

# Baylor Basketball

## Speed and Agility Training Introduction

### 12 Weeks

#### Day 1-Speed Training

Movement Warm-Ups		Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Walking Lunges	Reverse Lunges	2 x 10yd	2 x 15yd	2 x 20 yd	2 x 20 yd
2. Hip Round-Offs	Reverse Hip Round-Offs	2 x 10yd	2 x 15yd	2 x 20yd	2 x 20yd
3. Feet - Hand		2 x 10yd	2 x 15yd	2 x 20yd	2 x 20yd
4. Defensive Slides		2 x 10yd	2 x 15yd	2 x 20yd	2 x 20yd

Rest 1-2 minutes\*\*

Form Running		Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. High Knees		2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
2. Butt Kicks		2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
3. A Skip		2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
4. B Skip		2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
5. Backpedal		2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd

Rest 2-3 minutes\*\*

Technique Development		Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Seated Fast Arm Extensions (Wk 7-12) Standing		2 x 10sec	3 x 10sec	2 x 10sec	3 x 10sec
2. Push-Up Starts		2 x 5yd	3 x 5yd	4 x 5yd	4 x 5yd
3. Single Leg Sprint		2ea x 10yd	2ea x 10yd	3ea x 15yd	3ea x 15yd
4. 3 Hops + 10yd Sprint		2 reps	2 reps	4 reps	4 reps

Rest 3-4 minutes\*\*

Speed Development		Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Sprints (Max Effort)		1 x Halfcourt	12 x Halfcourt	8 x Fullcourt	10 x Fullcourt

\*\*Make sure there is at least 75seconds rest b/w each sprint. (FULL RECOVERY)

Rest 3-4 minutes\*\*

Core Development		Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Seated Russian Twists		2 x 10 each	3 x 10 each	2 x 20 each	3 x 20 each
2. Over the Shoulder w/ Med. Ball / Plate		2 x 6 each	3 x 6 each	3 x 8 each	3 x 10 each
3. Overhead Throws		3 x 4	3 x 6	3 x 8	3 x 8
4. Crunch Circuit		2x	3x	4x	4x
a. Single Leg Bicycle		25 each	25 each	25 each	25 each
b. Suitcase Crunch		25	25	25	25
c. Crossover Crunch (Rocky)		25 each	25 each	25 each	25 each
d. V-Up		25	25	25	25

(Allow 30-60 seconds b/w reps)

## Baylor Basketball Speed and Agility Introduction 12 Weeks

### Day 2 - Agility & Anaerobic Endurance

Movement Warm-Up:	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Knee Hugs	2 x 10yd	2 x 15yd	2 x 20 yd	2 x 20 yd
2. Hip Round-Offs/ Reverse Hip Round-Offs	2 x 10yd	2 x 15yd	2 x 20yd	2 x 20yd
3. Squat and Tuck	2 x 10yd	2 x 15yd	2 x 20yd	2 x 20yd
4. Defensive Slide	2 x 10yd	2 x 15yd	2 x 20yd	2 x 20yd

Rest 1-2 minutes\*\*

Form Running	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Lateral Skip w/ Arms	2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
2. Icky Shuffle	2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
3. Backpedal	2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd
4. Lateral High Knees	2 x 10yd	2 x 15yd	4 x 10yd	4 x 15yd

Rest 2 minutes\*\*

Agility Menu	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. 5-10-5 Shuffles	Pick	Pick	Pick	Pick
2. 4 Corner Ball Steal	any	any	any	any
3. W Drill	4	4	6	6
4. 8 Cone Drill	and	and	and	and
5. Star Drill	complete	complete	complete	complete
6. Line Drill	3 reps	4 reps	3 reps	4 reps
7. 5-10-5 Up/Downs	of	of	of	of
8. Jump Rope	each	each	each	each

*(Allow 45-60 seconds b/w reps)*

Rest 2 minutes\*\*

Anaerobic Endurance	Weeks 1-3	Weeks 4-6	Weeks 7-9	Weeks 10-12
1. Baseline-Halfcourt Shuttle (10 trips) < 30sec to complete, 90sec b/w reps	2 reps	3 reps	3 reps	4 reps
	Rest 90sec	Rest 90sec	Rest 90sec	Rest 90sec
2. Baseline-Baseline Shuttle (10 trips) < 50sec to complete, 2:30sec b/w reps	2 reps	2 reps	3 reps	4 reps

\*\*Repeat Core Development Program from Day 1\*\*

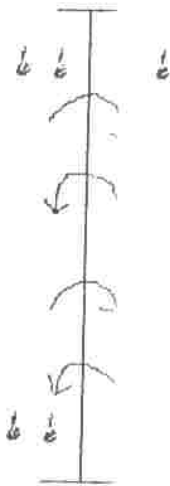
#### Key

10yd = Top of 3pt line

15yd = Halfcourt

## Agility Drills

### Line Drill



### Line Drills

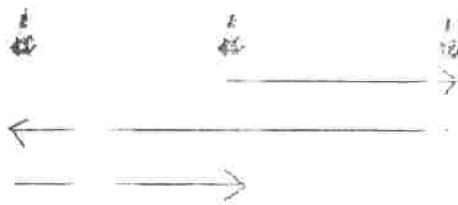
1. This drill requires only a line to complete.
2. There are a series of hops completed based on time.
  - a. *Jump Together (facing)* → keeping the feet together hop back and forth over the line as quickly as possible.
  - b. *Jump Together (side-side)* → turn sideways and hop back and forth over the line.
  - c. *Scissor Jump* → start facing the line. Have one foot over and one back, switching with each jump. Keep the feet low, and move quickly.
  - d. *Over and Back* → facing the line, move both feet across and then back.
  - e. *Summer Time* → straddle the line, then perform a right foot cross, then a left foot cross for the allotted time.

### Jump Rope

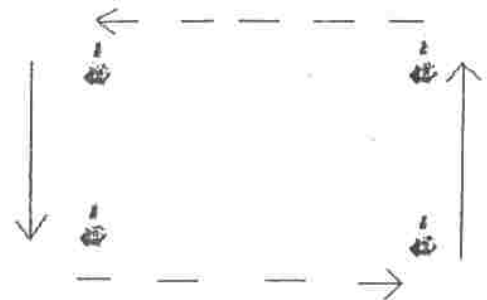
1. Using a standard jump rope perform a series of drills for the allotted time.
2. Variety is the key. This drill and the one above can be done daily to assist in foot quickness.

## Agility Drills

### 5-10-5



### 4 Corners



### 5-10-5 Shuttle

1. Start in a ready position, straddling middle cone.
2. Then quickly move 5 yd to the right touching right hand only on line.
3. Then quickly change direction and sprint 10yd across to the far left cone.
4. Place left hand only on line, then sprint back through the start.

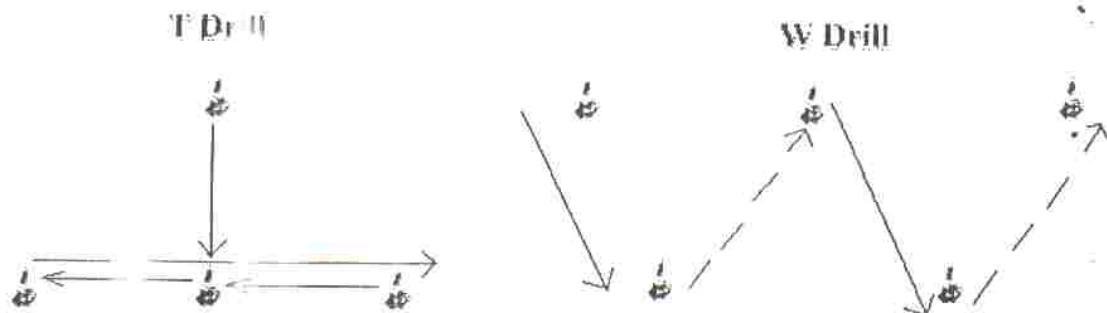
### 10-5 Up/Backs

1. Remember than starting facing the middle cone, begin at one end in the ready position.
2. Sprint forward 5 yd to the first cone, touch the line with the foot, and quickly backpedal to the start.
3. Cross the start line and then without rest, change direction and sprint 10 yd to the far cone, then backpedal back to the start.
4. Change direction one final time and sprint 5yd to the first cone, then backpedaling to the start.
5. This drill can be performed substituting slides for sprints and backpedals, for greater lateral speed and explosion.

### 4 Corners

1. Set the box up in a 10yd x 10yd square.
2. To start the drill, get in a ready position at either corner.
3. Then staying outside the cones, quickly sprint around all four corners emphasizing tight turns and start stop acceleration.
4. To add variety, this drill can also include other movements such as backpedaling and sliding. (sprint, defensive slide, backpedal, sprint)

## Agility Drills



### T Drill

1. This drill is set up with 5 yd between each cone.
2. Start at the back cone in a defensive stance.
3. Quietly sprint forward and touch the middle cone with the either hand.
4. Then slide and run to touch the right cone with the right hand.
5. Following this touch, turn and sprint to the far left cone and touch with the left hand.
6. Complete the drill by sliding back to the middle cone and touching with either hand and then backpedaling to the starting point.

### W Drill

1. This drill should be completed with 5yd between each cone.
2. The point of the drill is to force start-stop acceleration, and tight turns.
3. Start in a ready stance outside the cone.
4. Explode to the first cone, then quickly turn and backpedal to the outside of the second.
5. Continue this sprint, backpedal sequence through the remainder of the drill.
6. The only variation recommended is a W sprint, W backpedal, or W Defensive Slide (Sprinting, sliding, or backpedaling around all 5 cones.)



# Baylor Basketball

## Plyometric Training Introduction

### Weeks 5 - 12

**Day 3 - Plyometric Training**

Exercise	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
1/4 Squat Jump (Pogo)	3 x 10	3 x 10	3 x 10	3 x 10				
Squat Jump	2 x 6	3 x 6	3 x 8					
Tuck Jump (Knee)	1 x 4	1 x 4	2 x 5	2 x 5	3 x 5	3 x 5		
Box Sequence Jumps			3 x 4	3 x 4	3 x 4			
Lateral Sequence Jumps						3 x 2ea	3 x 2ea	3 x 2ea
Depth Jump							4 reps	4 reps
Chest Pass	2 x 4	2 x 4	3 x 4	3 x 4	3 x 4	3 x 6	3 x 6	3 x 6
Med. Ball Throwdown	2 x 3	2 x 3	3 x 3	3 x 3	3 x 3	4 x 4	4 x 4	4 x 4
Russian Twists	2 x 8ea	2 x 8ea	3 x 8ea	3 x 8ea	3 x 8ea	3 x 10ea	3 x 10ea	3 x 10ea
Arc Throws	2 x 3ea	2 x 3ea	3 x 3ea	3 x 3ea	3 x 3ea	4 x 3ea	4 x 3ea	4 x 3ea
Rocket Jump				2 x 4	2 x 6	3 x 5	3 x 5	3 x 6
Scissor Jump	2 x 2ea	2 x 2ea	2 x 3ea	2 x 3ea				
Lateral Bound			2 x 2ea	2 x 2ea	2 x 3ea	2 x 3ea	3 x 3ea	3 x 3ea
Lateral Hop (cone)					3 x 3ea	3 x 3ea	3 x 4ea	3 x 4ea
Alt. Leg Bound					2 x 3ea	2 x 3ea	3 x 3ea	3 x 3ea

(Standing 2-Arm Overhead Throw)

\*\*Denotes weighted\*\*

# JUMPS (Drills 1-17)

## Drill 1 (Pogo) 1/4 Squat Jump

**Introduction:**

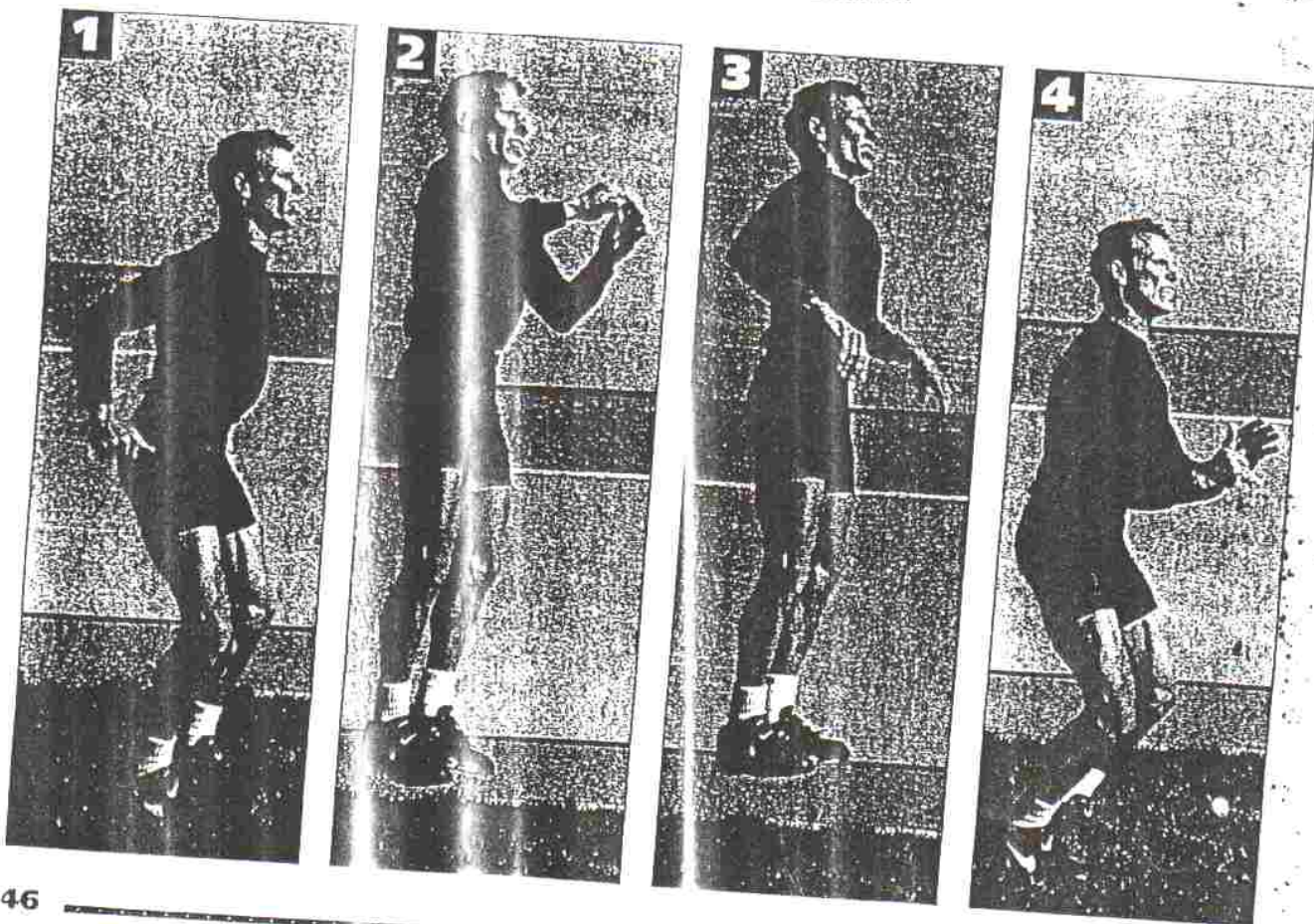
This is the beginning exercise in teaching and learning jumps. The posture and the landing and takeoff positions for vertical hip projections begin with these simple lower-leg executions.

**Starting position:**

Take an upright stance with knees slightly bent, chest out, and shoulders back.

**Action sequence:**

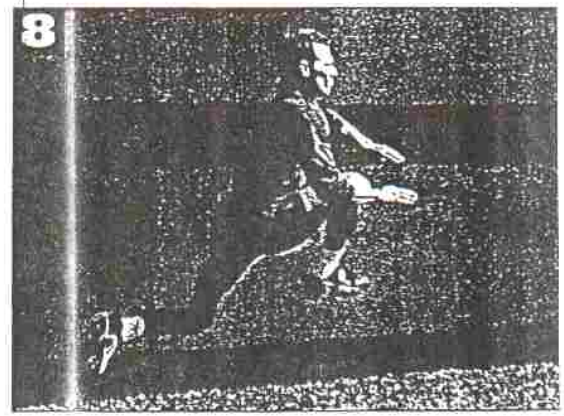
Begin by emphasizing a vertical takeoff, projecting the hips upward for height, using only the lower portion of the legs. Use the arms and shoulders in an upward blocking fashion. Emphasize slight flexion and extension of the knee, and more flexion of the ankle and foot. Upon takeoff, the ankle must lock the foot into toes-up position (dorsiflexion), maintaining this locked position throughout to ensure sturdy contacts and quick, elastic takeoffs.





**Action sequence:**

Begin by pushing off with the back leg, driving the knee forward and upward to gain as much height and distance as possible before landing. Repeat the sequence (driving with the other leg) upon landing. Keep the ankle locked in dorsiflexion and the heel up under the hips to reduce the ground-contact time and promote efficient hip projection upon subsequent takeoff. Either block with the arms in a contralateral motion, as with normal running, or execute a double-arm swing.





## Drill 27

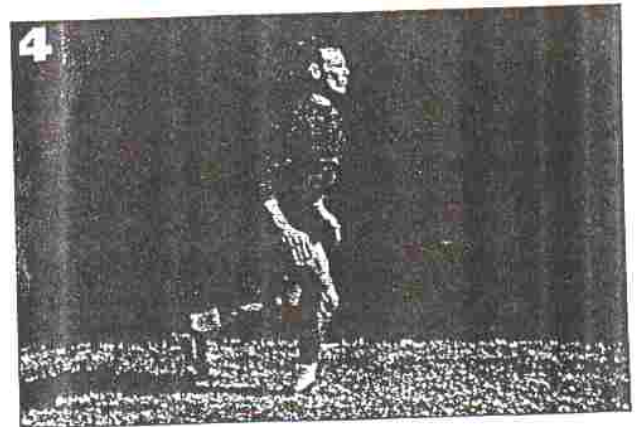
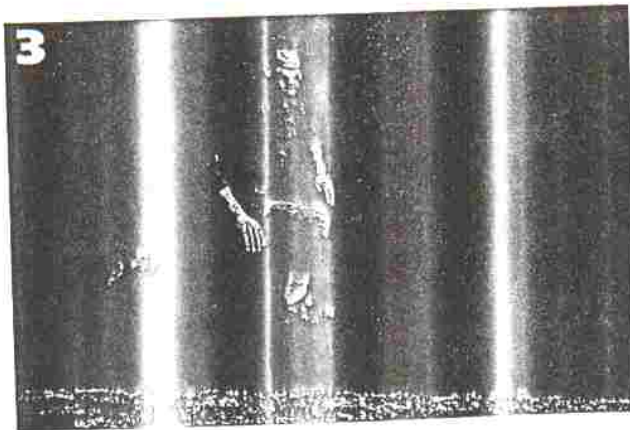
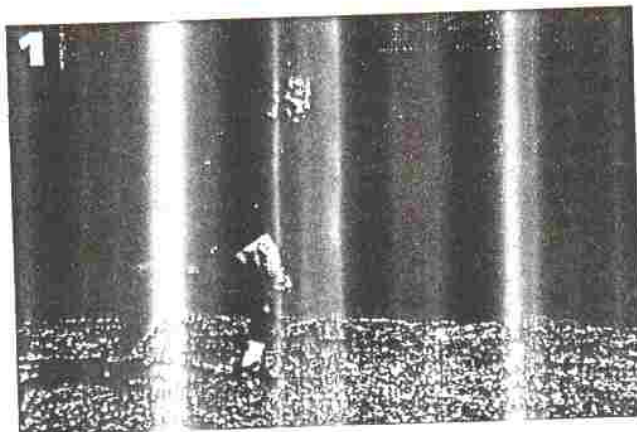
# Alternate Leg Bound

### Introduction:

This drill is the prime exercise in specifically developing explosive leg and hip power. Alternating the legs works the flexor and extensor muscles of the thighs and hips, a drill that enhances running, sprinting, and jumping actions.

### Starting position:

Assume a comfortable stance with one foot slightly ahead of the other as to initiate a step; arms should be relaxed and at the sides. Variations to a stationary start are walking or running starts, which assist the efficiency of the performance. Other variations include alternating the landings (e.g., RRL, LLR, RLL) to emphasize the acceleration-reacceleration of the stride mechanics.



## Drill 22

# Lateral Bound

(Single Response)

**Introduction:**

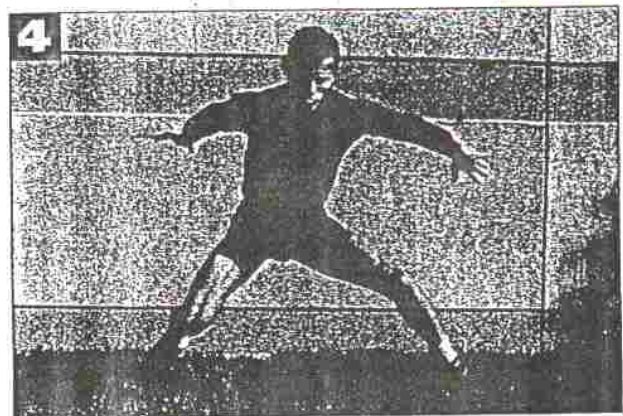
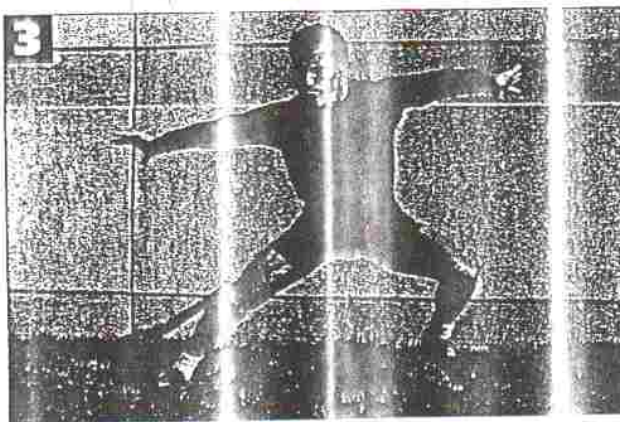
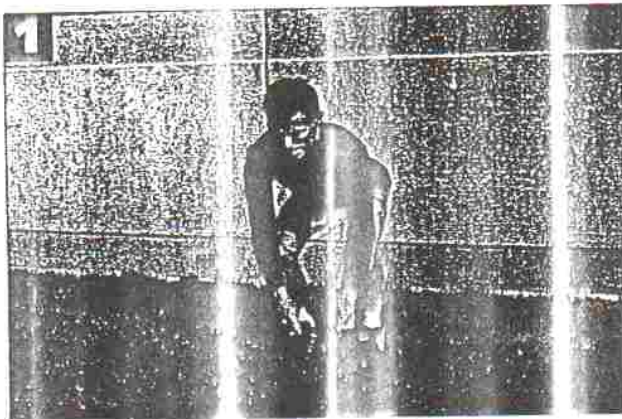
Do the beginning progression of the lateral bound as a single-response drill, using maximum explosion and resetting each time for optimal feedback about your performance. Emphasize using the thigh and groin muscles as well as the hips and lower back.

**Starting position:**

Assume a semisquat position that is perpendicular to the destination.

**Action sequence:**

Emphasizing distance and horizontal trajectory, allow the lead leg to do a countermovement jump inward, shifting the weight to the outside leg for an immediate push-off and extension while the lead shoulder and knee dip and drive for distance. The lead foot will land first with the trail foot following to balance the landing.





## Drill 9

# Scissors Jump

**Introduction:**

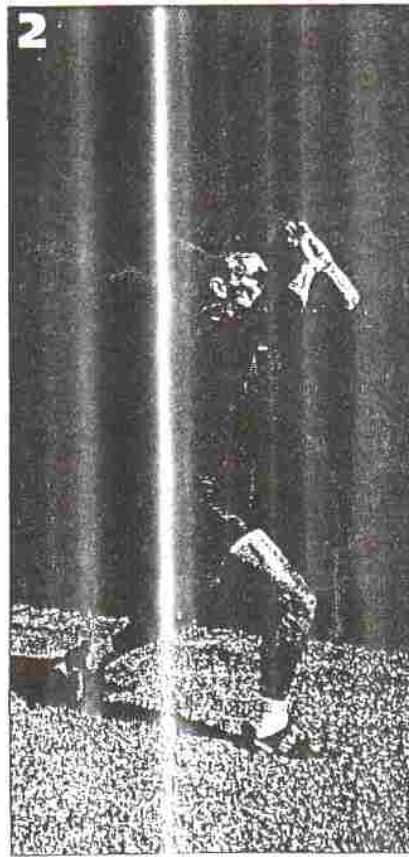
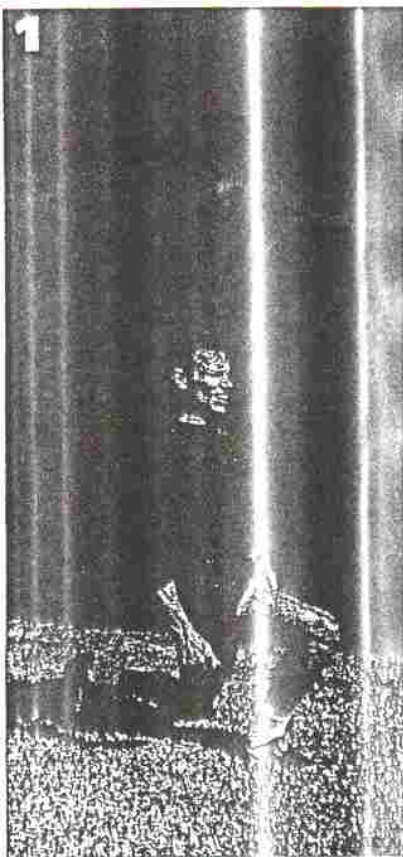
As in the split jump, this exercise works the muscles of the lower body and torso. It is similar to the split jump except that you also emphasize leg speed; therefore, it is especially good for runners and jumpers.

**Starting position:**

The beginning stance of the scissors jump is the same as that of the split jump.

**Action sequence:**

The initial movement of the scissors jump is identical to that of the split jump. However, at the apex of the jump, reverse the position of the legs, that is, front to back and back to front. Switching the legs occurs in midair, and you must do it quickly before landing. Upon landing in MR mode, repeat the jump, again reversing the position of the legs. Emphasize attaining maximal vertical height and leg speed in this exercise.





## Drill 4

# Rocket Jump

### Introduction:

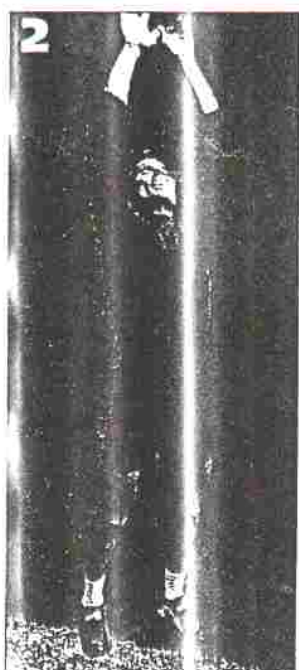
Perform this exercise on a flat, semiresilient surface. It is a basic drill for developing power throughout the entire torso and applies to many sports. The primary emphasis is to attain maximum height and vertical reach with every effort.

### Starting position:

Assume a relaxed, upright stance with feet about shoulder-width apart. Slightly flex the arms and hold them close to the body.

### Action sequence:

Begin by flexing downward to a half-squat position; immediately check this downward movement and explode from this takeoff position upward as high as possible, extending the whole body vertically. As the body descends, flex the joints so the body is again poised in takeoff position upon landing. Repeat this flexion to full height extension with minimal movement away from the vertical plane.



# Drill 61d (Standing Two-Arm Overhead Throw)

Med Ball  
Throw

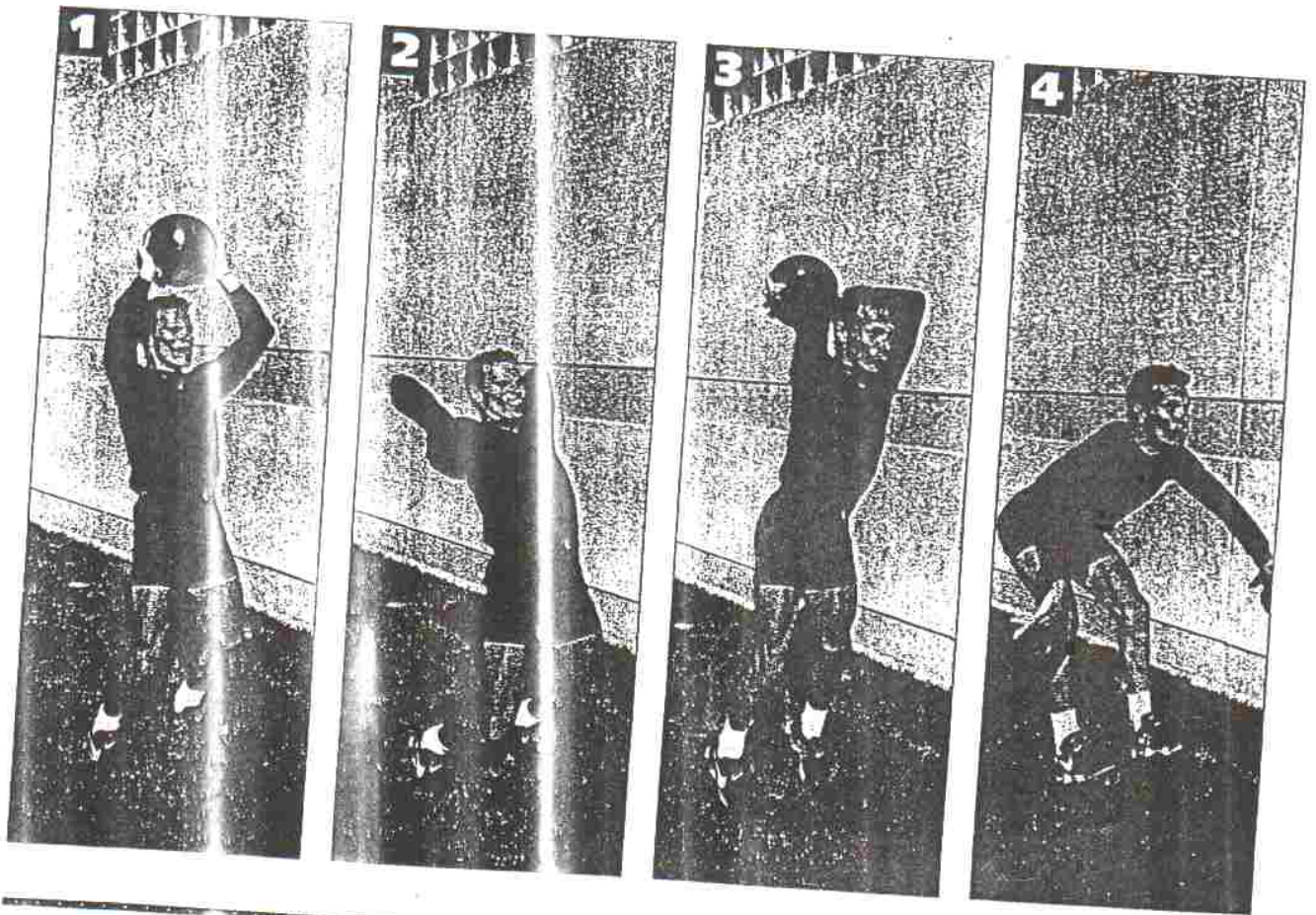
**Starting position:**

Stand with feet together and evenly balanced.

**Action sequence:**

Perform the pass as in the kneeling two-arm overhead throw. Initiate the motion with knee flexion, followed by hip thrust, torso whip, and follow-through allowing for a slightly airborne body upon completion.

\* Throw  
down, st  
into the





## Drill 59

# Medicine Ball Chest Pass

\* Perform exercise while standing

**Introduction:**

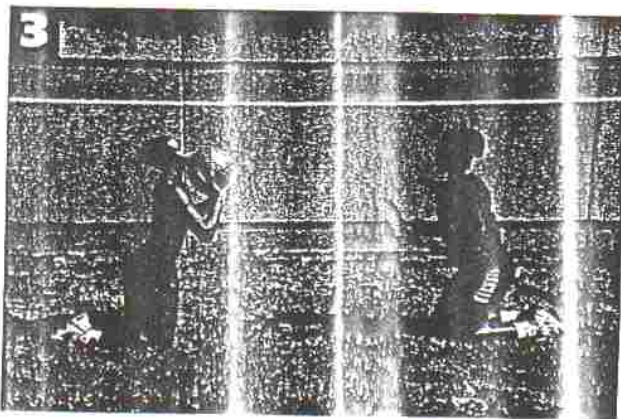
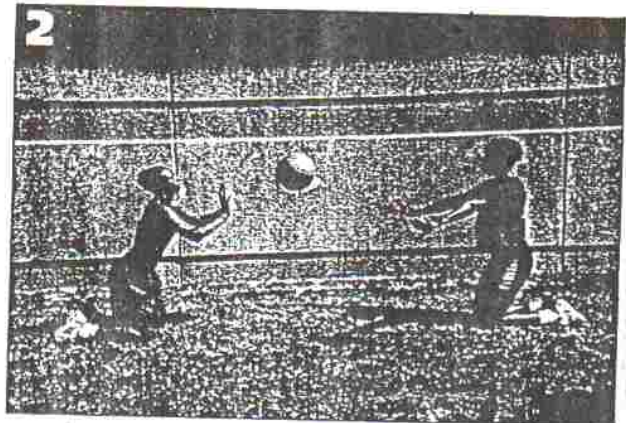
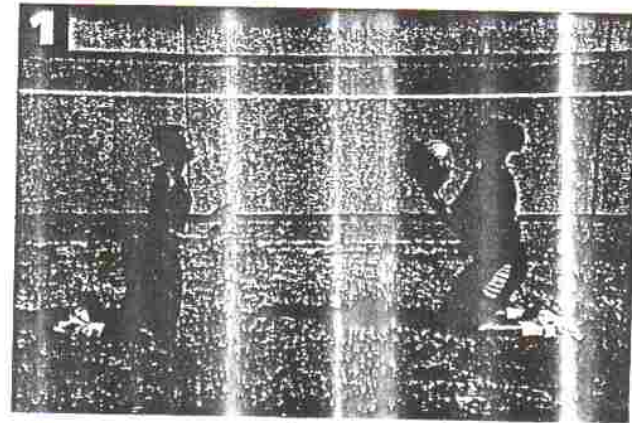
Perform this exercise preferably with a partner (a wall can suffice), using a 7- to 15-pound medicine ball. The movement is specific to the basketball chest pass but is also beneficial in wrestling, football, and shot put.

**Starting position:**

Partners stand, kneel, or sit facing each other. One partner holds the ball chest high with hands slightly behind the ball and arms flexed. The other partner anticipates the catch with arms extended horizontally at the chest.

**Action sequence:**

One partner pushes the ball rapidly outward, extending arms to full length. The other partner checks the momentum of the ball and, before fully collapsing the arms, pushes outward in the opposite direction, passing it back with a full follow-through. Repeat the sequence back and forth in catch fashion.



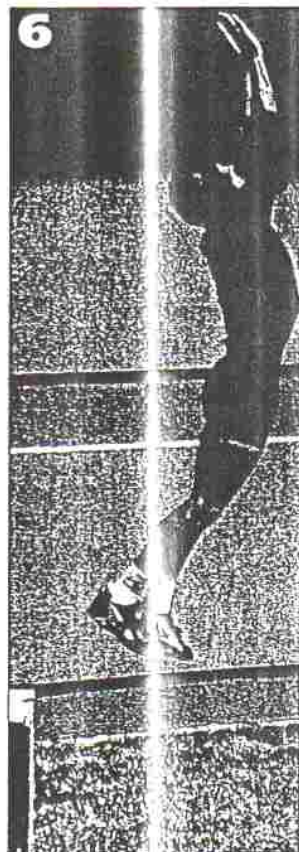


**Starting position:**

Begin by standing at the edge of the elevated platform with the front of the feet just over the edge. Keep the knees slightly bent and arms relaxed at the sides. The objective of this position is to slide or fall off the edge, rather than to jump or step off and inadvertently set the rhythm of performance.

**Action sequence:**

Drop from the elevated surface to the ground. As the flight of the drop occurs, prepare for landing by flexing at the knees and hips. Cock the elbows back and dorsiflex the ankles. Progression into the drill begins with repetitions of landing only. As you arrive at a proper landing position, you can progress to the efficient efforts of immediate takeoff. In depth jumping, it is upon landing, not after, that you initiate the jumping phase by thrusting the arms upward and extending the body for as much height as possible. You need maximum intensity and effort to gain optimal benefits in producing force while keeping ground-contact time to a minimum. Plenty of rest between each maximum effort is necessary as well.



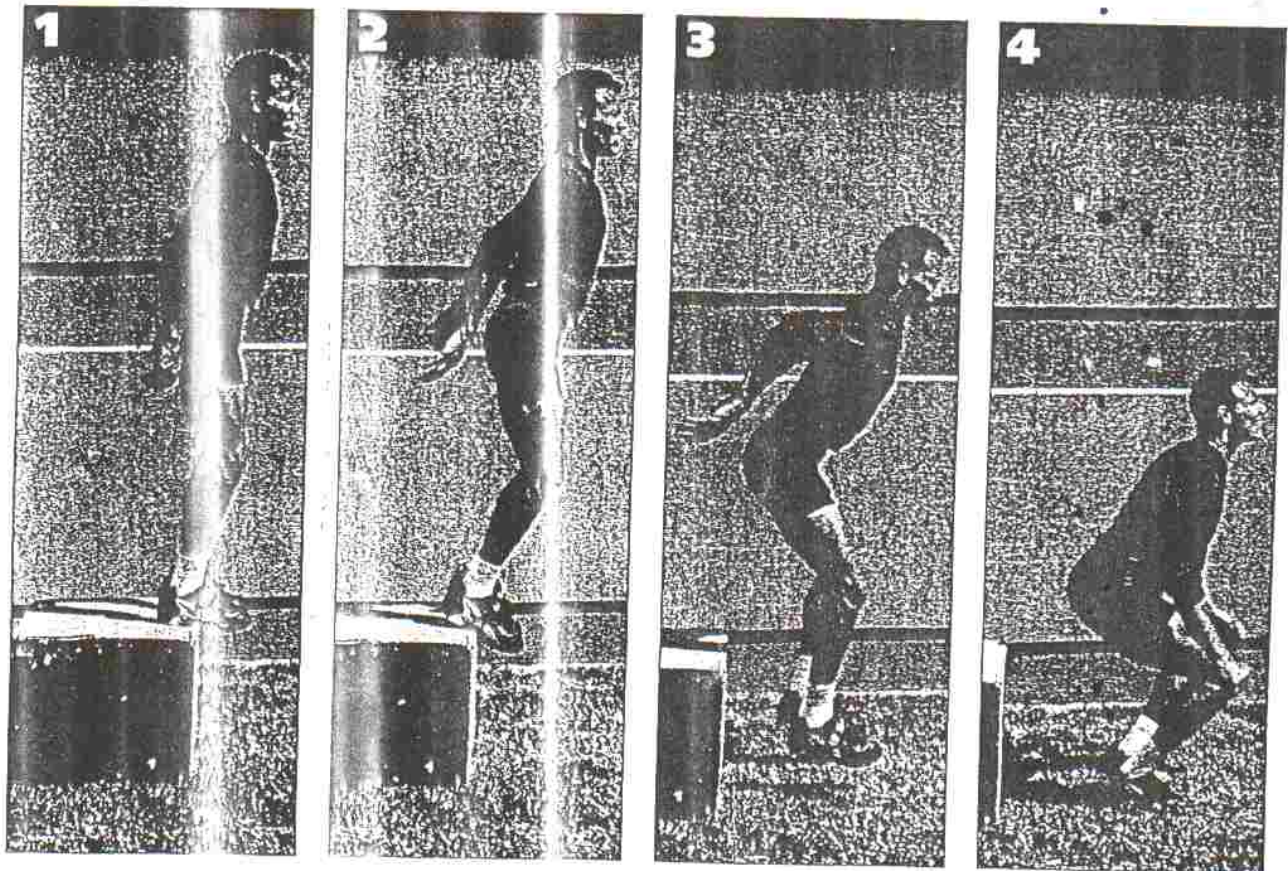


## Drill 14

# Depth Jump

### Introduction:

You will need an elevated surface (box or bench) approximately 12 to 36 inches high for this exercise. The landing surface should be forgiving, yet resilient; grass, gymnastic flooring, or cushioned turf work well. The depth jump is a shock-method exercise and comes in the final portion of the training continuum. Therefore, progression into this drill is a must, as well as progression within it. Apply the shock method by using the elevated platform and a drop or fall to the takeoff surface. The key is to not initiate a rhythm of landing. The landing is the precise phase we are negotiating, to create as efficient a performance as possible. This requires handling the surprise of landing and subsequent takeoff in as optimal an execution as possible. This aspect makes the depth jump elite in its application to all sports because it employs leg strength, speed, and quickness. It also can be a source of problems if you do not progress into it properly, as described in chapter 3.



\* USE multiple boxes

## Drill 15

*Sequence*

# Box Jump (Multiple Response)

**Introduction:**

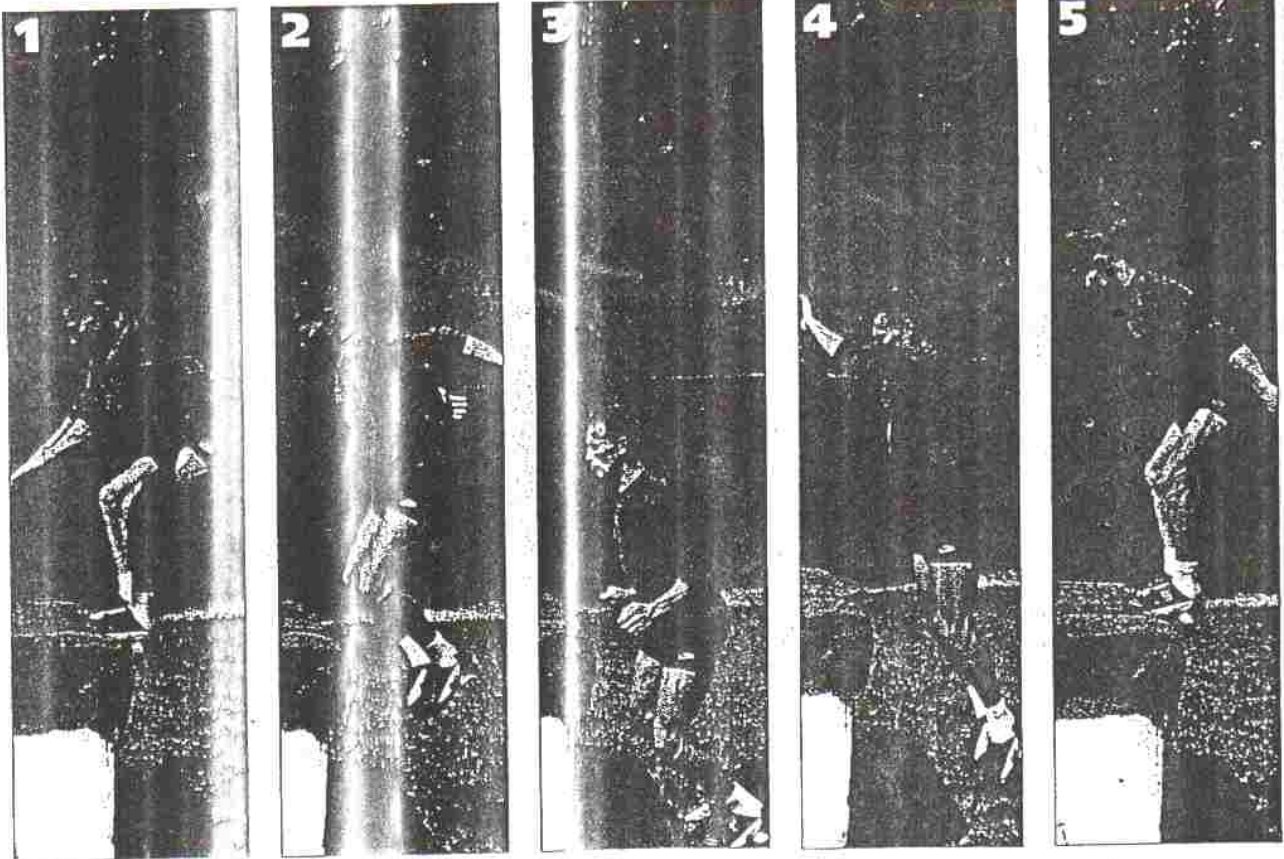
For this exercise you will need boxes, benches, or a sturdy, elevated platform between 12 and 24 inches high.

**Starting position:**

Assume a relaxed stance facing the box or platform approximately an arm's length away. Arms should be down at the sides and legs slightly bent.

**Action sequence:**

Using the arms to aid in the initial burst, jump upward and forward, landing with feet simultaneously on top of the box or platform. Immediately drop or jump back down to the original starting place; then repeat the sequence. You can perform a variation of these responsive movements by alternating the directions of jumping and dropping onto and off the platform. Remember to block with the arms and shoulders and concentrate on minimizing contact times without the expense of good hip projection.





## Drill 7

**(Knee-Tuck Jump)****Introduction:**

Do the knee-tuck jump on a resilient, flat surface such as grass or a gymnastic floor mat. Perform this drill in the usual progression of single response (SR), multiple response (MR) with pause, and finally the main MR method.

**Starting position:**

Assume a comfortable upright stance, placing the hands palms down at chest height. Do this in the early stages to assure good takeoff and landing posture and to give the knees a target. Once good posture is regular, use the customary blocking method.

**Action sequence:**

Begin by rapidly dipping down to about the quarter-squat level and immediately explode upward. Drive the knees high toward the chest and attempt to touch them to the palms of the hands. Upon landing, repeat the sequence, each time driving the knees upward and tucking the feet under the body. Perform multiple responses at a rapid rate with minimal ground contact.



## Drill 2

# Squat Jump

### Introduction:

This exercise is performed on a flat, semiresilient surface. It is a basic drill for developing power in the legs and hips and applies to many sports. The primary emphasis is to attain maximum height with every effort.

### Starting position:

Assume a relaxed, upright stance with feet about shoulder-width apart. Interlock the fingers and place the palms against the back of the head. This will assure proper posture for takeoff and landing in the beginning stages of progressive development. Later, as good posture is regularly evident, you can use blocking with the arms and shoulders.

### Action sequence:

Begin by flexing downward to a half-squat position; immediately check this downward movement and explode upward as high as possible, extending the hips, knees, and ankles to maximum length as quickly as you can. Initially, freeze the landing, check for quality; then you can reset and begin another repetition. Progress from the single response to the multiple with a pause sequence of repetitions, then finally to multiple responses, initiating the jumping phase just before reaching the semisquat position. Work for maximum height with each jump.

