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Basketball Court Workout



Workout	Repeat Time	Instructions
Warm Up	5 minutes	Jog 3 laps around the court + 100 jumping jacks
Full Court Lay Up	2 min	Start at three court line, dribble to opposite goal and do right hand lay up. Repeat for opposite goal and do left hand lay up - REPEAT
Half Court Sprint	7	Down and back - starting at the baseline, run to the half court line & back
Full Court Ball Handling	3 min	Dribble up and down the full court any style you like - continuous motion
Half Court Sprint	5	Down and back - starting at the baseline, run to the opposite baseline & back
Call Jump #1	60 sec	Jump and down reaching for the back board (shoot back board or not at all - your call)
Scalable Sprint	1	Starting at the baseline, run to the free throw line & back, half baseline & back
Box Drill	2 min	Starting at baseline, sprint to free throw line, shuffle across free throw line, back dash to the back line, shuffle back to free throw line - REPEAT
Scalable Sprint	1	Starting at the baseline, run to the free throw line & back, half baseline & back
Call Jump #2	60 sec	Jump and down reaching for the back board (shoot back board or not at all - your call)
Scalable Sprint	2	Starting at the baseline, run to the free throw line & back, half court line & back, opposite free throw line and back, opposite baseline & back
Play 1's	15 - 20 min	Divide by 1's and 2's if you are working out alone, MAKE 10 jump shots outside the 10 foot range and jog to get your own rebound
Cool Down	5 minutes	Stretch

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 2	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 3	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 4	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 5	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 6	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 7	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 8	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 9	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 10	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 11	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 12	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 13	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 14	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 15	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 16	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 17	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 18	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 19	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet
Week 20	Baseball	APLX 9	45 Yrs	The Challenge	CM	The Mirror	Dynamics of Feet

DAY 3 WORKOUT - Time to Take the Field

Time	Activity	Notes
0-5 5 Minutes	Jog outside or on a treadmill for about 1/2 mile	Jogging will get your blood flowing and will loosen up muscles
6-15 10 Minutes	<ul style="list-style-type: none"> 1 set of 10 burpees with push-up 2 sets of squats: 10 then 5 1 set of 10 lunges for right leg and 1 set for left leg 2 sets of 7 push-ups 1 set of 20 stomach crunches 	<ul style="list-style-type: none"> Rest 30 - 45 seconds between sets Don't be jerky in your movements - focus on slow and smooth, maintaining the correct form. Do knee push-ups if you're unable to complete a regular push-up with proper form. Try to have your chest come within an inch of the ground.
16-18 3 Minutes	Arm Circles	See Workout # 1
18-22 4 Minutes	Throws with Glove Shoulder Facing Target	See Workout # 1
23-26 4 Minutes	Throws with Chest Facing Target	See Workout # 1
27-30 4 Minutes	Short & Long Toss	See Workout # 1
31 - 40 10 Minutes	Fielding Ground Balls, No Throw Select a position in the field (1B, 2B, 3B or SS). Bring an empty bucket with you. Have a friend or parent stand at home plate with a bat and a bucket of balls. Have them hit balls directly at you, to your right & to your left in rapid fashion. Field each ball and then drop it in the bucket near you. Focus should be on a proper ready position & proper positioning of hands & head while fielding the ball. You should also "round to the ball" so that feet and body are in position to make a throw.	This is a rapid fire drill. Focus more on proper technique than whether the ball is caught. When players are in the ready position, pocket of glove should be pointed at hitter. Palm of throwing hand should also point at hitter....hands should not be on knees.

MVP Offseason Workouts - Basketball #1

Time	Activity	Notes
0-5 min 5 minutes	Warm up Jog around the block for five minutes or run in place	Start as slow as walking and gradually speed up to allow the body to warm up
6-15 min 10 minutes	Dribbling drills -Cross over, behind the back, spin, between the legs, hesitate w/ step back and cross over -6 of each, with each hand	-Change direction with purpose as if blowing by a defender or "breaking ankles" -Run a zigzag course about 10 feet wide and as long as it takes to make 3 change of directions on each side. Set up cones to indicate locations for changes in direction.
16-20 min 5 minutes	Speed/Explosion -15 Drop and jump	-Focus on spending as little time on the ground as possible from the drop
21-25 min 5 minutes	Rebounding Backboard pass: -10 defensive, 5 on the left and 5 on the right -10 offensive, 5 on the left and 5 on the right	-Defensive rebounding, keep ball up by chin with elbows out to protect the ball from defenders -Offensive rebounding, do not let the ball drop down to your waist when you bring down the rebound, it makes it easier for defenders to slap the ball away
25-36 min 10 minutes	Post moves -20 drop steps from each side of hoop *Water break*	-Focus on footwork, especially if you have never done the move before. Perfect the components of the move before going full speed. -Do 10 to the baseline and 10 to the middle on each side of the hoop.
36-40 min 5 minutes	Speed/Explosion -4 Drop and sprint forward, left, and right	-Alternate your takeoff foot, start the sprint with the left foot on half and the right foot on half

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