

# MVP Offseason Workouts - Basketball #1

| Time                           | Activity                                                                                                                                     | Notes                                                                                                                                                                                                                                                        |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0-5 min<br><b>5 minutes</b>    | Warm up<br>-Jog around the block for five minutes or run in place                                                                            | -Start as slow as walking and gradually speed up to allow the body to warm up                                                                                                                                                                                |
| 6-15 min<br><b>10 minutes</b>  | Dribbling drills<br>-Cross over, behind the back, spin, between the legs, hesitate w/ step back and cross over<br>-6 of each, with each hand | -Change direction with purpose as if blowing by a defender or "breaking ankles"<br>-Run a zigzag course about 10 feet wide and as long as it takes to make 3 change of directions on each side. Set up cones to indicate locations for changes in direction. |
| 16-20 min<br><b>5 minutes</b>  | Speed/Explosion<br>-15 Drop and jump                                                                                                         | -Focus on spending as little time on the ground as possible from the drop                                                                                                                                                                                    |
| 21-25 min<br><b>5 minutes</b>  | Rebounding<br>Backboard toss:<br>-10 defensive, 5 on the left and 5 on the right<br>-10 offensive, 5 on the left and 5 on the right          | -Defensive rebounding: keep ball up by chin with elbows out to protect the ball from defenders<br>-Offensive rebounding: do not let the ball drop down to your waist when you bring down the rebound, it makes it easier for defenders to slap the ball away |
| 25-36 min<br><b>10 minutes</b> | Post moves<br>-20 drop steps from each side of hoop<br>*Water break*                                                                         | -Focus on footwork, especially if you have never done the move before. Perfect the components of the move before going full speed.<br>-Do 10 to the baseline and 10 to the middle on each side of the hoop.                                                  |
| 36-40 min<br><b>5 minutes</b>  | Speed/Explosion<br>-6 Drop and sprint forward, left, and right                                                                               | -Alternate your takeoff foot, start the sprint with the left foot on half and the right foot on half                                                                                                                                                         |

# Basketball Training Program

**Jay Hoffman**



## **Basketball Training Program:**

Strength Training for Basketball Javair Gillett, Bill Burgos, National Strength and Conditioning Association, 2020 Strength Training for Basketball will help you create a basketball specific resistance training program to help athletes at each position guard forward or center develop strength and successfully transfer that strength to the basketball court

**Designing Resistance Training Programs** Steven J. Fleck, William J. Kraemer, 2014-03-17 Designing Resistance Training Programs Fourth Edition is a guide to developing individualized training programs for both serious athletes and fitness enthusiasts In this updated and expanded fourth edition two of the world's leading experts on strength training explore how to design scientifically based resistance training programs modify and adapt programs to meet the needs of special populations and apply the elements of program design in the real world Fleck and Kraemer provide readers with a thorough understanding of the process of designing resistance training programs from both scientific and practical perspectives As with previous editions the fourth edition includes comprehensive tables that compare data and conclusions from research on core topics related to design of resistance training programs By summarizing research and content for the reader these tables offer a study guide on the job reference or starting point for further research Designing Resistance Training Programs Fourth Edition is the only resource available that presents the body of research in the field in this organized and comprehensive format The fourth edition has been thoroughly revised to present the most current information while retaining the studies that are the basis for concepts guidelines and applications in resistance training Meticulously updated and heavily referenced the fourth edition contains the following updates A full color interior provides stronger visual appeal for the text Sidebars focus on a specific practical question or an applied research concept allowing readers to connect research to real life situations Multiple detailed tables summarize research from the text offering an easy way to compare data and conclusions A glossary makes it simple to find key terms in one convenient location Newly added instructor ancillaries make the fourth edition a true learning resource for the classroom Designing Resistance Training Programs Fourth Edition begins by outlining the principles of resistance training and exercise prescription and examines the various types of strength training including isometrics and eccentric training This is followed by a discussion of resistance training from a physiological perspective and an overview of how resistance training programs interact with the other conditioning components such as aerobic interval plyometric and flexibility training Readers will then explore advanced training techniques how to manipulate training variables in a long term resistance training program and ways to plan rest into long term training that minimizes losses in fitness or performance gains An important text for students researchers and practitioners this textbook offers the information and tools to help readers evaluate resistance training programs and better understand the context and efficacy of new data findings in this ever changing field Designing Resistance Training Programs Fourth Edition is an essential resource for understanding the science behind resistance training and designing evidence based resistance training programs for any

population This text provides the tools for understanding and designing resistance training programs for almost any situation or need

**The High School Athlete: Basketball** Michael Volkmar, 2019-12-10 Get fit for basketball season A specialized fitness program and workout collection for young athletes Developed by best selling fitness author and strength and conditioning expert Mike Volkmar The High School Athlete Basketball is the essential program for any student who wants to train and play basketball in high school The second book in The High School Athlete series this unique program features training fundamentals for different levels of player development from pre freshman all the way to varsity level getting ready to play in college With over 100 workouts The High School Athlete Basketball also contains information geared towards a young athlete's goals and includes information on player development motivation and nutrition

*The Hectic Hundreds* Glenn Payne, 2012-12-15 The Hectic Hundreds Basketball Strength Program is a workout routine that will train the basketball muscles of your body The workouts used are based on basic basketball drills and is designed for all ages The routine requires minimal equipment and can also be used as a great workout for anyone

[The Ultimate Guide to Weight Training for Basketball](#) Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Basketball is the most comprehensive and up to date basketball specific training guide in the world today It contains descriptions and photographs of nearly 100 of the most effective weight training flexibility and abdominal exercises used by athletes worldwide This book features year round basketball specific weight training programs guaranteed to improve your performance and get you results No other basketball book to date has been so well designed so easy to use and so committed to weight training This book will have players increasing strength power agility and overall quickness on the court leading to an increase in rebounds steals blocked shots and overall defensive efficiency You will build the strength and power needed to dominate the post and under the basket and you will build the stamina and endurance needed to go strong until the final whistle Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs From recreational to professional thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too

*The Complete Strength Training Workout Program for Basketball* Joseph Correa (Professional Athlete and Coach), 2015-11-11 The Complete Strength Training Workout Program for Basketball Develop more flexibility power speed agility and resistance through strength training and proper nutrition This training workout program will change how you look and how you feel If you follow the program you should see great results fast Both a NORMAL and an INTENSE version of this training program are included to make sure you are challenged enough to make a significant change to your body The recipes included are specific to each time of the day but you can and should add a meal here and there depending on what your body needs This training program comes with a warm session and exercise routine so make sure you don't skip the first to stay injury free to be able to complete the program Additionally this training program solves the eating dilemma by giving many options in terms of nutrition It comes with delicious breakfast lunch dinner and dessert recipes so you can satisfy hunger and still eat

healthy An entire chapter in this book is dedicated to muscle shake recipes to help you fully absorb as much protein as possible in a healthy way but make sure to drink plenty of water to help your body digest all this protein adequately Anyone can get fitter leaner and stronger it just takes discipline and a great training program to get you exercising and eating right People who begin this training plan will see the following Increased muscle growth Enhanced strength mobility and muscle reaction Better capacity to train for long periods of time Lower muscle fatigue Faster recovery times after competing or training Increased energy throughout the day More confidence in yourself A better attitude towards exercise and nutrition

*Reflex Training* Emily James, AI, 2025-03-17 Reflex Training explores the science backed methods to enhance reaction time peripheral vision and movement precision skills vital in sports fitness and daily life It emphasizes that improved reflexes aren't just innate specific training drills can sharpen responses boosting athletic performance and minimizing injury risk The book details how sensory input translates to motor output highlighting the neurological basis for these improvements For example athletes can significantly cut down response times through focused auditory and visual drills The book progresses logically starting with the basic science of reflexes and the nervous system It then transitions to practical applications presenting drills for improving reaction time expanding peripheral awareness and refining movement accuracy Divided into three key sections the book covers reaction time peripheral vision and movement precision culminating in integrated training programs tailored to various sports The approach is evidence based relying on scientific studies and kinesiological analyses to validate the presented drills

**One Show Interactive, Volume XI**, Interactive advertising and new media have come a long way from simple pop up ads and banners Among the winners in this year's 2008 One Show Interactive Awards you'll find work that inspires entertains and continually pushes the boundary between the real and virtual realms One Show Interactive Volume XI showcases the best of this past year's winners from around the world Featuring an all new format this latest edition includes more in depth analyses of the Pencil winning work more descriptions and a new look With more than 1 200 four color images in a lush package One Show Interactive Volume XI is an important reference source for creatives producers and students alike Categories covered include e commerce corporate image direct marketing self promotion and more

**The Unstoppable Basketball Player** Joseph Correa (Professional Athlete and Coach), 2016-01-24 The Unstoppable Basketball Player The Workout Program That Uses Cross Fit Training and Simple Nutrition to Increase Your Basketball Potential This book will help you develop faster and stronger muscles in a short period of time Three different intensity levels are provided in the form of calendars NORMAL ALTERNATE NORMAL and LIGHT Each one has a varied difficulty level so that you can start with one plan and then decide if it's too hard or too easy and move to one of the other versions of this cross fit training program This book will help you to have Accelerated muscle growth Enhanced strength mobility and muscle reaction Increased capacity to train for long periods of time Faster increase of lean muscle mass Reduced muscle fatigue Quicker recovery times after competing or training More energy throughout the day More confidence in yourself and what

you are trying to achieve A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation They are all high in protein and easy to prepare so that you can see fast results in the least amount of time This training program comes with a warm up routine and exercise program Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions

*Physiological Aspects of Sport Training and Performance* Jay Hoffman, 2014-03-31 Physiological Aspects of Sport Training and Performance Second Edition With Web Resource updates and expands on the popular first edition providing an in depth discussion of physiological adaptation to exercise Students will learn the importance of an evidence based approach in prescribing exercise while sports medicine professionals and health care providers will appreciate using the text as a primary reference on conditioning and performance of athletes A range of topics are covered including environmental influences on performance hydration status sport nutrition sport supplements and performance enhancing drugs The book is focused on physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes Physiological Aspects of Sport Training and Performance Second Edition is organized into five parts The first part examines physiological adaptation and the effects of various modes of training on biochemical hormonal muscular cardiovascular neural and immunological adaptations The second part covers principles of exercise training and prescription The third part discusses nutrition hydration status sport supplementation and performance enhancing drugs The fourth part focuses on environmental factors and their influence on sport performance The fifth and final part is focused on how certain medical and health conditions influence sport performance Updates in this second edition focus on cutting edge knowledge in sport science and sports medicine including the latest information on physiological adaptations to exercise current trends for training for power speed and agility eye opening discussions on sport supplementation and performance enhancing drugs data on training with medical conditions such as diabetes and exercise induced bronchospasm and groundbreaking information on training in heat and cold and at altitude In addition new chapters offer a practical approach to the yearly training program and sudden death in sport The second edition also incorporates the following features to enhance practical application and facilitate students learning A new web resource includes 80 drills and 41 video demonstrations that help readers understand how to implement the various exercises Chapter objectives provide an overview of key content in each chapter Chapter review questions help students assess their learning In Practice sidebars bring chapter content to life in a practical manner and help students better understand the material Students and instructors will benefit from the new web resource which features 80 drills and detailed instruction on performing each drill The drills can be used for a dynamic warm up or to enhance speed and agility Most drills are accompanied by at least one photo showing how to perform a key movement of the drill Forty of the drills are accompanied by a video of the drill being performed in its entirety and a dynamic warm up routine video features 10 warm

up exercises Physiological Aspects of Sport Training and Performance Second Edition provides a strong basis for understanding adaptation to exercise and appreciating how changes in program variables can alter training adaptations All the information in this text is presented in an attractive reader friendly format that is conducive to learning The text serves as both a key educational tool and a primary reference for exercise prescription for athletes

## Whispering the Techniques of Language: An Mental Journey through **Basketball Training Program**

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