

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
	1	30e	50%	0
	1	10e	3kg	15s
	2	80f	50%	15s
	1	30f	50%	15s
	1	30f	50%	15s
	2	80f	50%	15s
	1	30f	50%	15s
	2	80f	75%	15s

Ready	Warmup #2			
	Sets	Dist	%	Rest
	1	10e	50%	15s
	1	10e	3kg	15s
	2	80f	50%	15s
	1	30f	50%	15s
	1	30f	50%	15s
	2	80f	50%	15s
	2	15f	50%	15s
	2	80f	75%	15s

Ready	Warmup-Pregame			
	Sets	Dist	%	Rest
	1	30e	50%	15s
	1	20e	50%	15s
	1	10e	NA	15s
	2	80f	50%	15s
	1	30f	50%	15s
	2	15f	50%	15s
	1	30f	50%	15s
	2	80f	75%	15s

Aim	Starting Speed			
	Sets	Reps	%	Rest
	3	6e	3kg	1m
	2e	6	90%	1m
	1	3m	90%	1m
	2	80f	90%	1m

Aim	360° Speed			
	Sets	Reps	%	Rest
	3	6e	3kg	1m
	1	40	75%	1m
	1e	6e	90%	1m
	2	40s	90%	1m

Aim	Game Prep			
	Sets	Reps	%	Rest
	2	8s	75%	45s
	2	8s	75%	45s
	2e	8s	90%	45s
	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	Lift #1			
	Sets	Reps	Wt.	Rest
	2e	1m	5#	30s
	3	5	85%	0
	3	8	BW	2m
	3	12	75%	90s
	3e	20	3kg	1m
	2	1m	BW	30s
	3	15+	BW	1m

Fire-2	Conditioning			
	Sets	Reps	%	Rest
	2-3	1	75%	0
	2-3	10	3kg	1m
	2-3	1	75%	0
	2-3	10s	90%	1m
	2-3	1	75%	0
	2-3	20s	90%	2m

Clear-1	Rollout			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Clear	Cooldown #1			
	Sets	Hold	%	Rest
	1e	80f	BW	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Clear	Cooldown #2			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Clear-2	Flexibility			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	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	6e	75%	1m	
	Depth Drop to ReJump	3	6	BW	1m	
	Sprint+Bwd COD	1e	6e	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	6e	75%	1m	
	Breakout Drill	2	8e	90%	1m	
Assist/Resist Clock	2	40s	90%	1m		

Aim	Game Prep					
	Sets	Reps	%	Rest		
	Hip Pivot 4 Way (Drift)	2	8s	75%	45s	
	Reactive Sides	2	8s	75%	45s	
	Mirror Drill	2e	8s	90%	45s	
Moving Start	1	15f	90%	45s		

Fire-1	Basketball Skills					
	Sets	Reps	%	Rest		

Fire-1	Basketball Skills					
	Sets	Reps	%	Rest		

Fire	Scrimmage					
	Sets	Reps	%	Rest		

Fire-2	Conditioning					
	Sets	Reps	%	Rest		
	"Fast Breaks" - Sprint Court & Drift Back					
	Hurdle - Lateral Hops	6	15s	90%	0	
	MB Accelerations	5	6e	90%	0	
	Funky Split Run	4	15s	90%	0	
	BBK Russian Twists	3	20	90%	0	
	Pushups	2	10	90%	0	
Air Squats	1	1m	90%	0		

Fire-2	Lift #2					
	Sets	Reps	Wt.	Rest		
	MB Repeat Barrel Toss	2	6	3kg	1m	
	Side Lunge	2	12e	20#	1m	
	L-Overs	2	25e	BW	1m	
	Clean Complex - Perform consecutively					
	Row/RDL/HC/PP/Squat	5	3e	<50%: <1m		
	Side Bridge	2e	30s	BW	30s	
Modified Empty Can	2	20	BW	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	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		



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
<b>Ready</b>	=	General warmup - 50% effort
<b>Aim</b>	=	Specific warmup - 75-90% effort
<b>Fire</b>	=	Focus of the workout
<b>Clear</b>	=	Stretching and cooldown activities
Exercise 1 Exercise 2	=	Superset --> No rest between 1 & 2; Rest after 2 only