

## 2009 SUMMER WORKOUT/SHS Girls Basketball

### **CARDIO**

**Exercise:** Circuit

**Frequency:** This is to be done every other day (MWF or TThS).

**Duration:** 35 Minutes

- 15 sprints of 40 yards by sprinting one way and jogging back at 50% to the starting spot.
- 150 real push ups (you can do them in segments).
- Do core workout (3 way med ball crunch, praise trunk/leg lift, reach and touch, swimmer, snow angels, seated med ball twist, scorpion, med ball vertical crunches, leg throws)

### **SPEED & AGILITY**

**Frequency:** 2-3 times a week

**Rule:** Everything should be done as fast as possible but precise, if you are making mistakes, slow down and do it right. Train your muscles.

**Duration:** 30 minutes.

#### **Drill 1: Speed Ladder**

For basic foot work and balance. See <http://www.youtube.com/watch?v=wmmvSqDoMII>

[http://www.youtube.com/watch?v=e\\_LKm9A-gf4](http://www.youtube.com/watch?v=e_LKm9A-gf4)

Lateral Run 1 foot and two feet

LATERAL IN-OUT (Ali Shuffle)

Side shuffle, right & left

ICKEY SHUFFLE (1 foot out and two feet out...)

Cross over and under drill. See <http://www.youtube.com/watch?v=7RHVnGwoU1E>

Side Rocker drill. See above link.

ICKEY SHUFFLE (1 foot out and two feet out...) See above link.

#### **Drill 2: Box Jumps and more:** Find something that is 12 to 18 inches high for 1 minute.

Jump off two feet and step down

step up with the left and down with the left, then switch legs

stand on the box, hop down and bounce back up

Jump off the box practicing landing softly

Lunges forward and backwards

High knees