

# Men's Basketball Training Program Off-Season 2: Explosive Speed & Jump Training

**Program Objectives:** Build explosive strength, speed & power.

## 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.

## Important note for days 1 & 3:

The lower body days have 2 options. One is for jump focus and the other is for speed focus. Do either one depending on your needs as a player (if you are not sure which one you should focus on, just ask your coach). If you need an equal focus on both jump and speed, do the speed program for day 1 and the jump program for day 3. DO NOT DO BOTH THE JUMP AND SPEED OPTIONS IN THE SAME TRAINING SESSION!!!

## Day 1: Explosive Lower Body Hinge Option 1: Jump Focus

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	<a href="#">Landing Mechanics Practice</a>	2x5	Soft land	45s	Sit back as you land! Use soft surface. Start with a low height and you can gradually increase this height as the weeks go by
2a	Deadlift Variation*	6-8x2-3	2111	15-25s	*Choose from: <a href="#">regular</a> , <a href="#">blocks</a> , <a href="#">rack</a> , <a href="#">trap bar</a> , or <a href="#">sumo</a> Use a weight you could do for 5 max reps. If deadlifts bother your back, do <a href="#">Hip Thrusts</a> , do sets of 5 with a 7-rep max.
2b	<a href="#">Body Weight Jump Squats</a> or Lay-Up approach Jumps*	6-8x3-5	X	2-3m	For lay-up approach jumps, do 2 each side.
3a	<a href="#">Single Leg 1-Arm Romanian Deadlift</a>	3x8-10	3011	30s*	*30sec rest between sides and sets
3b	<a href="#">Swiss Ball Stir the Pot</a>	2-3x3-5*	Slow ☹	30s	*3-5 slow circles each direction

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

## Day 1: Explosive Lower Body Hinge Option 2: Speed Focus

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	10-15 meter sprints	3-4 sets	X		Start easy and increase speed each set. This is more of a warm-up than anything.
2a	Deadlift Variation*	6-8x2-3	2111	15-25s	*Choose from: <a href="#">regular</a> , <a href="#">blocks</a> , <a href="#">rack</a> , <a href="#">trap bar</a> , or <a href="#">sumo</a> Use a weight you could do for 5 max reps. If deadlifts bother your back, do <a href="#">Hip Thrusts</a> , do sets of 5 with a 7-rep max.
2b	15-20 meter sprints or <a href="#">Shuttle Run</a>	6-8x3-5	X	2-3m	Sprints are better for pure speed. Shuttle runs are better for change of direction and starting/stopping strength.
3a	<a href="#">Kettlebell Swings</a> or <a href="#">Single Leg Hip Thrust</a>	3x8-10	Swings: X Thrust: 3011	30s*	*30sec rest between sides and sets. If you did hip thrusts for 2a, do <a href="#">Single Leg 1-Arm Romanian Deadlift</a> here.
3b	<a href="#">Swiss Ball Stir the Pot</a>	2-3x3-5*	Slow ☹	30s	*3-5 slow circles each direction

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

## Day 2: Upper Body Strength & Power

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	<a href="#">Med Ball Push Pass</a>	2-3x5	X	45s	
2a	<a href="#">Kneeling T Spine Behind the Head Reach with Stick</a>	4-5x5	Slow	0	
2b	<a href="#">Push Press, DB Push Press</a> or <a href="#">1-Arm DB Push Press</a>	4-5x3	21X1	45-60s	
2c	<a href="#">Neutral Grip Pull Ups</a>	4-5x5-8	2010	45s	
3a	Low <a href="#">Incline Pin Press</a>	4-5x3-5	2110	45-60s	If you don't have a power rack, use <a href="#">Close Grip Low Incline Press</a>
3b	<a href="#">1-Arm DB Row</a>	4-5x8-10	2011	45-60s	
4a	<a href="#">EZ Pullover-Triceps Extensions</a> (optional)	1-3x8-10	2010	30s	
4b	<a href="#">EZ Bar Close Grip Biceps Curls</a> (optional)	1-3x8-10	2010	30s	
4c	<a href="#">Band Pull Aparts</a>	1-3x15-20	2011	30s*	*rest 1 min between sets if

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

## Day 3: Explosive Lower Body Squat Day Option 1: *Jump Focus*

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	<a href="#">Repeat Ankle Hops</a>	2-3x5	Soft land	45s	Focus on minimal ground contact time.
2a	Squat ( <a href="#">front</a> , <a href="#">Zercher</a> , <a href="#">2 KB f squat</a> , <a href="#">back</a> , or <a href="#">split</a> )	6-8x2-3	2111	15-25s	
2b	<a href="#">Body Weight Jump Squats</a> or Lay-Up approach Jumps*	6-8x3-5	X	2-3m	For lay-up approach jumps, do 2 each side.
3	<a href="#">Kettlebell Swings</a> , <a href="#">Back Extensions</a> , or <a href="#">Romanian Deadlift</a>	2-3x8-10	Swings: X B Ext/RDL: 2011	30-60s	
4	<a href="#">Side Bridge with Leg Lift</a>	2-3x10-30sec	-	30s*	*30sec rest between sides and sets.

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

## Day 3: Explosive Lower Body Squat Day Option 2: *Speed Focus*

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	10-15 meter sprints	3-4 sets	X		Start easy and increase speed each set. This is more of a warm-up than anything.
2a	Squat ( <a href="#">front</a> , <a href="#">Zercher</a> , <a href="#">2 KB f squat</a> , <a href="#">back</a> , or <a href="#">split</a> )	6-8x2-3	2111	15-25s	
2b	15-20 meter sprints or <a href="#">Shuttle Run</a>	6-8x3-5	X	2-3m	Sprints are better for pure speed. Shuttle runs are better for change of direction and starting/stopping strength.
3	<a href="#">Kettlebell Swings</a> or <a href="#">Single Leg Hip Thrust</a>	3x8-10	Swings: X Thrust: 3011	30s*	*30sec rest between sides and sets. If you did hip thrusts for 2a, do <a href="#">Single Leg 1-Arm Romanian Deadlift</a> here.
4	<a href="#">Side Bridge with Leg Lift</a>	2-3x10-30sec	-	30s*	*30sec rest between sides and sets.

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

## Day 4: Upper Body Beach Day ☺

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	<a href="#">Med Ball Chest Passes</a>	3x5-8	X	1m	
2a	<a href="#">Pull Ups</a> or <a href="#">Neutral Grip Pull Ups</a>	3x8-10	2010	30s	
2b	<a href="#">Standing DB Shoulder Press</a> or <a href="#">2 Arm Kettlebell Press</a>	3x6-8	2011	30s	Replace with <a href="#">High Incline DB Press</a> if this bothers your shoulder.
3a	<a href="#">Prone DB Row (wide elbows)</a>	3x8-10	2011	10s	
3b	<a href="#">Prone DB Flies</a>	3x10-12	3022	1-2m	Go slow, focus on squeezing your shoulder blades, not lifting the dumbbells.
3c	Push-Up Variation*	3x8-10	2110	30s	*Choose from: <a href="#">Push Ups</a> , <a href="#">Dead Stop Push Ups</a> or <a href="#">Suspension Strap Push-Ups</a> . Use <a href="#">Weighted Push Ups</a> as needed.
4a	<a href="#">Standing DB Curls</a> (optional)	2-3x10-12	2010	30s	
4b	<a href="#">Triceps Pressdowns</a> (optional)	2-3x10-12	2011	30s	
4c	<a href="#">Side DB Raises</a> (optional)	2-3x12-20	2010	30s	

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 progressively heavier 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: 1<sup>st</sup>: lower, 2<sup>nd</sup>: time at bottom, 3<sup>rd</sup> raise/lift, 4<sup>th</sup> 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](#))