



# Athletic Development Phase III

**#TOGETHERWEAREBASKETBALL**

**[WWW.BASKETBALLENGLAND.CO.UK](http://WWW.BASKETBALLENGLAND.CO.UK)**

# 4-Week Programme

## Overall aims

- Build upon strength & conditioning levels built across the 8-week programme
- Continue to enhance coordination, stability and movement control
- Increase acceleration, deceleration, and jumping capabilities

## Speed-Power-Control

# Programme Outline

- As in the 8-week programme, the table below shows an overview of the plan for the week
- The arrangement of the week should be followed as closely as possible to optimise your progress
- Some of the movement skills sessions from phase I of the 8-week programme now feature as warm-up series but with fewer sets

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Movement Skills W/Up 1	Movement Skills W/Up 2	Rest	Movement Skills W/Up 3	Movement Skills W/Up 4	Rest / light technique work (low impact)*	Rest / light technique work (low impact)*
Speed & Plyometrics 1	Strength 1		Speed & Plyometrics 2	Strength 2		
Handling Skills / Shooting*	Handling Skills / Shooting*		Handling Skills / Shooting*	Handling Skills / Shooting*		
Aerobic Conditioning 1			Aerobic Conditioning 2			

\*As directed by head coaches.

# Monday

## Movement Skills Warm-Up 1

Complete this  
as a circuit of  
exercises (no  
rest between)

Exercise	Sets x Reps	Video Link / Notes
Bodyweight Squat	1 x 20	Progress to Overhead Squat if consistent with arms in front. <a href="#">Video Link</a>
Double Leg Drop Landings	1 x 5	'Hit the brakes hard' and stop downward movement quickly. <a href="#">Video Link</a>
Single Leg Hip Hinge	1 x 10 each leg	<a href="#">Video Link</a>
Lateral Lunges	1 x 5 each leg	<a href="#">Video Link</a>
Shoulder Step Up	1 x 8 each arm	<a href="#">Video Link</a>

# Monday

## Speed & Plyometrics 1

Exercise	Sets x Reps	Video Link / Notes
60% Acceleration over 30m / full court	5 x 30m	Walk back between efforts
A-Skip over 20m	2 x 20m	Walk back between efforts
B-Skips over 20m	2 x 20m	Walk back between efforts
Big Skips (for height)	3 x 4 each leg	Get as much height as possible per skip. 2-3 minutes between sets
10m Accelerations	2 x 5 x 10m	60 seconds between each 10m effort. 5 minutes static handling skills between sets
Tuck Jumps	3 x 10	Feet off the floor quick! 2-3 minutes between sets

[Click here to link to the “outdoor conditioning warm-up” video  
for A-Skip & B-Skip demonstrations](#)

# Tuesday

## Movement Skills Warm-Up 2

Exercise	Sets x Reps	Video Link / Notes
Split Squat	1 x 10 each leg	Progress to Overhead Split Squat if consistent with hands on hips. <a href="#">Video Link</a>
Single Leg Drop Landings	1 x 5 each leg	Be strong in landing. 'Freeze frame' for 2 seconds. <a href="#">Video Link</a>
Hinged Shoulder Ys & Ts	1 x 8 of each	Hold strong hip hinge position throughout. <a href="#">Video Link</a>
Side Bridge	1 x 30s each side	Use progression 2 from video if able to hold bent knee version for prescribed time. <a href="#">Video Link</a>
Single Leg Calf Raises	1 x 15 each leg	Wall supported. <a href="#">Video Link</a>

# Tuesday

## Strength 1 (A)

Exercise	Week 1 Sets x Reps	Week 2 Sets x Reps	Week 3 Sets x Reps	Week 4 Sets x Reps	Between Set Rest Period	Video Link / Notes
Alternating Reverse Lunge	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	60 s	Hold a medicine ball / dumbbell / or rucksack with books in to add external resistance
Clap Push Up	3 x 5	3 x 5	3 x 5	3 x 5	60 s	<u>Loud clap</u> on every repetition
Arrowhead Push Ups	3 x 10- 15	3 x 10- 15	3 x 15- 20	3 x 15- 20	60 s	Pause at 'bottom' position, when chest is parallel to the floor
Nordic Hamstring Extensions	3 x 6	3 x 6	3 x 6	3 x 6	90 s	Hips forward. Resist for as long as possible each repetition.
Single Leg Calf Raises with Knee Bent	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60 s	Wall supported.

# Tuesday

## Strength 1 (B)

Exercise	Week 1 Sets x Reps	Week 2 Sets x Reps	Week 3 Sets x Reps	Week 4 Sets x Reps	Between Set Rest Period	Video Link / Notes
Alternating Reverse Lunge	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	3 x 8 each leg	60 s	Hold a medicine ball / dumbbell / or rucksack with books in to add external resistance
Inclined Arrow-Head Push Ups	3 x 10- 15	3 x 10- 15	3 x 15- 20	3 x 15- 20	60 s	Hands placed above feet. The higher the incline, the easier the push up
Side Ups	3 x 10 each side	3 x 10 each side	3 x 15 each side	3 x 15 each side	60 s	
Nordic Hamstring Extensions	3 x 6	3 x 6	3 x 6	3 x 6	90 s	Hips forward. Resist for as long as possible each repetition.
Single Leg Calf Raises with Knee Bent	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60 s	Wall supported.



Wednesday

Rest!

# Thursday

## Movement Skills Warm-Up 3

Exercise	Sets x Reps	Video Link / Notes
1.5 Repetitions Split Squats	1 x 8 each leg	1.5 Repetitions Split Squats <a href="#">Video Link</a>
Single Leg CMJ and Land in Place	1 x 5 each leg	Single Leg CMJ and Land in Place <a href="#">Video Link</a>
Hinged Shoulder Behind Neck Overhead Press	1 x 20	Hinged Shoulder Behind Neck Overhead Press <a href="#">Video Link</a>
Side Bridge with Leg Abduction	1 x 5 each side	Side Bridge with Leg Abduction <a href="#">Video Link</a>
Single Leg Calf Raises with Knee Bent	1 x 15 each leg	Single Leg Calf Raises with Knee Bent <a href="#">Video Link</a>

# Thursday

## Speed & Plyometrics 1

Exercise	Sets x Reps	Video Link / Notes
60% Acceleration over 30m / full court	5 x 30m	Walk back between efforts
Lateral A-Skip over 10m	2 x 10m each side	Walk back between efforts
Cross-Step to Base Position	3 x 2 each side	Continuous e.g. left, right, left, right
Lateral Bounds	2 x 5 each leg	Aim to cover as much distance as possible but stick landing stance. 2-3 minutes between sets
10m Accelerations from Lateral Start Position	2 x 4 x 10m	Rest 60 seconds between each 10m effort. 5 minutes static handling skills between sets
505 Agility Run	2 x 5 each side	Sprint 15m, at the 15m mark, turn 180 degrees and sprint 5m in the opposite direction. Rest 60 seconds between each effort. 5 minutes of static handling skills between sets.

# Friday

## Movement Skills Warm-Up 4

Exercise	Sets x Reps	Video Link / Notes
Plank with Shoulder Taps	1 x 10 each arm	<a href="#">Video Link</a>
Single Leg Squat	1 x 5 each leg	Be very focused on control in this movement <a href="#">Video Link</a>
Slow Descent Double Leg Hip Hinge	1 x 10	4-second lowering phase <a href="#">Video Link</a>
Lateral Lunge into Drop Lunge	1 x 5 each leg	<a href="#">Video Link</a>
Parkour Floor "Kong"	1 x 5 each arm	Go to 15-minute mark on the video for demonstration. <a href="#">Video Link</a>

# Friday

## Strength 1 (A)

Exercise	Week 1 Sets x Reps	Week 2 Sets x Reps	Week 3 Sets x Reps	Week 4 Sets x Reps	Between Set Rest Period	Video Link / Notes
Split / Scissor Jumps	4 x 4 each leg	4 x 4 each leg	5 x 4 each leg	5 x 4 each leg	120 s	<a href="#">Video Link</a>
Rear Foot Elevated Split Squat	3 x 8 each leg	3 x 8 each leg	4 x 8 each side	4 x 8 each leg	60-90 s	Stay proud in the chest
Shoulder Step Ups	3 x 20	3 x 20	4 x 20	4 x 20	60 s	Keep hips still throughout <a href="#">Video Link</a>
Copenhagen Adductor Bridge Level 2	3 x 25 s each side	3 x 25 s each side	3 x 30 s each side	3 x 30 s each side	60 s	Copenhagen Adductor Bridge Level 2 <a href="#">Video Link</a>
Single Leg Calf Raises (straight knee)	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60 s	Wall supported <a href="#">Video Link</a>

# Friday

## Strength 1 (B)

Exercise	Week 1 Sets x Reps	Week 2 Sets x Reps	Week 3 Sets x Reps	Week 4 Sets x Reps	Between Set Rest Period	Video Link / Notes
Split / Scissor Jumps	3 x 3 each leg	3 x 3 each leg	4 x 3 each leg	4 x 3 each leg	120 s	<a href="#">Video Link</a>
Rear Foot Elevated Split Squat	3 x 8 each leg	3 x 8 each leg	4 x 8 each side	4 x 8 each leg	60-90 s	Stay proud in the chest
Shoulder Step Ups	3 x 16	3 x 16	4 x 16	4 x 16	60 s	Keep hips still throughout <a href="#">Video Link</a>
Copenhagen Adductor Bridge Level 2	3 x 20 s each side	3 x 20 s each side	3 x 25 s each side	3 x 25 s each side	60 s	Copenhagen Adductor Bridge Level 2 <a href="#">Video Link</a>
Single Leg Calf Raises (straight knee)	3 x 25 each leg	3 x 25 each leg	4 x 25 each leg	4 x 25 each leg	60 s	Wall supported <a href="#">Video Link</a>

# Aerobic Conditioning

## Session 1 (Monday)

10 x 100m Tempo Efforts @ approximately 75% maximum sprint effort with 45 seconds between repetitions. Try to do these on grass  
(x 1 set only)

## Session 2 (Thursday)

10 x 100m Tempo Efforts (as per Monday) x 2 sets with 5 minutes ball handing between sets