

Simple Strength Training for Basketball

- This requires hard work
- If you don't know what these lifts are then google them
- Consult your physician before engaging in any of these exercises. We are not liable for any injuries that result from the training.

Some people are drawn to the iron. Some are drawn to the court...and a rare few feel the need to conquer both. This book is for the latter. The athlete or coach who is need of something more. Their training and progress has stalled out. A proven path is what they are looking for.

All athletes at some point in their careers will realize the need to be bigger, stronger, and well-conditioned. The days of players who are rail thin have passed us by. All things being equal the stronger, faster player will be more successful on the court. These advantages aren't just for the privileged few. They are for anyone with self-discipline, and mental toughness. And they are closer than you think.

Training for sports has taken on many forms. if you are around long enough you will see everything come back around. **But the basics, the basics never go out of style. Squatting, sprinting, jumping, pressing, pulling, and running have stood the test of time.** Don't shy away because it's hard. Embrace it instead and reap the benefits of simple training.



The Simple Training Template:

Day 1:

- Mobility / Flexibility of your choice (I like the Agile 8)
- Skill Development (15-30 minutes)
- Jumps x 20-30 reps (box, broad, squat jumps, **just jump!**)
- Squat (variation) / Bench (variation)
 - o Abs between sets of squats / chins or rows between sets of bench
- Challenge Circuit
- Conditioning (keep it simple)
 - o On court running / sprinting / sleds / prowler / jump rope

Day 2:

- Mobility / Flexibility of your choice (I like the Agile 8)
- Skill Development (15-30 minutes)
- Jumps x 20-30 reps (box, broad, squat jumps, **just jump!**)
- Deadlift (variation) / Overhead Press (variation)
 - o Abs between sets of dead-lifts / chins or rows between sets of press
- Challenge Circuit
- Conditioning (keep it simple)
 - o On court running / sprinting / sleds / prowler / jump rope

Loading

Variation 1: Ramping (working up in weight: 5x5,5,5,5,5)

In ramping, you add weight each set working up to a top end set at the desired rep range. So if we want to go for a 6 rep incline press we will do sets of 6 until we get to our top weight of the day. Then we will record that weight for the next time we are in that rep range.

We will cycle the numbers anywhere from a 3-10 rep range. 3's being very rare and more often staying in the 5-10 rep range. From here we could perform back off sets with the same lift. We would take 80-90% of the best weight and then perform sets across using that weight. We may opt for something like 3 sets of 8 @ 80% of their best 8 rep weight that day.

We don't use singles because we are athletes not powerlifters. This is a great variation that I got from Zach Even-esh. We work off of two week cycles when we do this and vary the rep ranges.

Variation 2: Percentage based training

With this variation, we work off of a training max. I find this system to be better for athletes who do not need variety in their training. The tried and true method of this is Jim Wendler's 5/3/1 program. I won't go into that here because it's not mine. This is what I personally use with my training and have used with some teams.

Variation 3: Rule of 10

In this variation, courtesy of Dan John, you shoot for 10 total reps after warm-ups with a heavy weight. It is less taxing than the other variations and great for in-season training. Only drawback is you must add in some muscle building assistance work with it.

Over the last few years I have seen a change with the wave of social media. We tend to rotate between lifts every 2-4 weeks now but will use 5/3/1 in-season a lot of times so the player's don't have to think about their numbers.

My advice is to try out both methods and see what works best for **your team**. Every team has their own personality as does every kid. Whatever you choose it's important that your kids believe in the system and that starts with you.

Above all else...make sure their technique is good. Do no harm is the 1st rule of coaching.



By now you're probably asking yourself what are the differences between this and any other program. This program is designed with the basketball player in mind. It assumes he has some basic knowledge of the game and skills he wants to incorporate.

It's great for a team setting as all of these sessions can be implemented with a group. There is little need for direction with some of this and others it will take time. Always spend the first week of each cycle getting acclimated to the exercise and technique. The second week they can add weight and see where they are. Make sure the movement pattern is taken care of first before you load them. Search for Dan John and the five fundamental human movements.

What do you need for the program?

- Bar
- Plates
- Squat stands (preferable but don't have too)
- Pull-up bar
- Court
- Ball
- Place to run

How many days per week?

The program is structured for 3 days. This isn't much of a commitment and it is assumed you are working on your game every day. It allows for some flexibility. The only rule is the two lifting days need at least a day of rest between them.

So we only lift twice a week?

Yes you only are programmed to lift twice a week. If you want to do more it should consist of bodyweight and dumbbell movements done to build muscle. If you are focused 2 days is more than enough.

What does the third day consist of?

Day 3 is a mixture of on the court skills and conditioning challenges done to increase mental toughness. All of the strength and skill in the world won't do you any good if you can't perform in the 4th quarter.

Lifts that we can use:

Lower Body	Upper Body
Squat	Bench press
Box squat	Incline press
Front squat	Overhead press
Trap Bar deadlift	Push press
Sumo deadlift	Floor press

I know the question: Why no pulling? Pulling exercises (chins, rows, face pulls) are done as muscle building work and superset with the pressing exercises. We don't do these as heavy lifts. We do them for balance and healthy shoulders.



On the following pages you will see an 8-week program designed to improve your strength and conditioning as well as your skill development. Nothing will work unless you do. Pay attention to the principles here more than the exercises or drills. Each day begins with a warm-up before training.

Day 1

1) Form shooting (5 minutes) Ball-handling w/shots (5) Your choice (5)

2A) Box Jumps 5,5,5,5,5

2B) Front Squats 5x5,5,5,5,5

3A) Floor Press 5x5,5,5,5,5

3B) Chins/Rows x 5-10 after every set of press

Challenge Circuit: 3 rounds

- 4A) Push-ups x max reps
- 4B) BB Curls x max reps
- 4C) Farmers walks x 100 feet

5) Sleds 4x50 feet heavy (no sled sprint!)

Day 2

1) Form shooting (5) 2-ball drills (5) Shots with your offense (5)

2A) Trap Bar Deadlift 5x5,5,5,5,5

2B) Box Jumps 5x5

3A) Push Press 5x5,5,5,5,5

3B) DB Rows 5x8-12

Challenge Circuit: 3 rounds

- 4A) Band push-downs x max reps
- 4B) Chins x max reps
- 4C) KB Swings x 15 reps

5) Sprints: 4 x 200 meters w/200 jog recovery

Day 3:

1) Form shooting (5) Dribble moves w/shot (5) Shots out of offense (10)

Challenge (20 minute drill)

Each player must follow the progression below. This works great with a partner so the shooter has someone to count for them but it can still be done alone.

Scoring: The player must hit over 60 3's to shoot 3's in a game; otherwise there is a two miss limit in games.

60-89 makes = can shoot open 3's / with great shot selection

90+ makes = can shoot 3's anytime you are open except late game situations.

The Drill (Start the clock at 20 minutes)

1) Mikan Drill – right handed lay-up and left handed lay-up. Make 20 *The ball cannot hit the floor! If it hits, start over! After 20 makes move to next drill.

2) Around the World – must be made shots in the following order: *The ball cannot hit the floor on a miss! If it hits, start over! If you catch a miss before it hits the ground, move on to the next spot. – Right block – Left block – Mid-lane right side – Mid-lane left side – Right elbow – Left elbow – Free Throw

3) Elbow Lay-ups – Start on the right side. One dribble in, make the shot, then one dribble out to left elbow. Right hand on right side, Left hand on left side. Make 20.

*The ball cannot hit the floor on a miss! If it hits, start over! If you catch a miss before it hits the ground, move on to the next spot.

4) Around the World (Again) Same rules as above

5) Five in a row from one elbow (Rebound your own shot)

6) 3's until time is finished (Rebound your own shot) – Less than 60 = 2 miss limit in games – 60-89 = can shoot open 3's – with great shot selection – 90+ = Green light – can shoot 3's anytime you are open except late game situations.



Week 2: Repeat workouts from week 1 but try to break records. Beat weight, time, etc.

Day 4

1)Form shooting (5 minutes) Ball-handling w/shots (5) Your choice (5)

2A)Box Jumps 5,5,5,5,5

2B)Front Squats 5x5,5,3,3,3

3A)Floor Press 5x5,5,3,3,3

3B)Chins x 5-10 after every set of press

Challenge Circuit: 3 rounds

4A)Push-ups x max reps

4B)BB Curls x max reps
4C)Farmers walks x 100 feet

5)Sleds 5x50 feet heavy (no sled sprint!)

Day 5

1)Form shooting (5) 2-ball drills (5) Shots with your offense (5)

2A)Trap Bar Deadlift 5x5,5,3,3,3

2B)Box Jumps 5x5

3A)Push Press 5x3,3,3,3,3

3B)DB Rows 5x8-12

Challenge Circuit: 3 rounds

4A)Band push-downs x max reps

4B)Chins x max reps

4C)KB Swings x 15 reps

5)Sprints: 6 x 200 meters w/200 jog recovery

Day 6

Repeat 20 minute challenge from day 3 and try to beat score

Set a punishment and reward based on whether you reach your goal or not



Week 3

No we will introduce some new exercises into the training. Remember the first week of a cycle is always an introduction week where technique is paramount. Don't add weight until the movement is done correctly. Pay attention to mobility issues and address them through extra work, bw work, stretching etc.

Day 7

1)Form shooting (5) Ball-handling w/shots (5) Shots within your offense (5)

2A)Box Squats x 5,5,5,5,5

2B)Broad Jumps x 3,3,3,3,3

- 3A)Overhead Press 5x5,5,5,5,5
- 3B)Chins x 5-10 after every set of press

Challenge Circuit: 3 rounds

- 4A)Medicine Ball push-ups x max reps
 - 4B)DB Hammer Curls x 8-12 reps
 - 4C)1-arm farmer's walks x 100 feet down and back
- 5)Prowler 4x75 feet heavy (no sled carry something heavy for same distance)

Day 8

- 1)Form shooting (5) 2-ball drills (5) Shots within your offense (5)

- 2A)Sumo Deadlift 5x5,5,5,5,5
- 2B)Medicine Ball Throws 5x5

- 3A)Push Press 5x5,5,5,5,5
- 3B)DB Rows 5x8-12

Challenge Circuit: 3 rounds

- 4A)Recline rows 3 x max reps
 - 4B)BW triceps extensions 3 x max reps
 - 4C)Walking lunge w/plate held overhead 3 x 10/10
- 5)Sprints: 8 x 100 meters w/100 jog recovery

Day 9

- 1)Form shooting (5) FC Ball-handling w/finish (10) Shots within your offense

Challenge: 100 makes from your favorite spot on the floor (track how long it took)

Day 10

- 1)Form shooting (5) Ball-handling w/shots (5) Shots within your offense (5)

- 2A)Box Squats x 5,4,3,2,2
- 2B)Broad Jumps x 3,3,3,3,3

- 3A)Overhead Press 5x5,4,3,2,2
- 3B)Chins x 5-10 after every set of press

Challenge Circuit: 3 rounds

- 4A)Medicine Ball push-ups x max reps
 - 4B)DB Hammer Curls x 8-12 reps
 - 4C)1-arm farmer's walks x 100 feet down and back
- 5)Prowler 6x75 feet heavy (no sled carry something heavy for same distance)

Day 11

- 1)Form shooting (5) 2-ball drills (5) Shots within your offense (5)

- 2A)Sumo Deadlift 5x5,4,3,2,2
- 2B)Medicine Ball Throws 5x5

- 3A)Push Press 5x5,4,3,2,2
- 3B)DB Rows 5x8-12

Challenge Circuit: 3 rounds

- 4A)Recline rows 3 x max reps
 - 4B)BW triceps extensions 3 x max reps
 - 4C)Walking lunge w/plate held overhead 3 x 10/10
- 5)Sprints: 10 x 100 meters w/100 jog recovery

Day 12

- 1)Form shooting (5) FC Ball-handling w/finish (10) Shots within your offense

Challenge: 100 makes from your favorite spot on the floor (beat last weeks' time)



Day 13

1) Form shooting (5) Ball-handling w/shots (5) Shots within your offense (5)

2A) Zercher Squats x 5,5,5,5,5

2B) Lunge Jumps x 3/3 after each set of squats

3A) Incline Bench 5x5,5,5,5,5

3B) Chins x 5-10 after every set of press

Challenge Circuit: 4 rounds

4A) Feet elevated push-ups x max reps

4B) KB Hammer Curls x 8-12

4C) KB Overhead walk x 50 feet down and back

5) Sled Pulls 4x100 feet heavy (no sled carry something heavy for same distance)

Day 14

1)Form shooting (5) 2-ball drills (5) Shots within your offense (5)

2A)Trap Bar Deadlift 5x5,5,5,5,5 (beat weight from last time)

2B)Medicine Ball Throws 5x5

3A)Bench Press 5x5,5,5,5,5

3B)DB Rows 5x8-12

Challenge Circuit: 4 rounds

4A)DB KB Rows x 8-12

4B)1-arm band pushdowns x max reps (do the same number for each arm)

4C)3 second paused goblet squat x 5 reps

5)Jump Rope 20 minutes :30 on/ :30 off

Day 15

1)Form shooting (5) FC Ball-handling w/finish (10) Shots within your offense

Challenge:

- 100 makes from your favorite spot on the floor (beat last weeks' time)



Day 16

1)Form shooting (5) Ball-handling w/shots (5) Shots within your offense (5)

2A)Zercher Squats x 5,5,5,3,3

2B)Lunge Jumps x 3/3 after each set of squats

3A)Incline Bench 5x5,5,5,3,3

3B)Chins x 5-10 after every set of press

Challenge Circuit: 4 rounds

4A)Feet elevated push-ups x max reps

4B)KB Hammer Curls x 8-12

4C)KB Overhead walk x 50 feet down and back

5)Sled Pulls 4x100 feet heavy (no sled carry something heavy for same distance)

Day 17

1)Form shooting (5) 2-ball drills (5) Shots within your offense (5)

2A)Trap Bar Deadlift 5x5,5,5,3,3 (beat weight from last time)

2B)Medicine Ball Throws 5x5

3A)Bench Press 5x5,5,5,3,3

3B)DB Rows 5x8-12

Challenge Circuit: 4 rounds

4A)Double KB Rows x 8-12

4B)1-arm band pushdowns x max reps (do the same number for each arm)

4C)3 second paused goblet squat x 5 reps

5)Jump Rope 30 minutes :30 on/ :30 off

Day 18

1)Form shooting (5) FC Ball-handling w/finish (10) Shots within your offense

Challenge: 100 makes from your favorite spot on the floor (beat last weeks' time

Day 19

1)Form shooting (5) Ball-handling w/shots (5) Shots within your offense (5)

2A)Back Squats 5x 10,8,6,4,2

2B)Lunge Jumps x 3/3 after each set of squats

3A)Floor Press 5x10,8,6,4,2

3B)Chins x 5-10 after every set of press

Challenge Circuit: 4 rounds

4A)Walk-out w/push-ups x max 10 reps

4B)One arm BB Curls x 8-12

4C)KB Rack walk x 100 feet

5)Run 1 mile for time

Day 20

1)Form shooting (5) 2-ball drills (5) Shots within your offense (5)

2A)Front Squat 5x10,8,6,4,2

2B)Medicine Ball Throws 5x5

3A)Overhead Press 5x10,8,6,4,2

3B)DB Rows 5x8-12

Challenge Circuit: 4 rounds

4A)Chest supported DB Rows x 8-12

4B)Dips x max reps (do the same number for each arm)

4C)KB Racked Lunge x 8/8

5)4x400 w/2 minutes recovery

Day 21

1)Form shooting (5) FC Ball-handling w/finish (10) Shots within your offense

Challenge: 100 makes from your favorite spot on the floor (beat last weeks' time)

Day 22

1)Form shooting (5) Ball-handling w/shots (5) Shots within your offense (5)

2A)Back Squats 5x 5,4,3,2,1

2B)Lunge Jumps x 3/3 after each set of squats

3A)Floor Press 5x5,4,3,2,1

3B)Chins x 5-10 after every set of press

Challenge Circuit: 4 rounds

4A)Walk-out w/push-ups x max 10 reps

4B)One arm BB Curls x 8-12

4C)KB Rack walk x 100 feet

5)Run 1 mile for time (beat time from last week)

Day 23

1)Form shooting (5) 2-ball drills (5) Shots within your offense (5)

2A)Sumo Deadlift 5x5,4,3,2,1

2B)Medicine Ball Throws 5x5

3A)Overhead Press 5x5,4,3,2,1

3B)DB Rows 5x8-12

Challenge Circuit: 4 rounds

4A) Chest supported DB Rows x 8-12

4B) Dips x max reps (do the same number for each arm)

4C) KB Racked Lunge x 8/8

5) 4x400 w/90 seconds recovery

Day 24

1) Form shooting (5) FC Ball-handling w/finish (10) Shots within your offense

Challenge: 100 makes from your favorite spot on the floor (beat last weeks' time)