



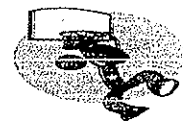
OFF SEASON TRAINING

CONDITIONING:

- 5 x week = 3 sets of 20 push-ups / increasing by two every 2 weeks.
- 3 x week = running 1 mile setting a goal and trying to better your time - *push yourself*
- 3 x week = 5 – 50 yard sprints with a 15 second rest in between
- 5 x week = Jump rope for 5 minutes
- 3 x week = Defensive slides – do 3 times for 30 seconds with 15 seconds rest between

SHOOTING:

- 4 x week = 50 free throws using the same routine each time
- 4 x week = 100 jump shots using shot fakes throwing the ball out chasing and square up to hoop under control, make it like a game situation. Use shot fakes, crossover dribble and 1 power dribble to the hoop.
- 4 x week = Do 3 times – Miken drill keeping the ball over your head. Make 15 in a row with a 15 second rest, game situation.

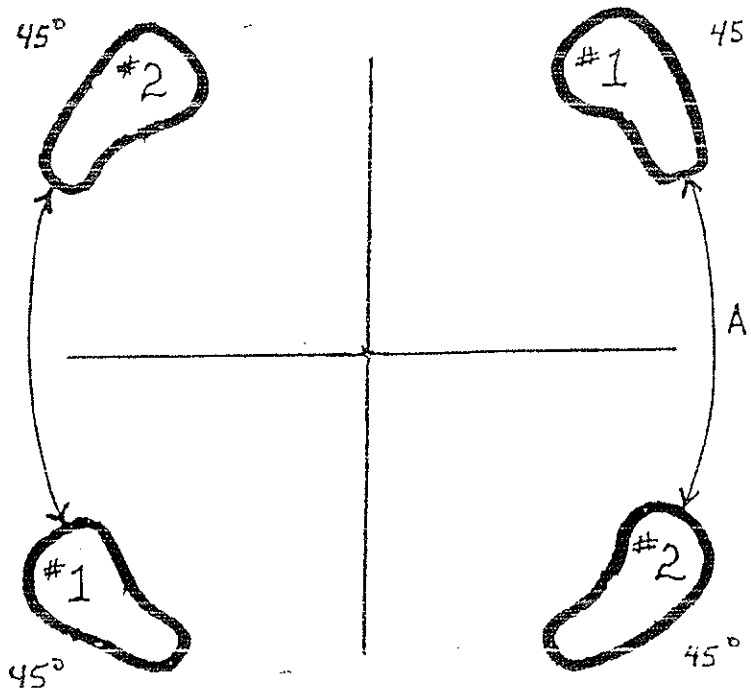


- 4 x week = X lay-ups try to make 8 in 30 seconds

BALL HANDLING:

- 4 x week = Sit in a chair, dribble with your weak hand for 10 minutes then switch to strong hand for 5 minutes. .
- 4 x week = Do figure 8s – make sure to dribble with your head up ALWAYS.
- 4 x week = Do cross-overs, between your legs and around your back. Hesitate and spin moves using cones or just making up game situations.

We would like all the girls in the program next year to be able to dribble with hands, head up and being comfortable handling the ball. It will benefit the team and you as individual players.



Swivel Hips

Move A

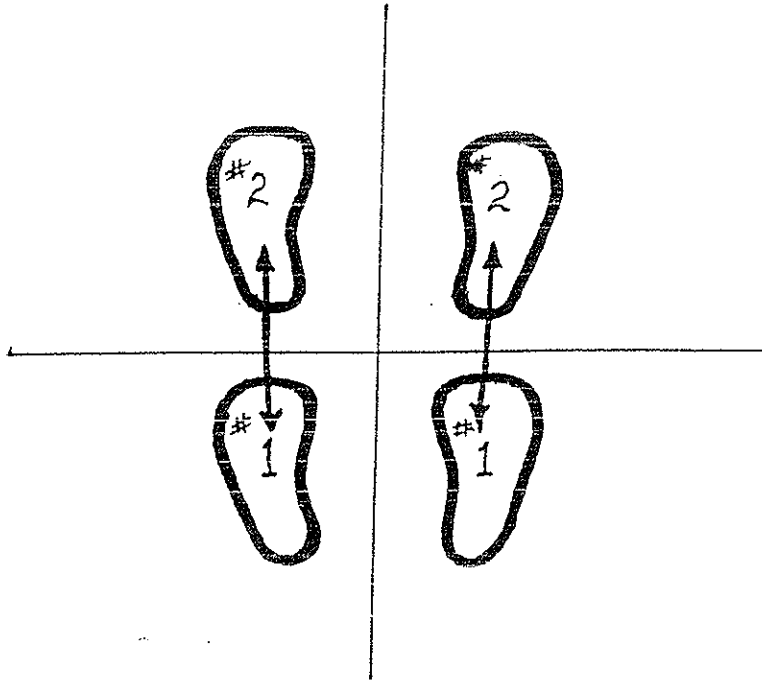
Start with your feet in Position #1. Your upper torso should be facing the top of the cross. Dropping with your right foot, use a quick hop to move to Position #2 and return quick as possible.

(Phase one: 2 sets x 15 reps), (Phase two: 3 sets x 15 reps)

Move B

Start with your feet in Position #2. Dropping with your left foot, use a quick hop to move to Position #1 and return as quick as possible.

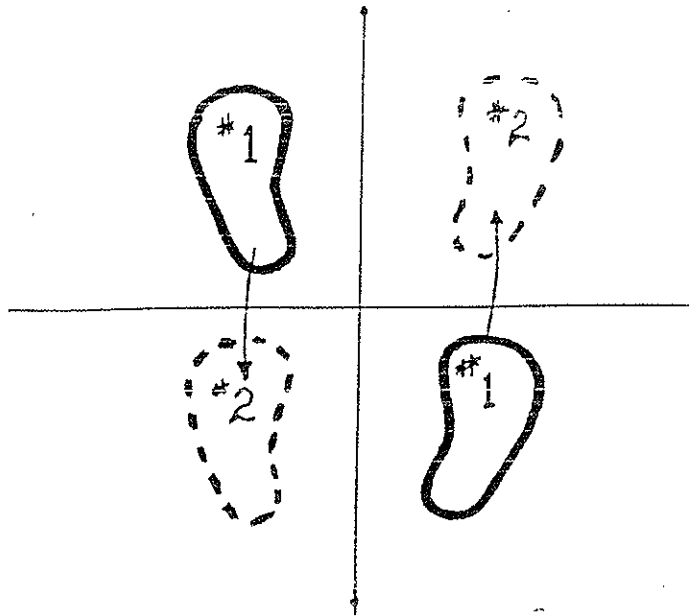
(Phase one: 2 sets x 15 reps), (Phase two: 3 sets x 15 reps)



Front and Back Jumps

Start with your feet in Position #1. Explode off both feet across the horizontal line landing with both feet in Position #2.

As soon as you hit, explode off both feet back across the horizontal line to Position #1 and repeat. (Phase one: 2 sets x 30 reps), (Phase two: 3 sets x 30 reps)

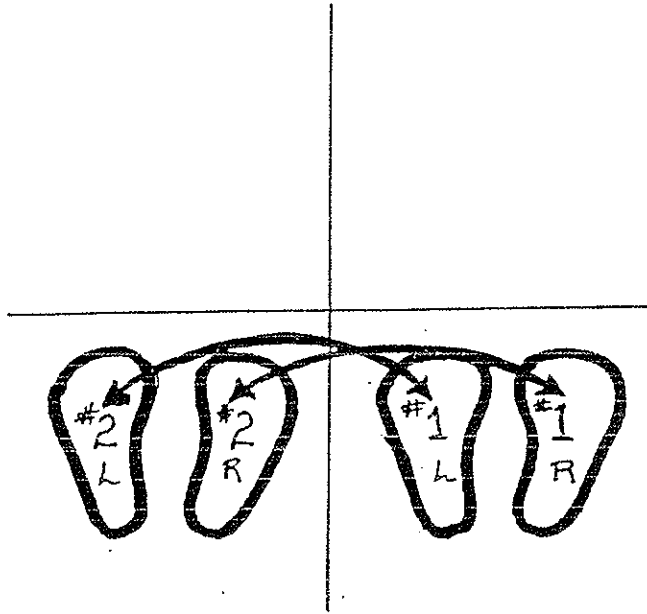


Scissors Jumps

Start with your feet in Position #1. Using a scissors movement, jump over the horizontal line landing with your feet in Position #2.

As soon as you hit, repeat the movement.

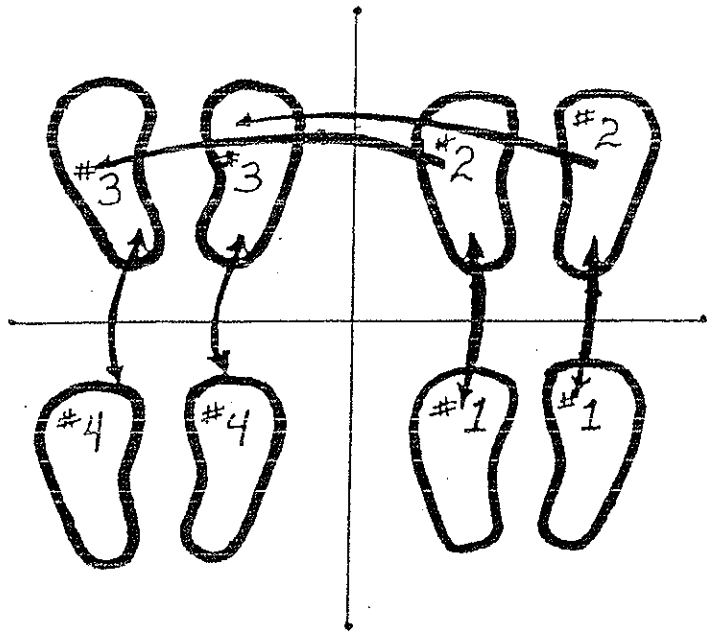
(Phase one: 2 sets x 30 reps), (Phase two: 3 sets x 30 reps)



Lateral Jumps

Start with your feet in Position #1. Push off with both feet and jump across the midline landing in Position #2.

As soon as you touch, explode off both feet and jump across the midline landing in Position #1 and repeat. Over and back is considered one repetition.
(Phase one: 2 sets x 15 reps), (Phase two: 3 sets x 15 reps)



Square Jumps

Start with your feet in Position #1. Jump off both feet over the line to Position #2. As soon as you hit, explode laterally over the midline to Position #3. As soon as you hit, explode off and back to Position #4. Explode over the line to Position #3, then #2, then #1. When you hit Position #1, start again.

(Phase one: 2 sets x 15 reps), (Phase two: 3 sets x 15 reps)