

# Andover Girls Basketball Summer Workout for Post

## Ball Handling

### AROUND THE WORLD

Ball Handling Tip #1: Circle the ball around your head, than your waist, and finally put your legs together and take the ball around both legs at the knees. Then, bend at the waist, spread your legs, and circle the ball around one leg, then the other.

### CATCH-CATCH-CATCH

Ball Handling Tip #3: This is a drill to work on your ball handling. Hold the ball between your legs, with both hands on the ball, right hand in front and left hand in back. Quickly switch your hands, (now left hand in front and right hand in the back), without letting the ball touch the ground. Do as quickly as possible...this drill is one of the hardest to master... but it just takes lots of practice.

### FIGURE 8

Ball Handling Tip #5: Spread your legs, bend at the waist, put the ball through your legs, around one leg, back through your legs, and around your other leg, making a figure eight. This will help you get a feel for the basketball as you move it around. Keep your head up not looking at the ball and increase your speed.

### FIGURE 8 DRIBBLING

Ball Handling Tip #6: This is a drill to practice your ball-handling. Dribble the ball as quickly as possible in a figure 8 through and around the legs. Use the fingers when you dribble, and dribble very low and quickly. Switch from the right to the left and back to the right. Example: start with the right hand dribbling the ball in front and then dribble through your legs with your right hand, switch to your left hand and dribble from the back, around your left side to the front and back through.

### PASS AND CATCH

Ball Handling Tip #11: With 2 hands make a bounce pass between your legs from front to back and catch the ball with 2 hands behind you. Then bounce the ball through your legs from the back to the front, and catch the ball in front of your body. This is a good drill for body awareness.

### SQUEEZE THE BANANA

Ball Handling Tip #13: This is a drill that helps increase the strength in your fingers. Hold the ball in front of you at eye level with two hands. By squeezing your fingers and thumb together with one hand at a time, you move the ball from one hand to the other as quickly as you can. More finger and arm strength will improve your ball control.

### UP THE LADDER

Ball Handling Tip #15: Hold the ball out in front of you and pass it back from hand to hand using only your finger tips. Go from out in front of your waist to above your head and back. This will help you develop the finger tip control that you will need to properly handle the ball.

# Skill Development

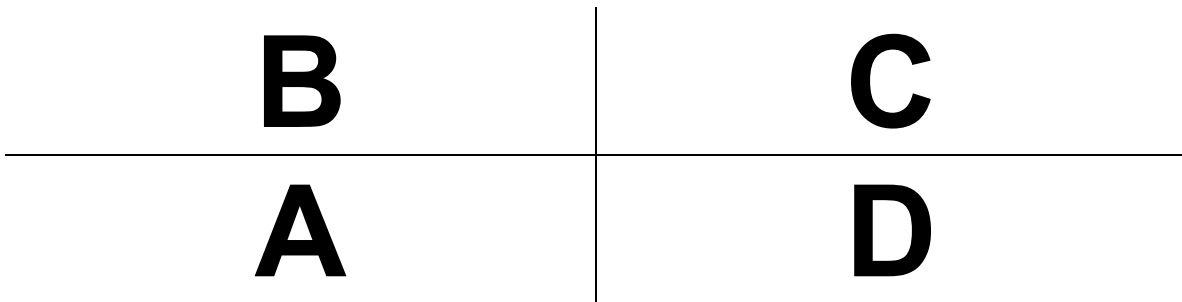
## Jump Roping

This is a great workout to help develop quickness and agility. Each activity should be done for 1 minute, unless noted otherwise.

- 2-3 minutes at 3/4 speed for a good warm up.
- Both Feet
- Alternate feet (right foot then left foot, and so on)
- Right foot
- Left foot
- Quadrant jump A-D
- Quadrant jump A-B
- Timed jump to see how many you can get in one minute without missing.
- Do this routine 2- 3 times a week along with your conditioning program.

## Quadrant Jumping

Quadrant jumping is part of a plyometric routine that will help to build muscular strength and endurance in your legs. Do each of these for 1 minute, unless noted otherwise.



- Warm – up 150-meters: sprint 50 meters, stride 50 meters, walk back (4 times)
- A – D ( 30 seconds )
- A – B ( 30 seconds )
- A – C ( 30 seconds )
- D – A ( 30 seconds )
- D – B ( 30 seconds )
- D – C ( 30 seconds )
- A – B – A –D ( 1 minute )
- A – C – A – D ( 1 minute )
- A – B – C – D ( 1 minute )
- D – C – D – A ( 1 minute )
- D – B – D – A ( 1 minute )
- D – C – B – A ( 1 minute )

## Post Development

Superman Drill - 4 repetitions of 10. Stand just outside the lane. Throw ball off backboard to opposite side. Rebound the ball landing outside opponents Block.

Tap Drill - 4 repetitions of 10 with each hand. Throw ball off backboard tap it back up.

Hook Drill - 4 repetitions of 10 with each hand. Shoot short hook shots.

Blocking Out - Work at pivoting and holding contact.

Spin ball to yourself, catch ball with both feet off the floor, look over baseline shoulder and Drop Step at Low Post - Practice both ways - 4 sets of 10 shots each way and on each side of the lane.

Spin the ball to yourself, catch ball with both feet off the floor, look over baseline shoulder, pivot in the opposite direction, and shoot a jump shot - 4 sets of 10 shots on each side of the lane.

Duck Under - Spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, pivot in opposite direction, shot fake and duck under. - 4 sets of 10 shots on each side of the lane.

Step-in-Direction Hook - At the low post spin the ball to yourself, catch with both feet off the floor, look over baseline shoulder, take a long step in direction of the opposite elbow, and shoot a hook shot. - 4 sets of 10 shots on each side of the lane.

At the High Post practice stationary moves for a baby jump shot or a power lay-up. - 4 sets of 15 shots on each side of the lane. Work the shot fake into every 3rd set of shots, either on the move or at the very end.

**Shoot 10 free throws between each set to rest - record in your notebook!**

# **Strength and Conditioning**

## **What is H.I.T.?**

The acronym H.I.T. stands for High Intensity Training. These three words do not completely or accurately describe this style of training. H.I.T. usually involves performing only one set of ten to fifteen exercises performed to the point of momentary muscular failure. Momentary muscular failure means that the lifter continues to perform repetitions until no additional repetitions can be completed with perfect form. The preponderance of strength training scientific research indicates that single set programs are just as effective as multiple sets program but are less likely to cause injury and allow more variety in exercises.

All repetitions in a H.I.T. program are performed in an extremely slow and controlled manner with an emphasis on lowering the weight slowly. Slow speeds of movement and high levels of intensity (training to the point of momentary muscular failure) appear to be the most effective way to develop explosive fast twitch muscle fibers (as well as slow and intermediate fibers).

H.I.T. programs focus on developing the entire body to its full potential important to performance in nearly every sport, and thus, all must be maximally developed. H.I.T. programs do not emphasize certain body parts or exercises, but address all body regions including the neck, shoulder, chest, upper back, arm, low back, abdomen, hips, and legs. Every H.I.T. workout addresses these areas with a total body approach.

Because H.I.T. workouts are so intense, as a rule, they must be short. It is impossible to perform long and hard work. As the duration of an activity or exercise increases, the intensity must decrease. Because scientists and strength coaches understand that a high level of intensity is the stimulus for strength gains, short workouts are a necessity to H.I.T. programs. They usually incorporate free weights, machines, and manual resistance exercises, all of which will produce excellent results if used properly.

H.I.T. programs do not include exercises such as the power clean. It was once hypothesized that these exercises transfer to athletic skills such as a lineman exploding off the line of scrimmage or a volleyball player jumping during a spike. Motor learning research now shows us that this is simply not true. These activities do not transfer to any other activities and are not proven to improve speed or power and also carry a high risk for potential acute and chronic injury. One question athletes and coaches may have is, "if power cleans and similar exercises are bad, why do so many programs use them?" The reason for this is power cleans have long been performed by Olympic lifters. Tradition passed them along as the most effective way to develop power.

## Strength

We will continue to utilize the weight room at Andover High School using the H. I. T. program. The protocols will change whether we are in season or out of season. You will need to keep good, accurate, daily weight cards making sure to include your seat assignments and setting your goals for your next session. We will be lifting 3 days a week in the off-season and 1-2 times during season, depending on the game schedule.

In addition to the H.I.T. program, we will also be utilizing the power runner and dumb bells as a supplemental to our regular work out. The power runner will help to increase leg strength and jumping ability when training the larger muscle groups of the legs.

## Conditioning

### **Bleacher/Stair work out (Stadium/School)**

- One foot every stair
- Two feet every stair
- Skip one stair
- Right foot
- Left foot
- Both feet together
- One foot every stair
- Two feet every stair
- Skip one stair
  
- **Hills ( side of school towards Crosstown)**
  - 6-8 good running hills
  - Make sure you are using good running form and technique
  - Keep arms and knees driving the whole way up the hill.
  - Walk/Jog back down the hill taking about 20-30 seconds between each one.
  
- **Inclines ( pathway between back gym and soccer fields)**
  - 6-8 good running inclines
  - Use proper start technique and run against someone (if possible)
  - Make sure you are using good running form and technique
  - Walk/Jog back down the incline taking about 20-30 seconds between each one.

\*You should include either the jump rope or quadrant activity after each of these conditioning activities. When you are done with both, then make sure to cool down for 5 to 10 minutes after workout. The cool down should be a continuation of the last activity performed, but done at a much lower level of intensity. **End with your abdominal exercises. (25 twisted right, 25 twisted left, 25 regular crunches, and 25 leg lifts/pull ins)**