

Men's Basketball Training Program Off-Season 1: Functional Strength & Muscle

Program Objectives: Increase strength and muscle to lay a foundation for speed & jump training to come.

Weekly Plan:

- Train 4 times per week.
- Do the [Foam Roller](#) work and stretches (e.g. [Calves](#), [Soleus](#), [Hamstrings](#), [Piriformis](#), [Hip Flexors](#), [Rectus Femoris](#), [Groin](#), [Chest](#), [Lats](#), [Posterior Shoulder Capsule](#), [Upper Traps](#), [Levator Scapulae](#), [Scalenes](#)) as needed before bed – this will improve mobility, enhance recovery and improve sleep quality. You can also do a small amount of this pre-training as needed.

Training Prep:

Part 1: Rolling

- [Foot Rolling with Golf Ball \(30sec each foot\) and Pec Minor Rolling with Golf Ball \(30 sec each side\)](#)
- Optional: do other areas as needed, but don't take too long. For more foam rolling drills see: [Foam Roller Drills](#)

Part 2: Mobility (use as needed, skip areas that you have great mobility, but these areas are common problem spots)

- [Ankle Mobility Drill](#): 1-2x5-8 rep per leg. Push knee forward, keep weight on heel, do not let knee come in!
- [T Spine Mobility](#): 1-2x5 reps each movement with slow breaths (more if needed on the side that does not rotate as well)
- [Floor Slides with Breathing](#): 1-2x5-8 reps
- [Dynamic Hip Flexor Stretch](#): 1-2x5-8 per leg
- [Optional: do more mobility work as needed. For more info see: Dynamic Mobility Level 1](#)

Part 3: Hip & Core Activation (choose one for each area)

- [Posterior Core & Hamstrings](#): [Glute Bridge with Foot Lifts \(1-2x3-5 per leg\)](#), [Ball Leg Curl with Foot Lifts \(1-2x3-5 per leg\)](#), or [Straight Leg Bridge \(1-2x3-5 per leg\)](#)
- [Lateral Core & Hips](#): [FMS Lifts and Chops \(1-2x5 each\)](#) [Side Bridge with Leg Lift](#): 1-2x10-20 sec per side, [X-Band Sideways Walks \(1-2x5 steps each way\)](#), [Side Steps with Mini Band \(1-2x5 steps each way\)](#), or [Monster Walks \(1-2x5 steps each way\)](#)
- [Anterior Core](#): [RKC Plank: 5-10 sec hold](#), [Strict Bear Crawl \(1-2x10-15meters\)](#), or [Leg Lowering \(1-2x5 per leg – this is great if you have stiff hamstrings\)](#)

Part 4: Neural Activation

- [PNF Patterns](#): 5 reps with each movement (optional)
- Jump Rope Skipping: 1 min (do 1 min of jumping jacks if no skipping rope)
- [Optional: Body Weight Jump Squats or Standing Long Jumps \(1-3x5\)](#), [Skipping for Height or Skipping for Distance \(1-2x10-20meters\)](#) and/or medicine ball throwing (choose 1-2): [Chest Passes](#), [Underhand Throws](#), [Slams](#), [Push Pass](#), [Side Pass](#), [Overhead Throws \(1-2x5\)](#)

Part 5: Specific Warm-Up

- Lifting: warm-up sets: use 1-3 progressively heavier warm-up sets of 2-5 reps for main exercises.
- If sprinting, do at least 3 progressively faster warm-up sprints at 70, 80 and 90% of max speed.

Day 1: Heavy Lower Body

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1a	Olympic Lift Variation*	4-5x3	X	30s	*Options: clean pulls , snatch pulls , hang power clean , hang power snatch , Clean & Jerk or Trap Bar Jumps .
1b	Body Weight Jump Squats	4-5x3	X*	90s	*Land soft between reps and re-set
2a	Glute Bridge with Foot Lifts	5x3	2012	30s	Nothing crazy here, just a chance to activate your glutes before training. You can skip the foot lift part if you want.
2b	Deadlift Variation*	5x3-5**	2111	45-60s	*Choose from: regular , blocks , rack , trap bar , or sumo . Make sure the variation you choose lets you start in with a slight arch (i.e. neutral spine) in your lower back. If you have low back issues and can't deadlift, do the ankle mobility drill and the squat variation first. Then, replace deadlifts with a superset of Dynamic Hip Flexor Stretch 4x5, glute bridges, 4x3-5 and Hip Thrust for 4x6-8 reps (2 sec pause at the top of each rep), rest 1 min. **5x3-5 = Do 3-5 reps each set. Start light and increase weight each set up to a heavy set of 3-5 reps on your last set.
3a	Ankle Mobility Drill	5x5	Controlled	0	Breathe out as you move to end range
3b	Squat Variation*	5x5**	2010	90s-2m	*Choose from: Front Squat , Safety Squat Bar , Safety Squat Bar Holding the Rack , Zercher , 2 KB Front Squat , Touch and Go Box Squat , Split Squat , Single Leg Squat from Bench , Single Leg Squat to Box or Single Leg Squat from High Box . Note: Make sure the variation you use meets these criteria: you can get to thigh parallel, you can regularly add weight, does not hurt your knees or low back and does not cause you to have excessive forward lean (torso angled forward more than shins). **5x5 = 1 st set light, 2 nd set medium, then 3 sets of 5 with a heavy weight. Increase weight 5-10lbs whenever you can make 3x5 with the heavy weight.
4	Loaded Carry Variation*	3x20-30 meters	Brisk walk	90s-2m	*Choose from: Farmer's Walks , Farmer's Walks with Dumbbells , 1-Arm Farmer's Walks , 1-Arm KB Farmer's Walk , Double Kettlebell Racked Carry , Front Squat Carry , Goblet Squat Carry , Kettlebell Farmers Walk , Safety Squat Bar Carry , Zercher Carry , or Trap Bar Farmers Walk . If you no room for carries at your gym, do 1/2 Get Up or Full Get Ups for 4-6 reps per side (resting as needed).
5	Vertical Pallof Press	2x8-10	3030	30s*	*30sec rest between side sand sets.
6	Ankle Eversion with band or towel	2-3x10-20	Controlled	0*	*Rest time is the time it takes to do the other side

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Day 2: Heavy Upper Body

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Med Ball Push Pass	3x5	X	45s	
2a	Chin Ups	5x5*	2011	30s	
2b	Kneeling T Spine Behind the Head Reach with Stick	5x5	Slow	0	
2c	Press or 1-Arm DB Press	5x5*	2010	45s	
3a	Prone DB Row	5x6-8	2011	45-60s	
3b	DB Bench Press or Dips	5x5*	2010	45-60s	Don't do dips if they bother your shoulders or chest. If you are doing DB Bench press, try this technique to get the DB's into position: Dumbbell Bench Press Getting DBs into Position
4	20-30 meter Sprints*	4-6 sets	X	*	*Nothing crazy here, just work a bit of sprinting mechanics and some base conditioning. **Rest time is the time it takes to walk back and get a quick sip of water.
5	Multi-Plane Hops with Stability	2 sets each foot	5 sec*	10s	*Hold and stick each landing for 5 seconds

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Day 3: Lower Body Speed & Rep

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1a	Olympic Lift Variation*	4-5x3	X	30s	*Options: clean pulls , snatch pulls , hang power clean , hang power snatch , Clean & Jerk or Trap Bar Jumps .
1b	Body Weight Jump Squats	4-5x3	X*	90s	*Land soft between reps and re-set
2	15 meter Sprints	4-6 sets	Max speed	90s-2m*	Fully recover between sprints.
3	Reverse Lunge or Reverse Lunge from Step	3-4x6-8	3010	30s*	*30sec between legs and sets
4	Single Leg Romanian Deadlift	3x8-10	2011	30s*	*30sec between legs
5	Loaded Carry Variation*	2-3x20-30 meters	Brisk walk	90s-2m	*Choose from: Farmer's Walks , Farmer's Walks with Dumbbells , 1-Arm Farmer's Walks , 1-Arm KB Farmer's Walk , Double Kettlebell Racked Carry , Front Squat Carry , Goblet Squat Carry , Kettlebell Farmers Walk , Safety Squat Bar Carry , Zercher Carry , or Trap Bar Farmers Walk . If you no room for carries at your gym, do 1/2 Get Up or Full Get Ups for 4-6 reps per side (resting as needed). Choose a different variation than you did for day 1.
6a	Glute Bridge with Foot Lifts	2x3	2012	10s	Nothing crazy here, just a chance to activate your glutes before training. You can skip the foot lift part if you want.
6b	Dynamic Hip Flexor Stretch	2x5-8	Controlled	10s	
6c	Hip Thrust *	2x8-10	2012	30s	*If you did hip thrusts for day 1, replace hip thrusts here with a Leg Curl Variation: choose from: Swiss Ball Leg Curl , Ball Leg Curl 2 Up , 1 down , Band-Assisted Glute-Ham Raise , Glute-Ham Raise or Sliding Leg Curls
6d	Swiss Ball Rollouts , Ab Wheel Rollouts , or Suspension Strap Fallouts	2x6-10	3020	20s	Use caution – if you go too far you can strain your lower back.
6e	DB Toe Raises or KB Toe Raises	2-3x10-15	3011	20s	

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Day 4: Upper Body Beach Day

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1a	Neutral Grip Pull Ups or Pull Ups	3x8-10	2010	20s	
1b	Kneeling T Spine Behind the Head Reach with Stick	3x5-8	Slow	20s	
1c	Standing DB Shoulder Press	3x8-10	201*	30-45s	
2a	Seated Cable Row (wide grip)	2x8-10, 1x12-15	2011	10s	
2c	Incline DB Press	2x8, 1x10-12	2010	30-45s	
3a	Standing DB Curls (optional)	2-3x8-10	2010	30s	
3b	Face Pulls	2-3x12-15	2011	30s	
3c	Rope Pressdowns (optional)	2-3x8-12	2012	30s	
4	Waiter's Carry	2x20meters*	Brisk walk	30s**	*per hand. **30sec rest between hands and sets

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Important Notes: Order Example: 1a, 1b = perform these exercises before in superset fashion before moving to the next set of exercises. Follow the recommended "Rest" between the exercises. Maintain perfect form and stop **before** you lose perfect form. * Tempo: 4 numbers: 1st: lower, 2nd, time at bottom, 3rd raise/lift, 4th time at top. X = explosive. **DO NOT TRAIN IN ANKLE BRACES UNLESS YOU HAVE BEEN INSTRUCTED TO DO SO BY YOUR THERAPIST**

Cool Down:

After training you want to let your body know this and help it switch out of training mode (fight or flight) and back into recovery mode (rest and recover). To do this, take at least 5 minutes after training to unwind. Here are some great options:

[Crocodile Breathing](#)

[Breathing on a Foam Roller](#)

[Foam Roller work for problem areas](#)

[Resting Postures: Try each of these positions for about 30-40sec each. Spend more time on problem areas.](#)

[Static stretching:](#) (e.g. [Calves](#), [Soleus](#), [Hamstrings](#), [Piriformis](#), [Hip Flexors](#), [Rectus Femoris](#), [Hip External Rotators](#), [Groin](#), [Chest](#), [Lats](#), [Posterior Shoulder Capsule](#), [Upper Traps](#), [Levator Scapulae](#), [Scalenes](#))