SNEAD STATE
Women’s Basketball

2011
Strength & Conditioning Program
Outline

I. Introduction to the Program
   i. Functional Dynamic Warm Up Routine
   ii. Weight Training Workouts
   iii. Core Stability Workouts
   iv. Agility Plyometrics & Conditioning
   v. Post-Workout Stretching Routine

II. Functional Dynamic Warm-up Routine

III. Post-Workout Stretching Routine

IV. Daily Workout Routine Guideline Sheets
   a. Monday & Friday (upper body)
   b. Tuesday & Thursday (lower body)
   c. Wednesday (core stability, agility, & Aerobic Conditioning)
   d. Sprint Program
   e. Timed Run Recording Sheet
Introduction

This workout program has been designed specifically for women’s basketball athletes at Snead State Community College. The goal of this program is for all basketball athletes to report to campus in proper physical condition and ready to begin fall practice. By following this program it is expected for basketball athletes to gain strength, flexibility, and increased functional movement efficiency (speed & agility), while reducing the risk of injury. It is important to note that this program requires that; in addition to the activities listed, players continue to utilize both shooting and ball handling drills not included in these workouts.

Functional Dynamic Warm-up Routine

The Functional Warm-up Routine is a dynamic stretching and warm-up program designed to stimulate neural activation and get your muscles and joints ready for physical activity. These activities do not utilize the old “stretch and hold” routine, but do provide ample time for increased muscle elasticity. These activities do not increase flexibility, but are just to get you warmed up for exercise. Recent studies have shown that the old “stretch and hold” routines actually contribute to the shutting down of muscle fibers when done prior to activity. This can lead to increased risk of injury while performing maneuvers during strenuous exercise or activities. The post-workout stretching program, performed after exercise is completed, is designed to increase flexibility. It is important to complete the 4 laps around the court, or equivalent distance, jog prior to starting the Functional Warm-up Routine.

Weight Training Workout

The Weight Training Workout is designed to increase strength during the off season through the use of heavier weight, and less repetitions. Many of the exercises utilize the Plyo-ball and/or dumbbells. This serves the dual purpose of incorporating core stabilizing, and shoulder stabilizing musculature, while reducing the time spent in the weight room. To get the full benefit of this weight training workout, it is important to remember to push yourself. The last rep of each set for every exercise should be very difficult. If the exercise is becoming too easy, simply increase the weight. You will Re-max on the Monday of the 3rd Week. Weights should be increased a minimum of every three weeks. It is important to follow all weight lifting safety procedures and to use proper lifting technique during the completion of this workout.

Core Stability Workout

Core stability is essential in the game of basketball. Jumping, ball handling, shooting, and playing defense all require a transfer of force from your legs through your upper extremities. Having a core that is strong enough to support and stabilize the midsection of the body allows for an efficient transfer of these forces, and results in a more efficient (faster) and more powerful motion. A healthy core also assists in decreasing injury by putting less stress on the extremities. Core developing exercises are
integrated throughout the strength training program, but are the focus during the Wednesday workout. Be vigilant in these exercises even though some are not the same as you are accustomed to. Results will show in your on-court performance.

**Agility & Conditioning**

Agility and Conditioning are effective ingredients to improve on-court performance. Both agility and Conditioning are integrated into your daily workouts, but will be the focus of your Wednesday workout. Wednesday also includes an aerobic fitness run. However, you are strongly encouraged to perform additional aerobic conditioning (i.e. Stationary bicycle, elliptical, stair stepper, running) throughout the week. **Remember, there will be a full fitness test when you return to campus. This test will evaluate your progress through the summer.** The main goal of this agility and conditioning regimen is to lay a foundation for fitness that will allow you to be at your peak condition throughout the baseball season, and to start fall practice with as little “start up” soreness as possible.

**Post-Workout Stretching Routine**

The Post-Workout Stretching Routine is designed to increase overall flexibility, to minimize the risk of injury. It is important to perform this routine daily after your workout is complete. **Each exercise should be held for a count of 8, and repeated 3 times. DO NOT BOUNCE WHILE PERFORMING THESE STRETCHES!** This is a general stretching guideline. Feel free to add additional stretches that you deem beneficial, but do not eliminate any of these stretches.
Functional Dynamic Warm-up Routine

This warm-up routine is designed for neural activation, and to get your muscles and joints ready for activity. This warm-up routine should only be started after you have completed the 2 foul pole jog.

**Standing: All done for 45 Seconds each**
1. Jumping jacks
2. Arm Circles (both directions gradually getting bigger)
3. Arm Scissors (alternating left and right on top)
4. Shoulder Dislocates
5. Leg Gate Swings
6. Good Mornings

**Walking Warm-up: All done to half-court 2 Times**
1. High Knee with knee pull
2. High Knee March with back Rotation
3. Sumo
4. Walking Lunges with lateral reach
5. Long stride with calf and hamstring rockers
6. Butt kickers
7. Straight Leg Marches with Arms straight
8. Lateral Lunges
9. Inch Worm (to foul line)
10. Spiderman (to foul line)

**Jog Warm-up: All done to half court 2 times**
1. Power Skips
2. Carioca
3. Power Bounds
4. Skip kicks
5. 5 yards is 3 steps(Long Strides)
6. Butt Kickers
7. Ice Skaters
8. Power Shuffles with arm swings
9. High Knee Cross Overs
Post-Workout Stretching Routine

These stretches should be done after your workout routine is complete. These stretches are designed to stretch each body part individually in order to improve flexibility and reduce the risk of muscular injury.

All Stretches should be done 3 times and held for a count of 8.

1. **Quad Stretch**- Pull foot up to butt
2. **Ham String Stretch**- Sit with one leg extended. Reach to touch toes with knee straight.
3. **Calf Stretch**- Stand with toes on a step. Push heel down with knee straight. Repeat with knee slightly bent.
4. **Groin Stretch**- Stand with legs spread. Point one foot outward. Do not lean to that side, but rather sink hips in that direction.
5. **Hip Flexor Stretch**- Stand with your back to a chair. Place foot on top of chair back. Take a big step out. Keep your back straight while doing a single leg squat.
6. **Hip Stretch** (figure 4) - Lie on back with knees bent. Cross your legs, placing ankle on opposite knee. With one hand reach down and pull ankle toward you, while pushing your knee away from you with the other hand.
7. **Single Knee to Chest**- Lie on back with one leg straight. Grasp other leg behind the knee and pull toward your chest with knee bent. Tuck chin to chest.
8. **Lumbar Rotation**- Lie on back with one leg straight, rotate lower body with knee bent to opposite side. Keep both shoulders flat on the ground.
9. **Mid-back Stretch**- Stand with legs shoulder width apart, squat fully. Hold hands behind head and pull chin to chest.
10. **Shoulder Stretches**- normal shoulder routine
11. **Wrist Stretches**- normal forearm routine
12. **Chest Stretch**- normal chest stretches
Monday / Friday
Weight Training Workout

- 4 laps or equivalent jogging
- Dynamic Warm-up Routine (pg. 4)
- Shooting Drills
- Upper Body Lifts
  - Bench Press- 4 sets of 8 Reps (see last pg. for % chart)
    - On Mondays perform dumbbell bench on plyo-ball
      - Set 1 / Set 2 / Set 3 / Set 4
        - Week 1: 50%max, 60%max, 65%max, 65%max
        - Week 2: 55%max, 65%max, 65%max, 70%max
        - Week 3: 55%max, 65%max, 70%max, 70%max
        - Week 4: Re-max & start at week 1 percentages
  - Pull-Downs – 3 sets of 10 Reps
  - Dumbbell Rows- 3 sets of 10 reps
  - Triceps Extension or Triceps Pushdown- 3 sets of 12 Reps
  - Dips- 3 Sets of 10 Reps
  - Bicep Curls- 3 Sets of 10 Reps
  - Dumbbell Hammer Curls (keep thumb up)- 3 sets of 10 Reps
  - Pull overs (with dumbbell on plyo-ball)- 3 sets of 10 Reps
  - Wrist Curls- 2 sets of 12 Reps
  - Reverse wrist Curls- 2 sets of 12 Reps
  - Wrist turns- 2 sets of 12 Reps
  - Tennis ball Squeeze- Squeeze and hold for count of 10-2 sets of 10 reps

- Sprint Program (pg. 9)
- Stretching Routine (pg. 5)
Tuesday / Thursday
Weight Training Workout

- 4 laps or equivalent jogging
- Dynamic Warm-up Routine (pg. 4)
- Rebounding and Ball Handling Drills
- Lower Body Lifts
  - Squats - 4 Sets of 8 Reps (see last page for % chart)
    - Set 1 / Set 2 / Set 3 / Set 4
      - Week 1: 50%max, 60%max, 65%max, 65%max
      - Week 2: 55%max, 65%max, 65%max, 70%max
      - Week 3: 55%max, 65%max, 70%max, 70%max
      - Week 4: Re-max & start at week 1 percentages
  - Leg Press - 4 Sets of 8 Reps
  - Leg Extensions - 3 Sets of 10 Reps
  - Leg Curls - 3 Sets of 10 Reps
  - Dumbbell Lunges (with overhead press) - 3 Sets of 10 Reps
  - Calf Raises - 2 Sets of 15 Reps
  - Seated Calf Raises - 2 Sets of 15 Reps
  - 4-Way Hip or T-band 4 way (Hip Flexion, Extension, Abduction, Adduction) - 3 Sets of 10 Reps
  - Dead Lifts - 2 sets of 15 Reps

- Sprint Program (pg. 9)
- Stretching Routine (pg. 5)
Wednesday
Core Stability, Agility, & Conditioning

- Dynamic Warm-up Routine (pg. 4)
- Shooting & Ball Handling drills
- Core Stability, Agility, & Conditioning Workout
  - Crunches (on Plyo-ball)- 2 sets of 25 Reps
  - Knee ups- 2 sets of 25 Reps
  - Back Extensions (on Roman Chair or Plyo-ball)- 2 sets of 25 Reps
  - Push-ups (on Plyo-ball)- 2 sets of 25 Reps
  - Trunk Rotations (with knees up & feet off the floor) using medicine ball or dumbbell- 2 sets of 25 Reps
  - Superman- 2 sets of 25 Reps
  - Medicine Ball “granny shot” overhead toss- 2 sets of 25 Reps
  - Leg Throw downs (alternating directions)- 2 sets of 25 Reps
  - Push Press or Plate Holds(plate holds use count of 10)-2 sets of 15 Reps
  - Plyo-box jumps- 2 sets of 1 minute
  - Step-Ups (double taps)-2 sets of 1 minute
  - Dot Drill- 2 sets of 1 Minute
  - String/Line Jumps- 3 sets of 30 seconds
  - Single Leg Squat(from elevated step)-2 sets of 15
  - Squat Jumps(while holding stick overhead)- 2 sets of 15
  - Resisted Partner Running-3 sets of 15 yards
  - Partner Fall Running-3 sets of 15 yards

- 1 Mile Run (record time on time Sheet) (pg. 10)
- Stretching Routine (pg.5)
Sprint Program

The Sprint Program will be completed Monday, Tuesday, Thursday, and Friday, after the lifting workout and is to be followed by the static Stretching Routine.

The Sprint Program is as follows:

<table>
<thead>
<tr>
<th>Week</th>
<th>Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>2- full court Floor Sweepers&lt;br&gt;4- “S” drills&lt;br&gt;4- full court suicides&lt;br&gt;2-full court sprints</td>
</tr>
<tr>
<td>Week 2</td>
<td>2- full Court Floor Sweepers&lt;br&gt;2- “S” Drills&lt;br&gt;4- half court suicides&lt;br&gt;4- full court sprints</td>
</tr>
<tr>
<td>Week 3</td>
<td>3- floor sweepers&lt;br&gt;4- “S” Drills&lt;br&gt;4- Full court suicides&lt;br&gt;6- Full court sprints</td>
</tr>
<tr>
<td>Week 4</td>
<td>4 floor sweepers&lt;br&gt;4 “S” drills&lt;br&gt;4 full court suicides&lt;br&gt;6 full court sprints</td>
</tr>
<tr>
<td>Week 5</td>
<td>5 “S” drills&lt;br&gt;6 full court sprints&lt;br&gt;6 full court suicides</td>
</tr>
<tr>
<td>Week 6</td>
<td>6 “S” drills&lt;br&gt;10 half court suicides&lt;br&gt;6 full court suicides</td>
</tr>
<tr>
<td>Week 7</td>
<td>8 “S” drills&lt;br&gt;4 full court suicides&lt;br&gt;6 full court sprints</td>
</tr>
<tr>
<td>Week 8</td>
<td>6 full court suicides&lt;br&gt;8 full court sprints</td>
</tr>
<tr>
<td>Week 9</td>
<td>8 full court suicides&lt;br&gt;12 full court sprints</td>
</tr>
<tr>
<td>Week 10</td>
<td>20 full court sprints</td>
</tr>
</tbody>
</table>
Players are encouraged to perform additional aerobic conditioning in addition to the activities listed in this program.