

# BELLARMINE BASKETBALL 2017 PRE-SEASON PROGRAM BREAKDOWN

		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
<b>3 Weeks</b>	<b>Fall 1 Specific</b>	Notes	<p><u>Warm Up/Prep Work:</u> Mobility/Flexibility Line Hops Plyos: Bilateral, singular plane</p>				
		AM	<p>Total 1: <u>Guards:</u> T1: Plyos      <u>Forwards:</u> T1: Oly Var / Plyo T2: Unilateral LB      T2: Unilateral LB T3: UB Hor Pull      T3: UB Push/Vert Pull T4: KD PC      T4: KD PC</p>				
		PM	<p><u>Floor 1: Lateral Speed/Condo</u> a. Speed Development (5min) b. Lane slides :10sec, :15sec, :20sec, :25sec, :30sec   repeat x2 c. Condo: Slideboards</p>				
	<b>Fall 2 Specific</b>	Notes	<p><u>Warm Up/Mobility</u> Mobility/Flexibility Ankle Strengthening Plyos: Bilateral &amp; unilateral: multi-planar</p>				
		AM	<p>Total 2: <u>Guards:</u> T1: TBDL/Plyo      <u>Forwards:</u> T1: Oly Var/Resisted Plyo T2: LB Step Up      T2: Unilateral + Core T3: UB Push/Vert Pull*      T3: UB Push (rep)/Pull T4: PC/Hor Pull      T4: PC/Hor Pull</p>				
		PM	<p><u>Floor 1: Lateral Speed/Condo</u> a. Speed Development b. Lane slides (resisted &amp; unresisted) :10sec, :15sec, :20sec repeat each x2 c. Condo: Slideboards</p>				
<b>3 Weeks</b>	<b>Fall 1 Specific</b>	Notes	<p><u>Warm Up/Prep Work:</u> Mobility/Flexibility MB Throws</p>				
		AM	<p>Total 2: <u>Guards:</u> T1: Unilateral LB      <u>Forwards:</u> T1: I Bilateral LB, Heavy T2: Push/Pull      T2: I Upper Push/Pull T3: MB Throws      T3: I Oly Variation (Blocks) T4: HD PC/Vert Pull      T4: HD PC/Pull</p>				
		PM	<p><u>Floor 3:</u>      wk1      wk2      wk3 a. Bike Tabata      2x6      2x8      2x10 b. Team Competition</p>				
	<b>Fall 2 Specific</b>	Notes	<p><u>Warm Up/Prep Work</u> Mobility/Flexibility MB Throws</p>				
		AM	<p>Total 2: <u>Guards:</u> T1: I Unilateral/Core      <u>Forwards:</u> T1: ME Bilateral/Core T2: I Vert Push/Pull      T2: Vert Push/Pull T3: MB Throws      T3: Oly Variation (floor) T4: PC/Vert Pull      T4: HD PC/Pull</p>				
		PM	<p><u>Floor 3:</u>      wk4      wk5      wk6 a. Bike Tabata      3x8      4x8      Regen b. Team Competition</p>				
<b>3 Weeks</b>	<b>Fall 1 Specific</b>	Notes	<p><u>Warm Up/Prep Work:</u> Speed Ladder Mobility MB Throws</p>				
		AM	<p>Total 3: <u>Guards:</u> T1: UB Vert Push/Pull      <u>Forwards:</u> T1: I UB Vert Push/Pull T2: MB Throws      T2: TBDL T3: Unilateral LB      T3: I Unilateral LB T4: KD PC/Pull      T4: KD PC</p>				
		PM	<p><u>Floor 5: Speed/Condo</u> a. Speed School i. Form run ii. Resisted run/shuffle (bands) b. 22's prep Tempos wk1: 10      wk2: 12      wk3: 14</p>				
	<b>Fall 2 Specific</b>	Notes	<p><u>Warm Up/Prep Work</u> Speed Ladder MB Throws Mobility</p>				
		AM	<p>Total 3: <u>Guards:</u> T1: I ME Push/Pull      <u>Forwards:</u> T1: I ME Push/Pull (reps) T2: MB Throws      T2: I TBDL T3: Bilateral LB/Cc      T3: LB Step Up(variation) T4: KD PC/Vert Pull      T4: KD PC/Vert Pull</p>				
		PM	<p><u>Floor 5: Speed/Condo</u> a. Speed School i. Resisted Run + Release ii. Resisted shuffle + Sprint (Overspeed) b. 22's pr Tempos wk4: 14      wk5: 16      wk6: 18</p>				