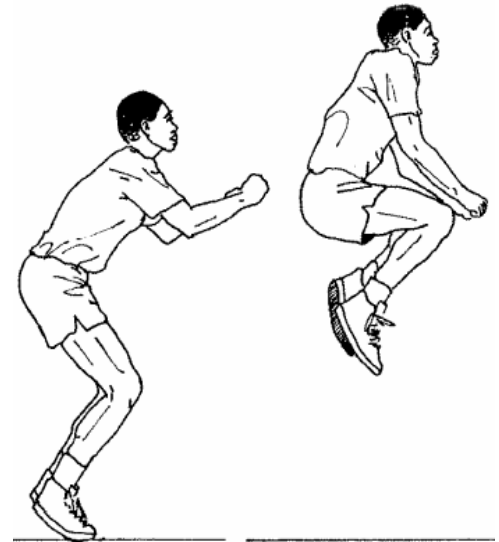
STRENGTH AND CONDITIONING WORKOUT

23/ Double Leg jumps.

Athlete starts in crouched down position and makes a 2 foot jump with explosiveness driving forward with their arms. Try to be as light as possible on feet, avoid landing with thud. Land with Balance and repeat.

Jumps can be sped up to be made in quick succession if coach desires.

1-2 lengths of the court.

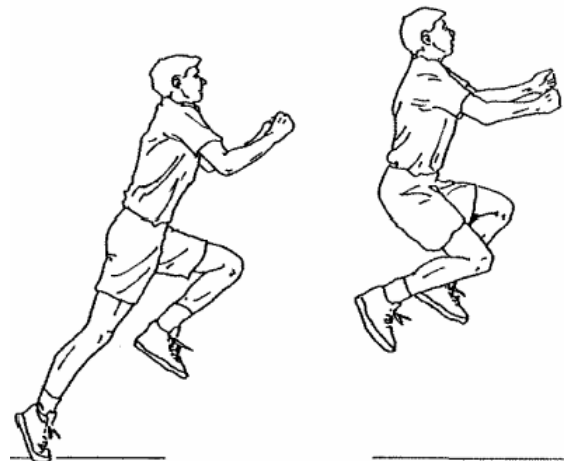


24/ Single Leg jumps.

Athlete starts standing on 1 leg and makes as long a jump as possible with explosiveness driving forward with their arms. Try to be as light as possible on feet, avoid landing with thud. Land with Balance and repeat.

Jumps can be sped up to be made in quick succession if coach desires.

1/2-1 length of the court.

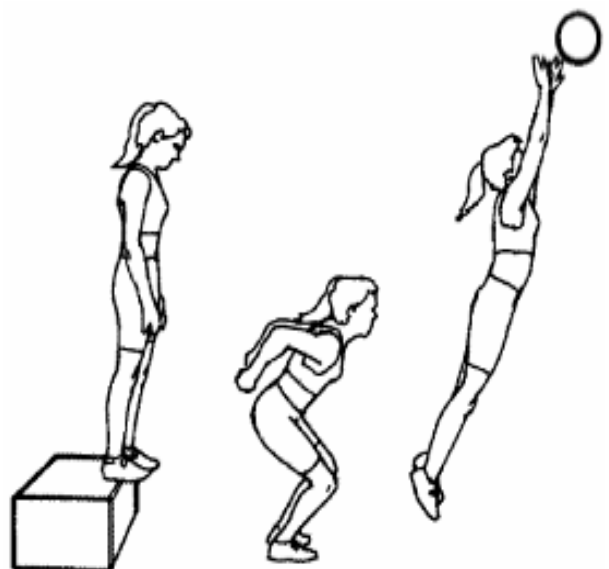


25/ Box Jumps.

Athlete stands on a box about as high as a step. Step off the box and make quick contact (1 count) with the ground on 2 feet and explode up. Coach throws the ball and the athlete catches it at the peak of their jump.

Athlete can also start with ball standing on box, step off, hit the floor with quick contact on both feet, explode up and tap backboard or dunk the ball if capable.

Do 3 sets of 10 – 1 set from 1 side of backboard, 1 set from the middle, 1 set from the other side of backboard.





STRENGTH AND CONDITIONING WORKOUT

26/ Court Running.

Various types of running performed up and down the floor.

A Basketball may be incorporated in this.

Jog/Run forward. As name suggests.

Run Backwards. As name suggests, be aware of finish or obstacles.

High Knees. Jog upright bringing knees as high as possible.

Heel to Butt. Run kicking heels back to contact backside.

Carriocca or Grapevine Run. Sideways facing wall crossing 1 leg in front of the other alternatively.

Forward to Backward Runs. Run to centre line and quickly pivot on the move to run the rest of the court backwards.

Change of Direction. Run in 45 degree angles up the floor changing direction every 4-5 steps. Explosive change pace on change of direction. Make sure team all start going in same direction.

Sprints. Full length sprints as fast as possible.



Can be used in warm up.

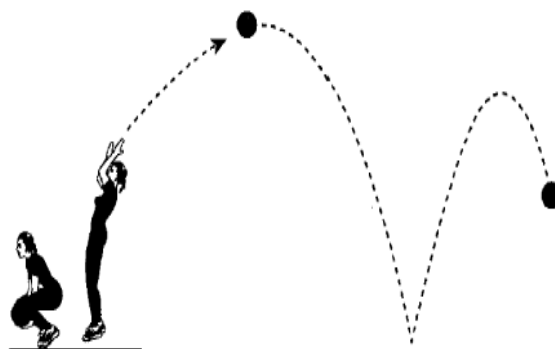
Coach can select various run throughs as fitness conditioning.

27/ Reverse Medicine ball Throws.

Start athlete in the crouched position facing away from the throwing direction & holding the medicine ball between legs.

With as much force as possible the athlete must thrust with their knees and arms to full extension catapulting the medicine ball as far as possible backwards over their head.

Coach can be a receiver to roll ball back. Repeat 10-20 times.

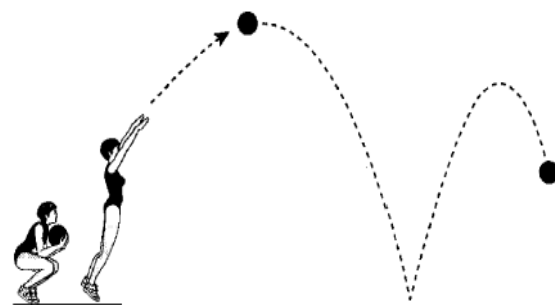


28/ Front Medicine ball Throws.

Start athlete holding the ball in the chest pass position facing the direction of the throw.

With as much force as possible the athlete must thrust with their knees and arms to full extension catapulting the medicine ball as far as possible out in front.

Coach can be a receiver to roll ball back. Repeat 10-20 times.





STRENGTH AND CONDITIONING WORKOUT

29/ Inch Worm.

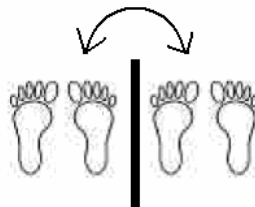


Athletes start in a push up position. Keeping hands stationary slowly walk feet forward with small alternating steps until the athlete gets as far as they can without bent knees. Now the athlete slowly walks their hands out one after another until back in the push up position. The sequence is then repeated and continued for distance determined by the coach. Begin with a half court distance & build to full court as athletes strengthen.

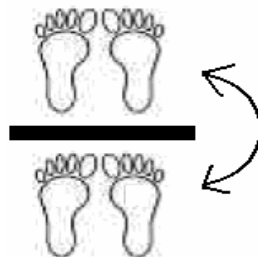
30/ Line Jumps.

Athletes are to perform line jumps in the following patterns for a time to be determined by the coach. Coaches may also choose to mix the patterns by reversing or alternating the jumps. Make sure the athletes are on the balls of their feet being as light as possible on landings. If the athlete is constantly landing with a thud stop and correct them. Encourage athletes to move their feet as quick as possible making sure they clear the lines on all jumps.

A/ Side to Side.



B/ Over & Back.



C/ Around the Quadrant.

Around the quadrant jumps can be varied to test the athlete's pattern Recognition.

