U-High Girls Basketball Summer Workout Plan

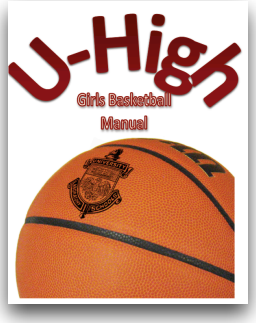
From your Coaches:
Your coaches have identified a minimal set of agility exercises and basketball drills that you can do in **20-40 minutes a day**. This is by no means an exhaustive basketball workout plan, but it focuses on two main things that will make everyone on the team better. Whatever level you're at now, you need improve in two major areas:

Agility and Strength: you need to improve arm strength, and balance and quickness on the move.
Shooting: you need to be able to shoot the ball more accurately, and from a greater distance.

If **YOU commit** to improving these two areas **YOU will make our team better.**

Other ways to improve:

This packet includes a simple plan for improving your basketball skills over the summer that we'd like everyone on the team to do as a baseline. However, there are many areas of basketball not covered by this plan that you might be interested in working on.

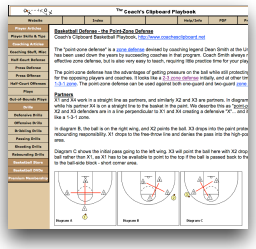


Girls Basketball Manual

The U-High Girls Basketball Manual contains many different ideas and drills for improving various facets of your game. For example, you'll be a much better player with improved *dribbling* and *ball handling*, improved accuracy and speed with your *passing*, better position and quickness with your *rebounding*, or shutdown ability with your *defense*. Check it out if you need ideas!

Your basketball IQ

You can always be a smarter player. One way to do this is to study the game of basketball. Along with the girls basketball manual, on our team website: (**http://bakerfranke.com/bball**) we have a link to the "Coaches Clipboard Playbook" which contains TONS of offensive and defensive plays, schemes, drills, and theory. The site is password protected with **username**: maroons **password**: wantitmore. If you feel like learning about basketball it's a great place to go.


http://bakerfranke.com/bball

You might **find a play you like** on the website, get your friends together and try it out. *If it you like it, we'll use it!*

Stuck at home?

If you're stuck at home without a basketball hoop, or you can't get to one, there are lots of things you can do at home. The best thing to do is one-handed shooting on your back. You can also do a bunch of ball-handling skills right in your bedroom, without even having the ball the hit the floor. If you have a basement, or place you can dribble without disturbing the people in your house, you can improve your dribbling just by sitting in a chair and dribbling underneath your legs while watching TV!

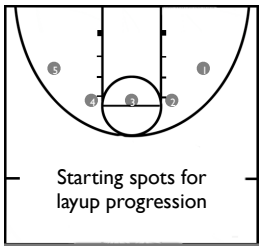
Basketball Skills Training

From your coaches:
You hear time and again that "baksetball players are made in the summer." The reason this is true is that the summer is when you have the most time to yourself without the distractions and pressures of school to improve your personal basketball skills. Basketball is fun. But it's even more fun when you can make shots, make a dribble move past a defender, or deliver a perfect pass that leads to a layup. If you set goals for your basketball skills you will achieve them. See the sidebar on "Setting Goals" on the opposite page.

We'd like you to try get a basketball in your hands and shooting 3-4 times a week. If you can **shoot with a partner** you can work much more quickly. Each time you go to work on your shooting we'd like you to do the following:

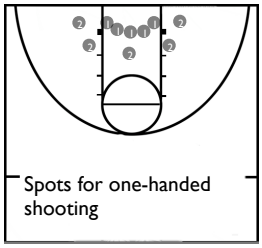
Warm-up:

One-dribble layup progression from 5 spots on the court. Dribble and shoot left-handed from the left side of the court, right-handed on the right. Time-permitting you should try to shoot right-handed **and** left-handed from each of these 5 spots -- e.g. a left-handed layup from spot 1 means, dribbling across the lane with your left hand to left side of the basket for the layup. **You should make at least 5 from each spot** and keep running through the whole thing, to get good and warmed up.



Starting spots for layup progression

One-handed shooting - 50 shots
AFTER warming up with layups, start one-handed shooting. **First** shoot until you make 5 in a row from 5 spots right underneath the hoop. **Second**, shoot 5 shots from each of the spots about 6 feet away from the hoop. If you need more one-handed shooting keep going until you feel comfortable and locked in.



Spots for one-handed shooting

Jump Shots - goal: 200 shots
We'd like you to shoot 200 jump shots in a shooting session. If you don't have time for 200, that's fine, **shoot however many you have time for**. You can breakdown the 200 shots however you like, 20 shots from 10 spots, 10 shots from 20 spots, or all 200 from one spot. Work on an area that you expect to be shooting from in a game.

If you're working with a partner, you should be able to shoot 20 shots in a minute (a little longer if you're shooting long distance). That means that for about **10-15 minutes of individual work, you can achieve this goal.** If you include the layup warm-up, the one-handed shooting, and time for working with your partner, you and your partner could both do this whole workout in under an hour.

If you shoot 250 shots, 4 days a week, for 10 weeks, **you will have shot 10,000 shots** before the start of school!

Other Shots and shooting alone
You don't always have to shoot straight jump shots. You may want to receive a pass on the move, as if you're coming off a screen, plant, pivot and shoot. If you're alone you can spin the ball to yourself to do this. Down low, you can start under the hoop, spin the ball to yourself on one of the blocks, catch it with your back to the hoop and make a post move to shoot. You can do most of these things by yourself, it will just take a little more time.

Play basketball -- it's a no-brainer, but playing in basketball games, either pickup, or a rec. league or open gym, is a great way to get better. The hard truth, though, is that there are not as many opportunities for girls to play as there are for boys, so you have to take advantage of the opportunities when they arise. Playing in games gives you experience that you need to understand why we practice certain things - it helps you visualize shooting in game situations, and helps you understand the reasoning behind team strategy. You can also learn a lot from playing with and emulating players better than you.

One-Handed shooting at Home
You can do lots of one-handed shooting at home in your living room while watching TV! Get a basketball - actually any kind of ball will do - and lie on your back. With your shooting hand, shoot the ball into the air directly over your head, so that it has good backspin and comes right back down to where you released it. Work on your form: when you shoot, hold your follow-though straight in the air and see if you can get the ball to come back down to your hand without having to move your arm. Once you get that down, try to shoot it higher -- don't hit your ceiling though :)

The girls basketball manual, has many suggestions for shooting drills that you can do to get these shots in. There are specific shots for post players and guards and general shooting drills as well.

Agility and Strength Training

From your coaches: Agility and strength will help you in any sport. For basketball there are 4 key exercises we'd like you do **2-3 times a week**. You can do each one for some amount of time, or for some number of repetitions that you target. The most important thing is that you do these exercises with proper technique and form. If you don't you won't get the benefit from them. The exercises are:

Jumpies -- for explosive jumping ability and balance. It's important that you start and end with your knees bent, back straight, and hands out in front of you - this will greatly improve your balance and body control.

Push Ups -- Strengthens biceps and shoulders - this will allow you to shoot easier and make long, crisp passes. You can vary how far apart you spread your hands when doing push ups - doing so, slightly emphasizes different muscle groups in your arms and shoulders.

Forward Jumps -- this is about gaining balance and strength in your stabilizing muscles, especially your feet and ankles. In basketball you need to be able to stop on a dime at a full out sprint. This will help. The motion is the same as Jumpies, but you should really try to leap as far forward as you can, maintaining your balance.

Situps -- helps to strengthen your "core" which helps with balance, quickness and helps prevent against injury.

How many Sets?

How many sets of each of these exercises you do is up to you, but you won't get much benefit unless you do at least two sets. We would encourage you to try 3 sets in one session. Each set you'll be able to do less and less, but it's important to reach struggle against that failure point. Three sets of each of these exercises will only take 15 minutes! assuming you take a 1 minute break between sets. **Can you spare 15 minutes, 3 times a week, to get stronger?**

Other exercises

If there is a particular area you'd like to work on more, you may add some exercises to the ones above. You may also substitute some other exercises for variation. The substitution should work the same muscle groups, or work on a similar facet of agility. For example, you might want to substitute **leg lifts** for situps; jumping **side to side** or **box jumps** for forward jumps, etc. There are many creative and fun ways to exercise out there, we encourage you try them.

The U-High Girls Basketball Manual has a section on Physical Training starting on page 24. You may find some other exercises there, as well as a discussion of muscle groups that are important for basketball.

The internet is also full of workout programs and exercise suggestions. You may use any that you like. Please share if you find an effective one.

The General Theory of Training

You are your own best judge about what you need to work on and how hard to push yourself. Here are some general principles when training:

1. Good Pain vs Bad Pain -- "hurting good" is when your muscles are tired, feel like rocks, and you overcome the fatigue to push through for that last pushup, or for the last 5 seconds of an exercise. Bad hurt is when your ligaments are straining, you feel sharp pains in your joints, or pull a muscle. Obviously you want to go for the good pain. If you are feeling **good pain**, **you are getting stronger and you should feel proud**. If you feel **bad pain**, you should **stop** the exercise immediately.

2. Desire to push yourself
Understanding that "failure" in exercise is the goal, will go a long way to improving your mental state and motivating you to do better. Getting stronger is about pushing your body to the point of failure (or close to it). If you never reach that point, you'll never get stronger, and you'll never know what you're capable of. **The reason we train is to push that failure point further away, so that you can do more before feeling tired.** Pushing yourself is hard mentally because none of us likes to fail and none of us likes to do things we're bad at., and you'll feel tired afterward. But training is about personal improvement. Don't compare yourself to others in terms of fitness, that won't help you improve.

3. Setting goals
If you have a plan and you chart your progress, for any athletic endeavor, you will see improvement. The sheer act of charting your progress will help you focus on what you're trying to do, and with that focus comes improvement -- and that's empowering. **If today you can do 5 pushups in a row without stopping, how many could you do 3 months from now if you really worked at it?** If today it takes you 300 jump shots to make 100 from some spot on the floor, how many will it take 3 months from now? Figure out where you are now, and make a realistic goal for improvement maybe 10-20% improvement for some exercise. Once you reach it and pass it, set a new goal. Without a goal, you're just moving around without purpose and you won't see much improvement.

U-High Girls Basetball Summer Workout Data Sheet

Enter the number of reps -- Either, go for some amount of time, or have a goal of some number of reps in each set.

Record your shooting however it makes sense to you. But be sure to write down the total number of shots so it's easy to add up later.

Date	Jumpies	Pushups	Fwd Jumps	Situps	Other/Notes	Layups	One Hand	Jump Shots	Comments/Notes
01/01/10	*15, 20*	*15, 12*	*8, 6*	*25, 20*	*2 sets, 45-sec each*	*5 x 10*	*70*	*200*	*Shot from 50 shots from 4 spots: corners and elbows*
01/02/10	-	-	-	-	-	5 x 5	55	200	*Shot 20 shots from 5 spots around 15ft, 50 post shots from each block*

Need another sheet? You can find and printout out another copy from the website: http://bakerfranke.com/bball