

Monday				
Starting Speed				
BBK Skills (Fundamentals/Light)				
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				

Ready	Warmup #1				
	Sets	Dist	%	Rest	
	Hamstring (Bent) AIS	1	30e	50%	0
	MB OH Side2Side	1	10e	3kg	15s
	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	
	Scissor Quad AIS	1	10e	50%	15s
	MB Around the World	1	10e	3kg	15s
	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-Pregame				
	Sets	Dist	%	Rest	
	Hamstring (Straight) AIS	1	30e	50%	15s
	Hip (Int/Ext) AIS	1	20e	50%	15s
	Side Lying Quad AIS	1	10e	NA	15s
	Fwd/Bwd Skip	2	80f	50%	15s
	Ultimate Lunge	1	30f	50%	15s
	Side Lunge	2	15f	50%	15s
	Froggy Skip	1	30f	50%	15s
	Angled Slides	2	80f	75%	15s

Aim	Starting Speed				
	Sets	Reps	%	Rest	
	MB Windmill Throw	3	4e	3kg	1m
	Scissor Jumps-1	2e	4	90%	1m
	TennisBall Reactions	1	3m	90%	1m
Sprint Races	4	30f	90%	1m	

Aim	360° Speed				
	Sets	Reps	%	Rest	
	MB Side Toss	3	4e	3kg	1m
	Hurdle - TripleTaps	2	20	75%	1m
	Slide+Xover COD	1e	3e	90%	1m
Assist/Resist Compass	3	20s	90%	1m	

Aim	Game Prep				
	Sets	Reps	%	Rest	
	Split Run 4 Way (Drift)	1	10s	75%	45s
	Reactive Sides	1	10s	75%	45s
	Mirror Drill	1e	10s	90%	45s
Moving Start	1	15f	90%	45s	

Fire-1	Basketball Skills				
	Sets	Reps	%	Rest	

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Fire	Scrimmage				
	Sets	Reps	%	Rest	

Fire-2	Lift #1				
	Sets	Reps	Wt.	Rest	
	DB Lying Lat. Rotation	2e	30s	5#	30s
	Squat	4	3	90%	0
	Approach Jump	4	6	BW	2m
	Incline Press	4	8	80%	90s
	MB Side Toss in Wall	3e	15	3kg	1m
	Plank	2	1m	BW	30s
Pullups/Angled Pulls	4	10+	BW	1m	

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	Suicide	2-3	1	75%	0
	MB Angled Barrel Toss	2-3	10e	3kg	1m
	Suicide	2-3	1	75%	0
	Speed Skater	2-3	10e	90%	1m
	Suicide	2-3	1	75%	0
Pogo Jumps	2-3	20s	90%	2m	

Clear-1	Rollout				
	Sets	Hold	%	Rest	
	O/S Leg	1e	30s	NA	0
	I/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Ham	1e	30s	NA	0
	Lats	1e	30s	NA	0
Shoulder	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

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	Hold	%	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

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

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

Saturday	
Game Prep	
Live Scrimmage - Compete!	
Active Recovery - Rollout and Flexibility	

Ready	Warmup #3				
	Sets	Dist	%	Rest	
	Calf (Bent/Straight) AIS	1	20e	50%	0
	MB Swing	1	10e	3kg	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
	MB Pendulum	1	20	3kg	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-Pregame				
	Sets	Dist	%	Rest	
	Hamstring (Straight) AIS	1	30e	50%	0
	Hip (Int/Ext) AIS	1	20e	50%	15s
	Side Lying Quad AIS	1	10e	50%	0
	Fwd/Bwd Skip	2	80f	50%	15s
	Ultimate Lunge	1	30f	50%	15s
	Side Lunge	2	15f	50%	15s
	Froggy Skip	1	30f	50%	15s
	Angled Slides	2	80f	75%	15s

Aim	Starts + Transitions				
	Sets	Reps	%	Rest	
	MB Slingshot	2	4e	75%	1m
	Depth Drop to ReJump	3	4	BW	1m
	Sprint+Bwd COD	1e	3e	90%	1m
	M Drill (Race!)	2e	1	90%	1m

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Ladder 2In2Out F2B	4e	1	75%	30s
	180°/270°/360° ->Sprint	1e	4e	75%	1m
	Breakout Drill	2	10e	90%	1m
	Assist/Resist Clock	3	20s	90%	1m

Aim	Game Prep				
	Sets	Reps	%	Rest	
	Hip Pivot 4 Way (Drift)	1	10s	75%	45s
	Reactive Sides	1	10s	75%	45s
	Mirror Drill	1e	10s	90%	45s
	Moving Start	1	15f	90%	45s

Fire-1	Basketball Skills				
	Sets	Reps	%	Rest	

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	Sets	Reps	%	Rest	

Fire	Scrimmage				
	Sets	Reps	%	Rest	

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	"Fast Breaks" - Sprint Court & Drift Back				
	BBK Spidermans	6	10s	90%	0
	1-Leg Lat Line Hops	5	10s	90%	0
	MB Repeat Barrel Toss	4	3	90%	0
	Sumo-□/□-Sumo	3	10s	90%	0
	3 Hurdles-COD	2	6	90%	0
	Jump Rope	1	1m	90%	0

Fire-2	Lift #2				
	Sets	Reps	Wt.	Rest	
	MB Accelerations	2	15	3kg	1m
	Side Lunge	2	8e	20#	1m
	L-Overs	2	20e	BW	1m
	Clean Complex - Perform consecutively				
	Row/RDL/HC/PP/Squat	3	5e	<50%	<1m
	Side Bridge	2e	30s	BW	30s
	DB I/Y/T	2	1m	5#	1m

Clear-1	Rollout				
	Sets	Hold	%	Rest	
	O/S Leg	1e	30s	NA	0
	I/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Ham	1e	30s	NA	0
	Lats	1e	30s	NA	0
	Shoulder	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

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



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	=	