

INDIANA BASKETBALL

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Yearly Outline

- Summer
 - One session or Two sessions
- Pre Season
 - Playing style
 - First game
- In Season
 - How many times per week?
 - How intense?
- Post season
 - Reassess teams needs

ASSESSMENT

- Take at least a week to do some general testing and analysis.
- Incorporate functional tests.
- Take notes.
- Take pictures.
- Create a program for your team, individually or collectively.

TESTING

- ▣ PARALLEL SQUAT
- ▣ BENCH PRESS
- ▣ STANDING AND RUNNING VERTICAL LEAP
- ▣ PRO AGILITY
- ▣ 3 CONE SHUTTLE
- ▣ 3/4 COURT SPRINT
- ▣ LANE AGILITY
- ▣ SIT AND REACH

SUMMER

- ▣ ONE SESSION
- 8 WEEKS
- TOUGHNESS
- COMPETITION
- BASELINE LEVEL OF CONDITIONING
- 5-22s
- TEAM ATMOSPHERE

| INDIANA BASKETBALL SUMMER 2010 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------------------------------|--|--|---------|--|--|------------------|--|--|-----------|--|--|------------------|--|--|------------------|--|--|---------|--|--|------------------|--|--|--------|--|--|
| WEEK 1 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JULY 5TH - 9TH | | | MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | | | | | | | | | | |
| PARTNER T. DOWNS | | | x100 | | | MED BALL (ROT.) | | | CHAMPIONS | | | LEGENDARY ABS | | | 12x1 | | | 6 & 60 | | | x5 | | | | | |
| LOWERBODY PREHAB | | | | | | UPPERBODY PREHAB | | | WORKOUT | | | LOWERBODY PREHAB | | | UPPERBODY PREHAB | | | | | | | | | | | |
| DB CLEAN | | | 3x5 | | | DB SNATCH | | | 3x5 | | | 300 WORKOUT | | | HANG CLEAN | | | 3x5 | | | SNATCH | | | 3x5 | | |
| SQUAT | | | 65% 12 | | | BENCH ASSAULT | | | 60% 12 | | | | | | FRONT SQUAT | | | 40% 12 | | | BENCH ASSAULT | | | 70% 10 | | |
| | | | 12 | | | 60% 12 | | | 12 | | | | | | 40% 12 | | | 12 | | | 10 | | | 10 | | |
| | | | 12 | | | 60% 12 | | | 12 | | | | | | 40% 12 | | | 12 | | | 10 | | | 10 | | |
| | | | 12 | | | 60% 12 | | | 12 | | | | | | 40% 12 | | | 12 | | | 10 | | | 10 | | |
| STEP UP | | | 4x12-12 | | | FREAK | | | 3x10-10 | | | | | | WALKING LUNGE | | | 3x12-12 | | | FINGER TIP P.U. | | | 3x12 | | |
| GLUTE HAM | | | 3x12 | | | LATERAL RAISE | | | 3x12 | | | | | | RDL | | | 3x12 | | | SHOULDER PRESS | | | 3x12 | | |
| CALVES | | | 3x20 | | | DB ARNOLD | | | 3x12 | | | | | | CALVES | | | 3x20 | | | SHOULDER COMPLEX | | | 3x12 | | |
| CHIN UPS | | | 3x12 | | | DIPS | | | 3x12 | | | | | | PULLUPS | | | 3x12 | | | SHRUGS | | | 3x12 | | |
| UPRIGHT ROW | | | 3x12 | | | PRESSDOWNS | | | 3x12 | | | | | | SEATED ROW | | | 3x12 | | | SKULL CRUSHERS | | | 3x12 | | |
| BAR CURLS | | | 3x12 | | | | | | | | | | | | PUMMEL CURLS | | | 3x12-12 | | | PRESSDOWNS | | | 3x12 | | |
| DB CURLS | | | 3x12-12 | | | | | | | | | | | | FOREARMS | | | 3x20 | | | | | | | | |

| INDIANA BASKETBALL SUMMER 2010 | | | | |
|-----------------------------------|---------------------|-------------|---|-----------------------------|
| WEEK 1 | | | | |
| JULY 27th - 30th | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| DYNAMIC WARM UP | DYNAMIC WARM UP | 300 WORKOUT | DYNAMIC WARM UP | DYNAMIC WARM UP |
| LADDER | 1 CAMPUS RUN 25 Min | | PLYOS (SAND) ANKLE JUMP 3x10 SPLIT JUMP 3x10 SQUAT JUMP 3x10 LATERAL HOP 3x10 | CROSSFIELD TO STADIUM STAIR |
| Did 9 hours due to missed times. | | | | |
| BIG 10 CHAMPIONS | | | | |

| PRE SEASON | |
|--------------------------|---|
| <input type="checkbox"/> | PLAYING STYLE |
| <input type="checkbox"/> | PERSONNEL |
| <input type="checkbox"/> | SUMMER CONDITIONING LEVEL |
| <input type="checkbox"/> | INTENSITY AND TIMING OF INDIVIDUAL DRILLS |
| <input type="checkbox"/> | LIFT THEN CONDITION - 4 WEEKS |
| <input type="checkbox"/> | CONDITION THEN LIFT - 4 WEEKS |

| INDIANA BASKETBALL PRESEASON 2010 | | | | | |
|--------------------------------------|---|--|---------------|--|--|
| WEEK 1 | | | | | |
| PLAYER NAME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BI-CYCLE | | MED BALL (ROT.) 20% | REST/RECOVERY | LEGENDARY ABS 12x | 1/2 & 60 |
| SINGLE LEG SQUAT | 2x10 | SCAP RETRACTIONS 2x20 | | OVERHEAD SQUAT 2x10 | INT/EXT ROTATIONS 2x20 |
| POWER SHRUG | x5 190 x5 200 x5 210 x5 210 | HIGH PULL x5 135 x5 160 x5 165 x5 165 | | HANG CLEAN x5 150 x5 150 x5 160 x5 170 | CLEAN & JERK x5 150 x5 150 x5 150 x5 150 |
| SQUAT | 300 65% x12 195 65% x12 195 68% x10 205 68% x10 205 | BENCH ASSAULT 300 68% 12 205 | | WALKING LUNGE 40% COURT 120 40% COURT 120 40% COURT 120 40% COURT 120 | INCLINE BENCH 50% x12 150 50% x12 150 55% x10 160 55% x10 160 |
| SIDE LUNGE | 3x12+12 135 | MED BALL PUSH UP 3x10 | | SQUAT 4x12 120 | FINGER TIP P.U. 3x12 |
| SHIN UPS | 3x12 | LATERAL/FRONT RAISE 3x12 | | RDL 3x12 180 | SHOULDER PRESS 3x12 90 |
| STANDING LEG CURL | 3x12+12 | MB SHOULDER PRESS 3x12 45 | | PULL UP 3x12 | SHOULDER COMPLEX 3x12 |
| UPRIGHT ROW | 3x12 85 | SHIPS 3x12 | | CALVES 3x20 195 | REAR FLY 3x12 |
| CALVES | 3x20 | PRESSDOWNS 3x12 | | TOWEL ROW 3x12 | SKULL CRUSHERS 3x12 |
| BAR CURLS | 3x12 | | | PUMMEL CURLS 3x12+12 | BAND PRESSDOWNS 3x12 |
| MED BALL CATCH | | | | FOREARMS 3x20 | |
| BIG 10 CHAMPIONS | | | | | |

PRE SEASON CONDITIONING

- ☐ MONDAY
5 - 22s (4 lengths of the court)
- ☐ TUESDAY
3 - 300yd SHUTTLES
- ☐ WEDNESDAY
RECOVERY REGENERATION
- ☐ THURSDAY
TEAM SPRINTS (8 lengths of the court 2:10)
- ☐ FRIDAY
STATIONS (7 stations 2:30 each)

IN SEASON LIFT

- ☐ 3 DAYS PER WEEK
- ☐ HEAVY LEG EMPHASIS
Day furthest away from the game
- ☐ HEAVY UPPER BODY EMPHASIS
Day after the heavy leg lift
- ☐ NEUROMUSCULAR LIFT
Day before the game

HEAVY LEG EMPHASIS

- ☐ BOX SQUAT 4 x 2
- ☐ PLYO PUSH UP 3 x 10
- ☐ STEP UP PRESS 3 x 5+5
- ☐ PULL UPS 3 x 6
- ☐ MED BALL LEG CURL 3 x 6
- ☐ BAR CURL 3 x 6

UPPER BODY EMPHASIS

- ☐ BENCH PRESS 6, 4, 4
- ☐ SINGLE LEG SQUAT 3 x 6+6
- ☐ LAT/FRONT RAISE 3 x 8
- ☐ KEISER POWER PULL 3 x 8
- ☐ DB CALF RAISE 3 x 10+10
- ☐ TOWEL ROW 3 x 8
- ☐ SKULL CRUSHER 3 x 8

NEUROMUSCULAR LIFT

- PAUSE DB BENCH 3 x 6
- BAR PUSH PRESS 3 x 5
- ☐ SPEED RDL 3 x 5
- ☐ PLYO PULL UP 3 x 8
- ☐ GLUTE BRIDGE 3 x 12

POST SEASON

- ☐ REASSESS
 - Look at season notes
 - Levels of development
- ☐ INJURIES
 - Recovery/Rehabilitation
- ☐ INDIVIDUAL WORK OUTS
 - How intense
 - Timing (before or after lift)
- ☐ BASELINE LEVEL OF CONDITIONING
 - 5-22s
