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.

PHASE 2

Weeks 5-8: 4 Weeks

PHASE 2: In this phase we begin to jump into the plyometric aspect of training. Just like in phase one, we will focus on quality over quantity. Make sure that you are 100% recovered between sets so you can perform at your optimal level when completing the exercises.

When selecting to take advantage of the “Alternative Dunk Practice” days, make sure that you are working on your two legged take-offs as well as one leg take-offs. The key to a good take-off is speed and then force; the movement must be quick in order to get up as high as possible. Jump explosively. Trust in the strength we have built in Phase 1 and the rest will take care of itself over time as long as you're consistently max jumping. Make sure you are resting on your off days and make sure to take Week 8 OFF.

Also, you'll see that we start doing some upper body strength exercises in this phase. This is because we want to build a complete athlete. You can modify the workouts to include other upper body exercises, just stick with what we have here or even omit them if needed.

Monday: Plyo Workout #1 | Strength Workout #1

Tuesday: Scrimmage | Recovery Circuit

Wednesday: Off

Thursday: Plyo Workout #2

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

Saturday: Scrimmage | Recovery Circuit

Sunday: Off

Strength Workout #1

Hip Thrusts: 3 sets of 8

Box Squats: 5 sets of 5

Barbell Rows: 3 sets of 10

Incline Press: 3 sets of 10

Hanging Abs: 3 sets of 10

Walking Lunges: 3 sets of 8

Single Leg Calf Raises: 4 sets of 10

Plyo Workout #1

Calf Jumps: 4 sets of 10

Tuck Jumps: 4 sets of 5

Bulgarian Squat Plyo: 2 sets of 3 each leg

Max Vert Jumps: 6 sets of 3

Depth Jumps: 3 sets of 3

Plyo Workout #2

Broad Jumps: 3 sets of 3

Max Vert Jumps: 3 sets of 3

Skipping for Height: 2 sets of 3 each leg

Depth jumps: 3 sets of 3

Bulgarian Squat Plyo: 2 sets of 3 each leg

PHASE 3

Weeks 9-12: 4 Weeks

PHASE 3: This phase can be tricky. It may not feel as taxing on the body as the first two phases, but trust when I say this 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

Body Weight Circuit

If you're not ready to jump into Phase 1 you can use this as a way to prepare your body for the main program. Also, you can use this on days where you feel you have not recovered enough to complete the main workout for the day.

To complete this workout you simply go from exercise to exercise with no rest from top to bottom of the chart. Once you complete this circuit twice you're done.

EXERCISE	REPS	EXERCISE	REPS	EXERCISE	REPS
BODYWEIGHT SQUATS	25	BICYCLES	30	CALF JUMPS	25
LUNGES	15	TOE TOUCHES	30	TUCK JUMPS	10
CALF RAISES	25	DIPS	15	SUPERMAN	30
PISTOL SQUATS	10	WALKING LUNGES (F)	20	FIRE HYRDRANTS	20
PUSH UPS	20	WALKING LUNGES (B)	20	GLUTE KICKBACKS	20
CRUNCHES	30	TRIANGLE PUSH UPS	10	PLANK HOLD	1 MINUTE