

	Starting Speed BBK Skills (Fundementals/Lig Lift - Total Body		Tuesday 360° Speed - Agility/Quickness/COD BBK Skills (Advanced/Intense) Light/Medium Conditioning						Wednesday Game Prep Live Scrimmage - Compete! Active Recovery - Rollout and Flexibility								
	Warmup #1	Sets	Dist	%	Rest		Warmup #2	Sets	Dist	%	Rest		Warmup-Pregame	Sets	Dist	%	Rest
	Hamstring (Bent) AIS MB OH Side2Side Fwd/Bwd Skip	1 2	30e 10e 80f	50% 3kg 50%	0 15s 15s		Scissor Quad AIS MB Around the World Stuntman Fall	1 2	10e 10e 80f	50% 3kg 50%			Hamstring (Straight) AIS Hip (Int/Ext) AIS Side Lying Quad AIS	1 1	30e 20e	50% 50%	_
Ready	Cradle to Chest>Lunge Lunge w/ 3 Rotations Side Shuffle w/ Arms	1 1 2	30f 30f 80f	50% 50% 50%	15s	Ready	Inchworm Quad Stretch>Lunge Karioka	1 1 2	30f 30f 80f	50% 50% 50%	15s 15s 15s	Ready	Fwd/Bwd Skip Ultimate Lunge Side Lunge	2 1 2	80f 30f 15f	50% 50% 50%	15s
	Side Leg Swing 1-2-3 Touch	1	80f	50% 75%	15s		Side Lunge Angled Speed Skaters	2		50% 75%	15s		Froggy Skip Angled Slides	1		50% 75%	
	Starting Speed	Sets	Reps	%	Rest		360° Speed	Sets	Reps	%	Rest		Game Prep	Sets	Reps	%	Rest
Aim	MB Windmill Throw Scissor Jumps-1 TennisBall Reactions Sprint Races	3 2e 1 4	4e 4 3m 30f	3kg 90% 90% 90%		Aim	MB Side Toss Hurdle - TripleTaps Slide+Xover COD Assist/Resist Compass	3 2 1e 3	4e 20 3e 20s	3kg 75% 90%	1m 1m 1m	Aim	Split Run 4 Way (Drift) Reactive Sides Mirror Drill Moving Start	1 1 1e 1	10s 10s 10s 15f	75% 75% 90% 90%	
	Basketball Skills	Sets	Reps	%	Rest		Basketball Skills	Sets	Reps	%	Rest		Scrimmage	Sets	Reps	%	Rest
Fire-1						Fire-1						Fire					
	Lift #1	Sets	Reps	Wt.	Rest		Conditioning	Sets	Reps	%	Rest		Rollout	Sets	Hold	%	Rest
Fire-2	DB Lying Lat. Rotation Squat Approach Jump Incline Press MB Side Toss in Wall Plank Pullups/Angled Pulls	2e 4 4 3e 2 4	30s 3 6 8 15 1m	5# 90% BW 80% 3kg BW BW	30s 0 2m 90s 1m 30s	Fire-2	Suicide MB Angled Barrel Toss Suicide Speed Skater Suicide Pogo Jumps	2-3 2-3 2-3 2-3 2-3	1 10e 1 10e	75% 3kg 75% 90% 75% 90%	0 1m 0 1m 0	Clear-1	O/S Leg i/S Leg Quads Glutes Ham Lats Shoulder	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA	0 0 0 0 0
	Cooldown #1	Sets	Hold	%	Rest		Cooldown #2	Sets	Hold	%	Rest		Flexibility	Sets	PloH	%	Rest
Clear	4 Way Ankle Walk Side Lean Pretzel Side Lying Quad	1e 1e 1e	30s 30s 30s	NA NA NA	0 0 0	Clear	Wall Chest Stretch Side Lean w/ Reach Butterfly Figure 4 - Face Down	1e 1e 1e	30s 30s 30s 30s	NA NA NA	0 0	Clear-2	Hamstring Modified Hurdler Push Scissor Quad Iron Cross	1e 1e 1e	30s 30s 30s	NA	0 0 0
	X-Over Hamstring Elbow Behind Head	1e 1e	30s 30s	NA NA	0		Kneeling Lunge Half Hug	1e 1e	30s 30s		0		Lean Away Row Wall Pec Deck	1e 1e	.	NA NA	





	Thursday 360° Speed - Agility/Quickness/COD					Friday Saturday											
					Starting Speed & Transition S	Speed					Game Prep						
	BBK Skills (Advanced/Intense)					BBK Skills (Fundementals/Lig	ght)					Live Scrimmage - Compete!				
	Heavy Condioning					Lift - Total Body						Active Recovery - Rollout and Flexibility					
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	Warmup #3	Sets	Dist	%	Rest		Warmup #4	Sets	Dist	%	Rest		Warmup-Pregame	Sets	Dist	%	Rest
	Calf (Bent/Straight) AIS	1	20e	50%	0		Knee Hug AIS	1	10e	50%	15s		Hamstring (Straight) AIS	1	30e	50%	0
	MB Swing	1	10e	3kg	15s	Ready	MB Pendulum	1	20	3kg	15s		Hip (Int/Ext) AIS	1	20e	50%	15s
	Jumping Jack Skip	2	80f	50%	15s		Fwd Skip + Spins	2	80f	50%	15s	5	Side Lying Quad AIS	1	10e	50%	0
g	Ultimate Lunge	1	30f	50%	15s		F/B Walk Over Fence	2	15f	50%	15s		Fwd/Bwd Skip	2	80f	50%	15s
Sea	ReachRevLunge w/Rot	1	30f	50%	15s		Opp. Foot to Hand	1	30f	50%	15s	Rea	Ultimate Lunge	1	30f	50%	15s
4	Side Skips	2	30f	50%	15s		X-Over Skip	2	30f	50%	15s		Side Lunge	2	15f	50%	15s
	Froggy Skip	1	30f	50%	15s		Crescent Kicks	1	30f	50%	15s		Froggy Skip	1	30f	50%	15s
	Backpedal Striders	2	80f	75%	15s		Angled Slides	2	80f	75%	15s		Angled Slides	2	80f	75%	15s
							<u> </u>										
	Starts + Transitions	Sets	Reps	%	Rest		360° Speed	Sets	Reps	%	Rest		Game Prep	Sets	Reps	%	Rest
	MB Slingshot	2	4e	75%	1m		Ladder 2In2Out F2B	4e	1	75%	30s		Hip Pivot 4 Way (Drift)	1	10s	75%	45s
Aim	Depth Drop to ReJump	3	4	BW	1m	Aim	180°/270°/360° ->Sprint	1e	4e	75%	1m	m.	Reactive Sides	1	10s	75%	45s
A	Sprint+Bwd COD	1e	3е	90%	1m		Breakout Drill	2	10e	90%	1m	Ai	Mirror Drill	1e	10s	90%	45s
	M Drill (Race!)	2e	1	90%	1m		Assist/Resist Clock	3	20s	90%	1m		Moving Start	1	15f	90%	45s
	Basketball Skills	Sets	Reps	%	Rest		Basketball Skills	Sets	Reps	%	Rest		Scrimmage	Sets	Resps	%	Rest
_						_											
1-6						9-1						Fire					
Fire-						Fire-						Fi					
						1								·			
	Conditioning	Sets	Reps				1:6: //0										Rest
	"Fast Breaks" - Sprint			~	Ses		Lift #2	Sets	Reps	۷t.	Rest		Rollout	Sets	용	%	
	i dot Broako Opinit	Court		⊗ Back	Rest		Lift #2 MB Accelerations	2 Sets	Sde S 15	_	m Rest			Sets	PIOH 30s	% NA	0
	BBK Spidermans	Court 6	& Drift	Back 90%			MB Accelerations	_	15	3kg 20#			Rollout O/S Leg I/S Leg				
2	BBK Spidermans		& Drift 10s			2		2	15 8e	3kg	1m 1m	-1-	O/S Leg I/S Leg	1e	30s 30s	NA	0
re-2	BBK Spidermans 1-Leg Lat Line Hops	6	& Drift 10s	90%	0	re-2	MB Accelerations Side Lunge L-Overs	2 2 2	15 8e 20e	3kg 20#	1m 1m		O/S Leg	1e 1e	30s 30s 30s	NA NA	0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss	6 5 4	& Drift 10s 10s	90% 90%	0	Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor	2 2 2 nsecuti	15 8e 20e vely	3kg 20# BW	1m 1m 1m	Clear-1	O/S Leg I/S Leg Quads	1e 1e 1e 1e	30s 30s 30s	NA NA NA	0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo	6 5 4 3	& Drift 10s 10s 3 10s	90% 90% 90% 90%	0 0 0	Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat	2 2 nsecuti 3	15 8e 20e vely 5e	3kg 20# BW <50%	1m 1m 1m <1m	lear	O/S Leg I/S Leg Quads Glutes Ham	1e 1e 1e 1e	30s 30s 30s 30s 30s	NA NA NA NA	0 0 0 0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD	6 5 4	& Drift 10s 10s 3 10s 6	90% 90% 90% 90% 90%	0 0 0 0	Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor	2 2 nsecuti 3	15 8e 20e vely 5e 30s	3kg 20# BW <50% BW	1m 1m 1m <1m	lear	O/S Leg I/S Leg Quads Glutes	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s	NA NA NA NA NA	0 0 0 0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo	6 5 4 3 2	& Drift 10s 10s 3 10s 6	90% 90% 90% 90% 90%	0 0 0 0	Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge	2 2 nsecuti 3 2e	15 8e 20e vely 5e 30s	3kg 20# BW <50%	1m 1m 1m <1m 30s	lear	O/S Leg I/S Leg Quads Glutes Ham Lats	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s 30s	NA NA NA NA	0 0 0 0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1	6 5 4 3 2 1	& Drift 10s 10s 3 10s 6 1m	90% 90% 90% 90% 90%	0 0 0 0	Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2	2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	15 8e 20e vely 5e 30s 1m	3kg 20# BW <50% BW 5#	1m 1m 1m <1m 30s	lear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder	1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA NA NA	0 0 0 0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1 4 Way Ankle Walk	6 5 4 3 2	& Drift 10s 10s 3 10s 6 1m	90% 90% 90% 90% 90% 90%	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2 Wall Chest Stretch	2 2 2 3 2e 2 2	15 8e 20e vely 5e 30s 1m	3kg 20# BW <50% BW 5#	1m 1m 30s 1m	lear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring	1e 1	30s 30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA NA NA NA	0 0 0 0 0
Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1 4 Way Ankle Walk Side Lean	6 5 4 3 2 1	& Drift 10s 10s 3 10s 6 1m 80f 30s	90% 90% 90% 90% 90%	Rest 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Fire-	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2 Wall Chest Stretch Side Lean w/ Reach	2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	15 8e 20e vely 5e 30s 1m	3kg 20# BW <50% BW 5#	1m 1m 20s 1m	Clear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push	1e 1e 1e 1e 1e 1e 1e	30s 30s 30s 30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA NA NA	Rest 0 0 0 0 0
ear Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1 4 Way Ankle Walk Side Lean Pretzel	6 5 4 3 2 1 1 \$3 \$	& Drift 10s 10s 3 10s 6 1m 80f 30s 30s	90% 90% 90% 90% 90% 90%	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Fire-	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly	2 2 2 3 2e 2 2	15 8e 20e vely 5e 30s 1m 30s 30s 30s	3kg 20# BW <50% BW 5#	1m 1m 30s 1m	Clear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring	1e 1	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA NA NA NA	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Clear Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1 4 Way Ankle Walk Side Lean Pretzel Side Lying Quad	6 5 4 3 2 1 1 \$\$\$	& Drift 10s 10s 10s 3 10s 6 1m 80f 30s 30s	90% 90% 90% 90% 90% 90% BW	0 0 0 0 0	Clear Fire-2	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly	2 2 1secuti 3 2e 2 2	15 8e 20e vely 5e 30s 1m	3kg 20# BW <50% BW 5# NA NA	1m 1m 30s 1m 0	lear-2 Clear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad Iron Cross	1e 1	30s 30s 30s 30s 30s 30s 30s 30s 30s	NA NA NA NA NA NA NA NA NA	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Clear Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1 4 Way Ankle Walk Side Lean Pretzel	6 5 4 3 2 1 1 e 1e 1e	& Drift 10s 10s 3 10s 6 1m 80f 30s 30s	90% 90% 90% 90% 90% 90% BW NA NA	0 0 0 0 0	Fire-	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2 Wall Chest Stretch Side Lean w/ Reach	2 2 2 3 2 2 2 2 2 2 1 1 1 1 1 1 1 1 1 1	15 8e 20e vely 5e 30s 1m 30s 30s 30s	3kg 20# BW <50% BW 5# NA NA	1m 1m 1m 30s 1m 0 0	Clear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad	1e 1	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	NA	0 0 0 0 0 0 0
Clear Fire-2	BBK Spidermans 1-Leg Lat Line Hops MB Repeat Barrel Toss Sumo-□/□-Sumo 3 Hurdles-COD Jump Rope Cooldown #1 4 Way Ankle Walk Side Lean Pretzel Side Lying Quad	6 5 4 3 2 1 1e 1e 1e	& Drift 10s 10s 10s 3 10s 6 1m 80f 30s 30s	90% 90% 90% 90% 90% 90% BW NA NA	0 0 0 0 0	Fire-	MB Accelerations Side Lunge L-Overs Clean Complex - Perform cor Row/RDL/HC/PP/Squat Side Bridge DB I/Y/T Cooldown #2 Wall Chest Stretch Side Lean w/ Reach Butterfly Figure 4 - Face Down	2 2 2 3 2 2 2 2 2 2 1e 1e 1e 1e 1e	15 8e 20e vely 5e 30s 1m 30s 30s 30s 30s	3kg 20# BW <50% BW 5# NA NA NA	1m 1m 30s 1m 0 0 0	lear-2 Clear	O/S Leg I/S Leg Quads Glutes Ham Lats Shoulder Flexibility Hamstring Modified Hurdler Push Scissor Quad Iron Cross	1e	30s 30s 30s 30s 30s 30s 30s 30s 30s 30s	NA	0 0 0 0 0 0 0





		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
е	=	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)
		Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repitition(s) per set (Distance covered)
Rest	=	Rest between sets
		Rolling muscles out on a MB or foam roller
		Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
		Weight percentage of 1rep max
у	=	Yards
Ready	=	General warmup - 50% effort
Aim		
Fire	=	Focus of the workout
Clear	=	Stretching and cooldown activities
Exercise 1	_	Superset> No rest between 1 & 2; Rest after
Execrise 2	_	2 only
	_	