

WEDNESDAY	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
EXERCISE	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
UNLOADED SPRINTS	2	15m		3	15m		3	17.5m		3	20m		3	22.5m	
SEED PULL	2	15m	LIGHT	3	15m	LIGHT	3	17.5m	LIGHT	3	20m	LIGHT	3	22.5m	LIGHT
HURDLE JUMPS	2	3		3	3		3	4		3	5		3	6	
SQUAT JUMP	2	3	LIGHT	3	3	LIGHT	3	4	LIGHT	3	5	LIGHT	3	6	LIGHT
TRAP-BAR DEADLIFT	2	4-8		3	4-8		3	4-8		3	4-8		3	4-8	
DB BENCH PRESS	3	6-12		3	6-12		3	6-12		3	6-12		3	6-12	
STIFF-LEG DEADLIFT	2	6-12		3	6-12		3	6-12		3	6-12		3	6-12	

BASKETBALL STRENGTH & CONDITIONING

EXERCISE	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
UNLOADED SPRINTS	2	12.5m		3	12.5m		3	15m		3	17.5m		3	20m	
SEED PULL	2	12.5m	MED	3	12.5m	MED	3	15m	MED	3	17.5m	MED	3	20m	MED
HURDLE JUMPS	2	3	3KG	3	3	3KG	3	4	3KG	3	5	3KG	3	6	3KG
SQUAT JUMP	2	3	MED	3	3	MED	3	4	MED	3	5	MED	3	6	MED
TRAP-BAR DEADLIFT	2	3-6		3	3-6		3	3-6		3	3-6		3	3-6	
DB BENCH PRESS	2	6-10		3	6-10		3	6-10		3	6-10		3	6-10	
STIFF-LEG DEADLIFT	2	6-10		3	6-10		3	6-10		3	6-10		3	6-10	
SEATED CABLE ROW	3	6-10		3	6-10		3	6-10		3	6-10		3	6-10	

Girls Basketball Weight Training Program

AN Whitehead



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 Successfully will 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

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

Development of an Off-season Strength Training Program for High School Girls' Basketball in Detroit Lakes, Minnesota Cathy Coyle, 1988

Basketball for Women Nancy Lieberman, 2011-09-02 Arguably the greatest women s basketball player to step onto the court and the first woman to be head coach of a professional men s team Nancy Lieberman has accomplished it all throughout her career Her experience is unrivaled and in Basketball for Women she s sharing her secrets insights and advice with you Inside you ll find comprehensive coverage on all aspects of the game More than 100 drills to fine tune essential skills including ball handling shooting and rebounding Defensive techniques and strategies to shut down any opponent The best offensive plays for scoring in any situation Tips for getting the most of your practice time Exercises and programs for peak physical conditioning In addition Basketball for Women takes you inside the huddles and into the locker room as Nancy provides advice on developing a winning attitude and becoming a complete team player To be your best learn from the best With Nancy Lieberman s Basketball for Women you will master the skills elevate your play and reach your potential

Bigger Faster Stronger-3rd Edition Shepard, Greg, Goss, Kim, 2017 Bigger Faster Stronger BFS remains the premier training program for high school and college athletes The third edition of the Bigger Faster Stronger book includes the latest research training protocols for strength speed power flexibility balance and agility and new content on balance safety and plyometrics

Designing Resistance Training Programs, 4E Fleck, Steven J., Kraemer, William, 2014-02-14 In this text two of the world s leading experts on strength training explore how to design scientifically based resistance training programs modify and adapt

programs to meet the needs of special populations and apply the elements of program design in the real world The High School Athlete: Basketball Michael Volkmar, 2019-12-10 Get fit for basketball season A specialized fitness program and workout collection for young athletes Developed by best selling fitness author and strength and conditioning expert Mike Volkmar The High School Athlete Basketball is the essential program for any student who wants to train and play basketball in high school The second book in The High School Athlete series this unique program features training fundamentals for different levels of player development from pre freshman all the way to varsity level getting ready to play in college With over 100 workouts The High School Athlete Basketball also contains information geared towards a young athlete's goals and includes information on player development motivation and nutrition **Strength Training for Young Athletes** William J. Kraemer, Steven J. Fleck, 2005 The former president of the National Strength and Conditioning Association offers an authoritative guide to designing safe effective training programs for 24 of the most popular youth sports 250 photos

Strength Training NSCA -National Strength & Conditioning Association, 2016-12-19 Your guidebook to muscle development exercise programming science research and nutrition As the worldwide authority on strength and conditioning the National Strength and Conditioning Association NSCA is recognized as the leader in the research and education of strength and conditioning professionals Now with the updated second edition of Strength Training an unprecedented lineup of experts provide the latest science based programs techniques and recommendations for training success Combining the expertise of the NSCA and its contributors with a depth of coverage not seen in other books Strength Training Second Edition is the authoritative resource for developing strength and performance It includes critical topics such as strength assessments exercise descriptions with full color photos ready to use programs for all experience levels essentials of program design guidance on nutrition for strength development and in depth coverage of how muscles are trained and how they grow setting the stage for optimal results The exercises featured in the second edition of Strength Training use nearly every piece of equipment available including body weight allowing readers to tailor their workouts based on both their favorite exercises and the equipment available to them Perfect for serious fitness enthusiasts of all ages and abilities the book is a comprehensive guide to improving strength and enhancing power

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