

Monday				
Starting Speed				
BBK Skills (Fundamentals/Light)				
Lift - Total Body				
Light Conditioning				

Tuesday				
360° Speed - Agility/Quickness/COD				
BBK Skills (Advanced/Intense)				
Medium Conditioning				

Wednesday				
"Quicks" - Quickness/Reactions				
BBK Light Skills				
Lift - Total Body				
Active Recovery - Rollout and Flexibility				

Ready	Warmup #1				
	Sets	Dist	%	Rest	
	Hamstring (Straight) AIS	1	30e	NA	0
	Side Lying Quad AIS	1	10e	NA	0
	Fwd/Bwd Skip	2	80f	50%	15s
	Cradle to Chest-->Lunge	1	30f	50%	15s
	Lunge w/ 3 Rotations	1	30f	50%	15s
	Side Shuffle w/ Arms	2	80f	50%	15s
	Side Leg Swing	1	30f	50%	15s
	1-2-3 Touch	2	80f	75%	15s

Ready	Warmup #2				
	Sets	Dist	%	Rest	
	Calf (Bent/Straight) AIS	1	20e	NA	0
	Hip (Int/Ext) AIS	1	20e	NA	0
	Stuntman Fall	2	80f	50%	15s
	Inchworm	1	30f	50%	15s
	Quad Stretch-->Lunge	1	30f	50%	15s
	Karioka	2	80f	50%	15s
	Side Lunge	2	15f	50%	15s
	Angled Speed Skaters	2	80f	75%	15s

Ready	Warmup - MB				
	Sets	Reps	%	Rest	
	BTB Tug o' War AIS	1	20e	NA	0
	Chest AIS	1	10e	NA	0
	MB Around the World	1	10e	3kg	15s
	MB OH Side2Side	1	10e	3kg	15s
	MB Pendulum	1	20	3kg	15s
	MB Swing	1	10e	3kg	15s
	MB Side Taps	1	20e	3kg	15s
	360° Lunges	1	1m	BW	15s

Aim	Starting Speed				
	Sets	Reps	%	Rest	
	MB GrannyPass in Wall	2	10	75%	1m
	Double Broad Jump	2	40f	90%	1m
	Moving Start	8	40f	90%	1m
	TennisBall Reactions	2	2m	90%	1m

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Ladder 2In1Out Fwd/Bwd	2e	1	75%	30s
	Depth Drop to Lat Sprint	2	5e	90%	1m
	Slide+Xover COD	2e	3e	90%	30s
	Compass Drill	3	20s	90%	90s

Aim	"Quicks" / Skills				
	Sets	Reps	%	Rest	
	Jump Rope	3	100	BW	1m
	Free Throws				
	TB Catch and Release	1	3m	BW	0
	Sling Shot w/ Partner	3	3e	BW	30s

Fire-1	Basketball Skills				
	Sets	Reps	%	Rest	

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	Sets	Reps	%	Rest	

Fire	Lift #2				
	Sets	Reps	Wt.	Rest	
	DB I/Y/T	1	2m	5#	0
	Plank	1	2m	BW	0
	Incline Press	4	8	80%	90s
	Front Squat	4	8	80%	90s
Partner Leg Throws	3	20	MR	1m	
DB Lying Lat. Raise	2e	1m	5#	30s	

Fire-2	Lift #1				
	Sets	Reps	Wt.	Rest	
	Countermove Jump	3	8	BW	1m
	Modified Empty Can	1	25	BW	0
	Hang Clean	4	4	65%	2m
	Fwd Lunge	4	8e	20#	90s
	Jack Knives (HF Iso)	1e	20	BW	30s
Pullups/Angled Pulls	4	8+	BW	1m	

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	Suicide	3	1	75%	0
	MB Accelerations	3	10s	3kg	1m
	Suicide	3	1	75%	0
	1-Leg Lat Line Hops	3	10s	90%	1m
	Suicide	3	1	75%	0
Hip Pivot	3	10s	90%	2m	

Clear-1	Rollout				
	Sets	Reps	Wt.	Rest	
	O/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Chest	1e	30s	NA	0
	Lats	1e	30s	NA	0
Shoulder	1e	30s	NA	0	

Fire-3	Conditioning				
	Sets	Dist	%	Rest	
	Jog @50% for 10m w/ Random Plyo Drills				
	Split Run	2	20s	BW	0
	Hip Pivot	2	20s	BW	0
	Funky Split Run	2	20s	BW	0
	Pogo Jumps	2	20s	BW	0

Clear	Cooldown #2				
	Sets	Hold	%	Rest	
	Wall Chest Stretch	1e	30s	NA	0
	Side Lean w/ Reach	1e	30s	NA	0
	Butterfly	1e	30s	NA	0
	Figure 4 - Face Down	1e	30s	NA	0
	Kneeling Lunge	1e	30s	NA	0
Half Hug	1e	30s	NA	0	

Clear-2	Flexibility				
	Sets	Reps	%	Rest	
	Hamstring	1e	30s	NA	0
	Modified Hurdler Push	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Iron Cross	1e	30s	NA	0
	Lean Away Row	1e	30s	NA	0
Wall Pec Deck	1e	30s	NA	0	

Clear	Cooldown #1				
	Sets	Hold	%	Rest	
	4 Way Ankle Walk	1e	80f	BW	0
	Side Lean	1e	30s	NA	0
	Pretzel	1e	30s	NA	0
	Side Lying Quad	1e	30s	NA	0
	X-Over Hamstring	1e	30s	NA	0
Elbow Behind Head	1e	30s	NA	0	



Thursday	
360° Speed - Agility/Quickness/COD	
BBK Skills (Advanced/Intense)	
Heavy Conditioning	

Friday	
Starting Speed & Transition Speed	
BBK Skills (Fundamentals/Light)	
Lift - Total Body	
Light Conditioning	

Saturday	
Dribbling/Ball Handling Skills	
Active Recovery - Rollout & Flexibility	

Ready	Warmup #3				
	Sets	Dist	%	Rest	
	Hamstring (Bent) AIS	1	30e	50%	15s
	Hip (Int/Ext) AIS	1	20e	50%	15s
	Jumping Jack Skip	2	80f	50%	15s
	Ultimate Lunge	1	30f	50%	15s
	ReachRevLunge w/Rot	1	30f	50%	15s
	Side Skips	2	30f	50%	15s
	Froggy Skip	1	30f	50%	15s
Backpedal Striders	2	80f	75%	15s	

Ready	Warmup #4				
	Sets	Dist	%	Rest	
	Knee Hug AIS	1	10e	50%	15s
	Scissor Quad AIS	1	10e	50%	15s
	Fwd Skip + Spins	2	80f	50%	15s
	F/B Walk Over Fence	2	15f	50%	15s
	Opp. Foot to Hand	1	30f	50%	15s
	X-Over Skip	2	30f	50%	15s
	Crescent Kicks	1	30f	50%	15s
Angled Slides	2	80f	75%	15s	

Ready	Warmup				
	Sets	Time	%	Rest	
	Walk	1	20m	50%	0
	OR				
	Treadmill	1	20m	50%	0
	OR				
	Elliptical Runner	1	20m	50%	0
	OR				
	Bike	1	20m	50%	0

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Ladder 2In2Out Fwd/Bwd	2e	1	75%	30s
	3 Hurdles-COD	3	3e	75%	30s
	Breakout Drill	2	8e	90%	1m
Clock Drill	3	20s	90%	90s	

Aim	Starts + Transitions				
	Sets	Reps	%	Rest	
	Slide into Sprint	2e	30f	75%	30s
	MB Split Run Chop/Lift	1e	10	3kg	0
	Sprint+Bwd COD	2e	3e	90%	1m
M Drill	2e	1	90%	1m	

Aim	Technique			
	Sets	Reps	%	Rest
	Dribbling/Ball Handling	1	10m	50%
Shooting	1	10m	50%	0

Fire-1	Basketball Skills				
	Sets	Reps	%	Rest	

Fire	Basketball Skills				
	Sets	Reps	%	Rest	

Fire	Rollout				
	Sets	Hold	%	Rest	
	O/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Chest	1e	30s	NA	0
Lats	1e	30s	NA	0	
Shoulder	1e	30s	NA	0	

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	"Fast Breaks" - Sprint Court & Drift Back				
	Fwd/Bwd Line Hops	5	20s	90%	0
	MB Barrell Toss	4	6	90%	0
	Split Run/Funky Run	3	20s	90%	0
	MB Overhead Pass	2	8	90%	0
Ladder 2In1Out	1	2	90%	0	

Fire-2	Lift #3				
	Sets	Reps	Wt.	Rest	
	Jerk	4	4	65%	2m
	Bentover Row	4	8	80%	90s
	Side Bridge	1e	1m	BW	30s
	RDL	4	8	80%	90s
	Alter. Side Lunge	1	8e	20#	0
DB Lying Ext. Rotation	1e	1m	5#	30s	

Clear	Flexibility				
	Sets	Reps	%	Rest	
	Hamstring	1e	30s	NA	0
	Modified Hurdler Push	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Iron Cross	1e	30s	NA	0
	Lean Away Row	1e	30s	NA	0
Wall Pec Deck	1e	30s	NA	0	

Clear-1	Rollout			
	Sets	Dist	%	Rest
	Calf	1e	30s	NA
I/S Leg	1e	30s	NA	0
O/S leg	1e	30s	NA	0

Fire-3	Conditioning			
	Sets	Dist	%	Rest
Light Jog	1	20m	50%	0

Clear-2	Cooldown #1				
	Sets	Hold	%	Rest	
	4 Way Ankle Walk	1e	80f	BW	0
	Side Lean	1e	30s	NA	0
	Pretzel	1e	30s	NA	0
	Side Lying Quad	1e	30s	NA	0
	X-Over Hamstring	1e	30s	NA	0
Elbow Behind Head	1e	30s	NA	0	

Clear	Cooldown #2				
	Sets	Hold	%	Rest	
	Wall Chest Stretch	1e	30s	NA	0
	Side Lean w/ Reach	1e	30s	NA	0
	Butterfly	1e	30s	NA	0
	Figure 4 - Face Down	1e	30s	NA	0
	Kneeling Lunge	1e	30s	NA	0
Half Hug	1e	30s	NA	0	





Symbol	=	Definition
%	=	Percentage of perceived effort
#	=	Pounds (lbs.)
>>>	=	50% > 75% > 90%
▲	=	Start at ___%; add 5-10lbs each set
360° Speed	=	Running/Re-directing in all directions
50%	=	A light and focused effort
75%	=	A smooth and intensified effort
90%	=	Full speed with a calm face+C10
BW	=	Bodyweight
Cooldown	=	Light stretching or rolling out
Conditioning	=	Work Capacity Augmentation
Dist	=	Distance covered for set/rep
e	=	Each side / leg / arm
Flexibility	=	Stretching to promote recovery
Hold	=	Time you hold a stretch / rollout
kg	=	Kilograms (kg X 2.2 = lbs.)
Lift	=	Exercises for the weightroom
Linear Speed	=	Running Forward
m	=	Minute(s)
MB	=	Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repetition(s) per set (Distance covered)
Rest	=	Rest between sets
Rollout	=	Rolling muscles out on a MB or foam roller
s	=	Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
Wt.	=	Weight percentage of 1rep max
y	=	Yards
Ready	=	General warmup - 50% effort
Aim	=	Specific warmup - 75-90% effort
Fire	=	Focus of the workout
Clear	=	Stretching and cooldown activities
Exercise 1	=	Superset --> No rest between 1 & 2; Rest after 2 only
Exercise 2		