

COMPETITIVE SEASON WORKOUTS

A typical pre-conference strength/speed weight training session during the season might look like this:

Hang clean drop squats	2x4
45-pound torso twists	2x8 each side
Barbell split squats	2x4 each side
Lateral windmill	2x7 each side
One-arm dumbbell jerks	3x2 each side
Alternate leg hip lifts	2x10 each side
Close grip snatches	4x3, 3, 2, 2
Cable column downchops	2x10 each side
Hang power cleans	4x3, 3, 2, 2
Lateral med ball overhead rips	2x6 each side
Incline bench	4x6
Reverse crossover lunges	2x4 each side
Front squats	4x3
One-leg cable balance w/ knee drive	2x10 each side

A typical conference or postseason speed/strength weight training session might look like this:

Hurdle mobility	For time
Overhead drop squats	3x5
Light barbell high pulls	3x6
Foam roll IT band	
Jump rope	For time
Dumbbell lateral squats	3x5 each side
Power jerks	3x3
Foam roll external rotators of hips	
Jump rope	For time
One-leg hypers	3x8 each side
Hang power cleans	4x3
Vibration plate hamstring stretch	
Groin stretch	x3
Phyo pushups w/ vest	3x6
Phyo pull-ups w/ rotation w/ vest	3x6
Vibration plate groin stretch	
Box power squats	4x5
Dumbbell bench presses	3x6
Lower body stretch	x3
Foam roll calves	

SUMMER LIFTING

A typical Tuesday (or "day two") in June might look like this:

Squat jumps	5x3
Med ball lateral lunges w/ rotation	4x5 each side
Power snatches	4x3
Overhead lateral rips w/ pivot	3x10 each side
Squats	5x3
Reverse crossover lunges	3x6 each side
Bench presses	5x3
Glute ham raises	3x8

A typical Friday (or "day four") in July might look like this:

Rebound cleans	4x4
15-Second pivot drills	3x15 seconds
Rebound snatches	4x4
Overhead lateral bends	3x19 each side
Front squats	5x4
Med ball overhead reverse crossover step-ups	3x6 each side
Heavy med ball throws on incline	5x4
Good mornings	3x6

SUMMER CONDITIONING

Over four months, our non-linear periodization model dictates that the team's running volume increases while lifting volume decreases. All conditioning drills in the table below are in yards.

	Monday	Tuesday	Thursday	Friday
May	50x10	18x25	50x stadiums	8x200
	Sync lift rep: 12	Asynd lift rep: 5	Lift rep: 8	Lift rep: 6
June	60x10	20x25	60x stadiums	10x20
	Sync lift rep: 10	Asynd lift rep: 4	Lift rep: 7	Lift rep: 5
July	70x10	22x25	70x stadiums	12x20
	Sync lift rep: 12	Asynd lift rep: 3	Lift rep: 6	Lift rep: 4
Aug.	80x10	24x25	80x stadiums	14x20
	Sync lift rep: 10	Asynd lift rep: 2	Lift rep: 5	Lift rep: 3

Girls Basketball Weight Training Program

WJ Hussar

Girls Basketball Weight Training Program:

Coaching Girls' Basketball Successfully Jill Prudden,2006 Learn to coach girls basketball from one of the most successful U S high school coaches In Coaching Girls Basketball Successfully veteran coach Jill Prudden explains the methods she has used to win more than 700 games and send dozens of female players to the collegiate level including Olympian Jennifer Azzi Packed with insights plays and drills this comprehensive book presents the tactics for leading an effective program as it specifically relates to girls teams Not only will you find the skills and drills to help your team improve on the court but you will also discover the foundational issues of developing a philosophy motivating evaluating and communicating with players and staff Sample forms charts and checklists help you organize and manage teams on a daily weekly monthly and seasonal basis Through Prudden s expert guidance and compelling anecdotes you will learn to identify and put into play the unique team dynamics of girls basketball Coaching Girls Basketball Successfullywill show you how to build a winning program and team year in and year out Implementation of an In-season Strength Training Program for Girl's Basketball at Western Reserve High School Katherine L. Yaussy,1989 *Science and Practice of Strength Training* Vladimir M. Zatsiorsky,William J. Kraemer,2006 This edition examines fundamental concepts and principles practitioners need to understand in order to make decisions on what might be appropriate in the programme design for their athletes An integration of coaching theory and scientific underpinnings this book is useful for those interested in muscular strength

Coaching Girls' Basketball Sandy Simpson,2001-10-02 Coach Girls for Success on and off the Court Coaching girls basketball is a blast Witness a well executed fast break an intense defense or a team s unbridled enthusiasm and you can t help but be inspired The effort pride and enjoyment on the girls faces are great rewards for parents and often the signs of a good coach the type of coach you want to be So how can you get there Perfect for coaches of girls up to age 13 Coaching Girls Basketball includes everything you need to be an outstanding coach and mentor to your players Whether you are a seasoned coach looking to fine tune your skills or a rookie eager to take the court running you ll discover techniques for success that are tailored specifically to the needs of girls including Drills and strategies for coaches new to the world of coaching basketball Tips on what girls want and need from their basketball experience Practical suggestions on how to motivate in a positive and encouraging way Advice for helping girls deal with their changing bodies And much more Now you can be a coaching winner and help bring out the best in your players both on the court and in the game of life Training & Conditioning ,2002

Five-star Girls' Basketball Drills Stephanie V. Gaitley,2000 Five Star has compiled and produced the most comprehensive state of the art collection of drills by girls and women s coaches ever assembled The book includes drills from Jody Conradt Kristy Curry Tom Shirley Kay Yow Nancy Lieberman Cline Sylvia Hatchell Duffy Burns and many more Strength Training for Young Athletes William J. Kraemer,Steven J. Fleck,1993 This guide attempts to debunk the myths about weight training and young people and aims to help readers to learn how to design strength training programmes

for all major muscle groups and for 16 sports **Basketball Guide** ,1974 *Peterson's Summer Opportunities for Kids and Teenager's* 1993 Peterson's Guides,1992-10 The 1 300 plus programs described in this easy to use guide are offered by private schools colleges camps religious organizations travel and sports groups and others An easy to scan chart makes it easy for readers to quickly identify the programs and activities which range from precollege academic programs sports bike and wilderness trips music theater and the arts and more Training Youth ,1996 **Development of an Off-season Strength Training Program for High School Girls' Basketball in Detroit Lakes, Minnesota** Cathy Coyle,1988

Journal of Health, Physical Education, Recreation ,1963 *Modern Basketball for Women* Kenneth Dayton Miller,Rita Jean Horky,1970 Scholastic Coach ,1985 Sports and Recreational Activities for Men and Women Dale Mood,Judith Rink,1991 **Women's Health Your Perfect Body Plan** Editors of Women's Health Magazine,2007-12-26 **Illinois Media Guide, Women's Basketball** ,2012 *Annals of Iowa* ,2005 **Sunset** ,1987 *Iowa State Women's Basketball* ,1997

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