

# PHASE 3

Weeks 9-12: 4 Weeks

**PHASE 3:** This phase can be tough for some players. It may not feel as taxing on the body as the first two phases, but trust when I say this is the toughest phase. We will now be mixing plyos with strength training. There is a lot of rest in this phase because our bodies will take more time to recover. Lower the weight in this phase and make sure to do each rep as explosively as possible. This is to increase your rate of force development, which is how fast you can move weight. The higher it is, the higher you will jump. Make sure you take a few days off and then test your vert after completing week 12.

**Monday:** Combo Workout | Recovery Circuit

**Tuesday:** Scrimmage | Recovery Circuit

**Wednesday:** Combo Workout

**Thursday:** Scrimmage | Recovery Circuit

**Friday:** Off

**Saturday:** 30 Practice Dunks or Max Jumps

**Sunday:** Off

# Combo Workout

You will superset this workout meaning you will alternate exercises each set. For example you will do a set of power cleans, then a set of depth jumps, then back to power cleans then back to depth jumps.

**A) Power Clean: 4 sets of 4**

**B) Depth Jump: 4 sets of 3**

**A) Box Squat: 5 sets of 5**

**B) Max Vert Jump: 5 sets of 5**

**A) Hip Thrusts: 3 sets of 8**

**B) Deadlift: 3 sets of 3**