

# TIGER BASKETBALL OFFSEASON STRENGTH AND CONDITIONING SUGGESTIONS

**#1.** Stay in shape. If at all possible, attend one of the Tiger Strength and Conditioning Camp or work out with a qualified professional. It's much easier to motivate yourself when you are exercising with a group.

**#2.** Do not squat, clean, or deadlift without a qualified individual there to help. Poor technique in these lifts **will** cause more harm than good!

**#3a.** If you have access to a weight room, follow a plan and make sure you have a spotter. We have included a sample weightlifting program if you do not have one of your own.

**#3b.** If you do **not** have access to a weight room, don't use that as an excuse. We have included a sample bodyweight program in this packet that you can do nearly anywhere.

**#4.** Don't neglect your cardio. It really helps when you are in good shape when school starts.

**#5.** If you are going to exercise outside, make sure you don't overheat! It's very easy to let yourself get too hot. Work out early in the morning or late in the evening to avoid heat stress. Hydrate regularly and make sure to be hydrated before working out.

**#6.** When you go work out, remember that you get out what you put in! If you are only workout out at 20-30% of your full intensity, you aren't going to see big results.

**#7.** If something is hurting you, especially at a joint, do **NOT** continue to work out! You do not want to ruin all of your hard work by injuring yourself. Go get checked by a licensed professional before you return to any exercise routine.

## SUGGESTED OFFSEASON SCHEDULE

(remember, this is only a suggestion. Please feel free to follow your own routine.)

### **Monday:**

Plyometrics  
Upper Body Workout  
Stretch

### **Tuesday:**

Cardio  
Stretch

### **Wednesday:**

Lower Body Workout  
Stretch

### **Thursday:**

Cardio  
Stretch

### **Friday:**

Plyometrics  
Core Strength Circuit  
Stretch

### **Saturday and Sunday:**

Rest (this does not mean you skip out on your chores!)

## **WEIGHT ROUTINE**

- Start with 3 sets of 12 for the first two weeks. Move to 4 sets of 8 for the second two weeks, and then finish with 4-5 weeks of 5 sets of 5. Increase the amount of weight every week.

### **Upper Body Workout**

Bench  
Pullups  
DB Shoulder Press  
DB Bent-Over Row (Lawnmowers)  
DB Swings

### **Lower Body Workout**

Squat / Leg Press  
Split Squat / Lunges  
Calf Raises  
Step Ups  
Lateral Lunges

## **BODYWEIGHT ROUTINE** **(If you don't have access to weights)**

### **Upper Body Circuit (complete the full circuit 3 times)**

You will need 2 basketballs and a pull-up bar.

Pull-ups – 10 reps | *When you can't do any more, do assisted or jumping pull-ups to complete the routine*

Elevated Push-Ups with feet on the ball – 10 reps | *place both feet on one ball*

Chin-Ups – 10 Reps | *just like a pull-up but with your palms facing you*

Hindu / Divebomber Pushups – 10 reps | *if you don't remember, look these up online.*

### **Lower Body Circuit (complete the full circuit 5 times)**

You will need a basket ball and a bench, box, or chair that will hold your weight.

Burpee with a leap – 5 Reps | *Do a regular burpee, but leap as high as you can.*

360 degree lunges – 1 round | *Forward each leg, left, back each leg, right.*

Bodyweight Squat holding the ball – 5 reps | *hold the ball straight out in front of you*

Step-Ups with ball – 5 reps each leg | *Hold the ball above your head*

### **Core Strength Circuit (complete the full circuit 4 times)**

You will need 2 basketballs.

Plyo Push-Ups – 10 Reps | *Do a pushup with one hand on the ball and one hand on the ground. Then, without moving the ball, switch your hands. Do another pushup.*

Plank with your hands on the ball – 30 seconds | *Do the standard plank, but with your hands on the basket ball*

Mountain Climbers with your hands on the ball – 10 reps each leg (20 count) | *Normal mountain climbers but with your hands on the basket ball*

Plank with your feet on the ball – 30 seconds | *put both feet on the ball and do a normal plank for 30 seconds.*

Russian Twist with Basketball – 30 seconds (30 count)

# **PLYOMETRICS**

(All exercises are 3 sets of 12)

## **Weeks 1-4:**

Squat Jumps  
Box Jumps  
Lateral Box Jumps

## **Weeks 5-8:**

Tuck Jumps  
Lateral Hurdle Jumps  
Bounding

\*If you do plyos every week, you should be finished the last week in July. Do not do plyos the first three weeks in August.

## **The Exercises:**

### Squat Jumps

1. Stand with your feet shoulder-width apart, trunk leaning slightly forward with your back straight and in a neutral position.
2. Arms should be in the "ready" position with elbows bent at about 90 degrees.
3. Lower your body until your thighs are parallel to ground and immediately explode upwards vertically and drive arms up. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum.
4. Land **softly** on both feet. Rest for 1-2 seconds and repeat

### Box Jumps

1. Stand facing box with feet just wider than hip-width apart.
2. Lower your body into a half-squat position and immediately jump up onto box. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum.
3. Feet should land softly on box. Step back down (do not jump back down) and repeat.

### Lateral Box Jumps

1. Stand side on to box with feet slightly wider than hip-width apart.
2. Lower body into a half-squat position and jump up onto box. Do not hold a squat position before jumping up keep the time between dipping down and jumping up to a minimum.
3. Feet should land softly on box. Step back down (do not jump back down) to the opposite side of the box and repeat.

### Tuck Jumps

1. Stand with feet shoulder-width apart, knees slightly bent, with arms at sides.
2. Jump up bringing knees up to chest.
3. Land on balls of feet and repeat immediately.
4. Remember to reduce ground contact time by landing soft on feet and springing into air.

### Lateral Hurdle Jumps

1. Stand beside object to be cleared.
2. Bring knees up and jump vertically but also laterally off ground and over the barrier.
3. Land on both feet and immediately jump the other direction over barrier.
4. Try not to pause between jumps or sink down into a squat position

### Bounding

1. Jog into the start of the drill for forward momentum.
2. After a few feet, forcefully push off with the left foot and bring the leg forward. At same time drive your right arm forward.
3. Repeat with other leg and arm
4. This exercise is an exaggerated running motion focusing on foot push-off and air time.

# **CARDIO:**

## **June**

- Long jog of 2.5 – 3 miles. This helps build a strong cardio base. Try and run without stopping. Swimming, rowing, biking are all acceptable as well.
- Basketball, max effort, without stopping, for 1 - 1.5 hours is also good.

## **July/August**

The first two weeks of July, continue to jog 2.5 – 3 miles, play basketball, etc. on your cardio days.

Starting the week of July 14, begin the HIIT Sprint Interval Program (see below)

### **HIIT SPRINT INTERVAL PROGRAM:**

- HIIT Stands for ‘High Intensity Interval Training’. This program will have you in excellent shape for the beginning of the school year, as long as you make sure to complete the sprints at **100% intensity!**
- There are alternatives to sprinting, as well. Jump rope, a bike, an elliptical machine, etc. are all good alternatives, as long as you are performing at nearly 100% intensity.
- The workout is simple. Warm up the same way every time--a 10 - 15 minute jog at a nice, steady pace. It should be enough to get a nice sweat going. Then complete the sprint at the listed time, followed by a nice, slow walk for the listed time. During the ‘walk’ time, **YOU MUST KEEP MOVING!** No stopping.

#### **Weeks 1-2:**

Warm up

6 Intervals of a 90 second sprint followed by a 90 second walk

#### **Weeks 3-4:**

Warm up

8 Intervals of a 60 second sprint followed by a 60 second walk

#### **Weeks 5-6:**

Warm up

10 Intervals of a 45 second sprint followed by a 45 second walk