

Men's Basketball Training Program: Pre-Season Power Explosion

Program Objectives: Continue to build explosive strength, speed & power while shifting your focus to basketball

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: Lower Body Strength

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Explosive Lifting Variation*	3x3	X	1-2m	*Choose from: low pulls , clean pulls , snatch pulls , hang power clean or hang power snatch
2	Trap Bar Deadlift , Sumo Deadlift or Deadlift from rack	1x5	2111	90s-2m	Don't forget your warm-up sets
3	Single Leg Squat Variation	2-3x6-8	2010	30-45s**	*Choose from: Single Leg Squat from Bench , Single Leg Squat to Box or Single Leg Squat from High Box , **30-45sec rest between legs and sets
4	Hip Thrust	3x8-10	2012	90s	
5	1-Arm KB Farmer's Walk	2x20meters*	Brisk walk	30s*	*Rest 30 sec between sides and sets. Use a dumbbell if you don't have a kettlebell.

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: Upper Body Speed & Strength

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Shuttle Run or Around the Key Drill	2 sets each side	X	90s-2m	
2a	Chin Ups	4x4-6	2011	30-45s	
2b	1-Arm DB Push Press or Push Press	4x4-6	21X1	30-45s	
3a	1-Arm DB Row	4x4-6	2011	30-45s	
3b	Suspension Strap Military Push-Ups or Weighted Military Push-Ups	4x4-6	2010	30-45s	How to do Weighted Push Ups
4	Waiter's Carry	2x20meters*	Brisk walk	30s*	*Rest 30 sec between sides 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.

Please see next page for days 3 & 4...

Day 3: Lower Body Power

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	10-15 meter sprints	4-5 sets	Max speed	90s	
2	Explosive Lifting Progression*	4-5x3	X	1-2m	*Start with low pulls , then progress to clean pulls or snatch pulls , and then move to hang power clean or hang power snatch
3	Trap Bar Deadlift Jumps or Explosive Split Squat Jumps	4-5x3	X*	1m	*Pause and re-set between reps. Do 2 reps per leg if doing spit squat jumps
4a	Kettlebell Swings	4x8-10	X	30-45s	Start with Speed Hip Hinge if you are not familiar with hinging and swings
4b	Suspension Strap Fallouts	3x4-8	Slow	30-45s	

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	2-3x8-10	2011	30-45s	
1b	DB Press or 1-Arm DB Press	2-3x8-10	2011	30-45s	
2a	Inverted Row	2-3x8-10	2011	30-45s	
2b	DB Bench Press	2-3x8-10	2011	30-45s	
3a	Triceps Pressdowns or Band Pressdowns (optional)	1-3x8-10	2011	30-45s	
3b	Standing DB Curls (optional)	1-3x8-10	2011	30-45s	
4	Paloof Press with band and partner	2x8-10	Controlled	30s*	*30sec between sides 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](#))