

Introduction

The main idea behind these programs is to introduce/reiterate movement based training to the basketball athlete. These exercises and sessions are designed to provide a template for the athlete to improve their own athletic development by focusing on the correct movement and control of basic movement patterns starting with the u12s program and progressing right through until u18s program. The program should be aimed to be completed at least twice per week, three times if feasible.

While these exercises may not be the gold standard when trying to achieve a specific movement pattern, they are design to gained the most when the athlete has minimal tools at their disposal and/or away over the summer break.

If, the athlete choses to follow the programming they will have the possibility of improving the basic athletic movements that should be minimal standard for a state level basketball player. When mastered, this will also allow the athlete to have a better platform, physically, to make the next step in their basketball career.

The exercises chosen for these programs address not only general movement patterns required but also have a strong focus on the ability to absorb force (decelerate), stabilise, and generate force (accelerate). So that the practise of the movement patterns will allow the athlete to move more freely with more control, and eventually enable the athlete to more effectively work on being faster and more explosive.

The following templates, along with the accompanying video, should provide the athlete with sufficient tools to understand the breakdown of each movement pattern and its main focus points.

Thank you and enjoy!

Equipment

Theraband or tubing (varying tensions if possible) – Broomstick – Approx. 5kg Load – Box or Step (preferably ability to change height)