

# PHASE 1

## Weeks 1-4: 4 Weeks

**PHASE 1:** One of the big keys in this phase is working on getting as strong as possible. The weight room is one of the bigger focuses in this 4 week process. We really want you to safely focus on increasing your numbers in the weight room. We do introduce plyometrics as well though too of course. When doing plyos you should focus on the quality/explosivness of each rep over the amount of reps.

If fatigue ever begins to show we need to re-evaluate the amount of reps/sets or even end that exercise and save your body. Make sure that on your off days you are working on your flexibility and recovery circuits.

**IMPORTANT!** For each set in the weight room choose a weight that will put you 1-2 reps away from failure at the completion of each set. Make sure to warm up by starting with the bar and add weight over the course of 2-3 sets then put on your working set weight, adjust according to how warmed up you are. For example, if your working weight is 150 lbs. your first set should be with the bar and your second set should be with 75 lbs. and then you can either do 1 more warm up set or put on your working weight and begin your sets.

**Monday:** Full Court Sprints x 6 | Strength Workout #1

**Tuesday:** Scrimmage | Recovery Circuit

**Wednesday:** 20 Max Jumps | Strength Workout #2

**Thursday:** Scrimmage | Recovery Circuit

**Friday:** Full Court Sprints x 6 | Strength Workout #1

**Saturday:** Plyo Workout #1

**Sunday:** Off

# Strength Workout #1

**Back Squats:** 5 sets of 5

**Hip Thrusts:** 4 sets of 8

**Bulgarian Split Squat:** 3 sets of 6

**Step Ups (with weight):** 3 sets of 5

**Single Leg Calf Raises:** 4 sets of 10



# Strength Workout #2

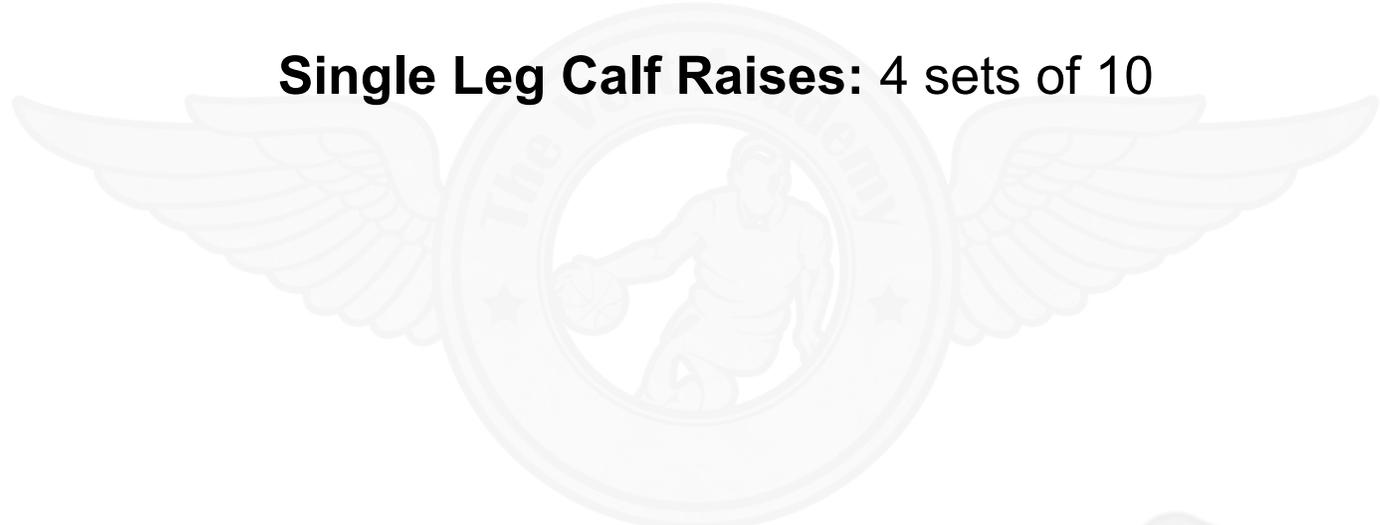
**Deadlifts:** 5 sets of 5

**Hip Thrusts:** 4 sets of 8

**Bulgarian Split Squat:** 3 sets of 6

**Step Ups (with weight):** 3 sets of 5

**Single Leg Calf Raises:** 4 sets of 10



# Plyo Workout #1

**Calf Jumps:** 2 sets of 8

**Tuck Jumps:** 2 sets of 6

**Bulgarian Squat Plyo:** 2 sets of 3 each leg

**Depth Jumps:** 4 sets of 5

**Max Vert Jumps:** 5 sets of 3

**Skipping For Height:** 2 sets of 3 each leg

## Alternative Dunk Practice

The plyo workout can be replaced with jump/dunk sessions. Jump sessions for phase 1 will consist of 30 max effort jumps/dunks with 30-45 seconds rest between jumps. The jump sessions will be goal oriented, if you are close to or can dunk, your jumps will be completed through dunks. If you aren't close to dunking, pick a target such as touching/grabbing rim, backboard, net, etc. and touch that each time.

My favorite alternative is having a low rim dunk session, this teaches you technique for dunking/jumping and it is lots of fun.

Make sure to mix up one foot and two foot jumps in your jump sessions. Increase the total number of jumps each phase as you get more comfortable.