Corona Virus Fitness Program
2020

In order to achieve the desired results, strength training should be undertaken 3 times per week. The program is one of total body use, meaning that all body parts are used in the one workout. The technique of all the exercises used, should be taught to the player by a qualified strength coach. The correct breathing should also be learnt on the various exercises.

Repetition Range
The program has an emphasis of initially making the player as strong as possible. Therefore, a repetition range of six to eight should be undertaken. This should be mixed every 3 weeks by changing to ten to twelve repetitions.
Eg: 6-8 repetitions for 3 weeks
10-12 repetitions for 3 weeks

The volume of work should follow a cycle of two weeks hard, one week light. Within the "light week", it is the volume of training that decreases while the intensity of the exercises remains the same. In terms of sets and reps, it is the number of sets that decrease (usually by half) while the number of reps stays constant.

Beginner Program
(note each exercise is to repeated the number of times indicated below)
Week 1-2 4 sets - 8, 8, 6, 6 with each exercise except for abdominals
Week 3 2 sets of 8, 6
Week 4-5 4 sets of 12, 12, 10,10
Week 6 2 sets of 12, 10

This process is then repeated. All abdominal exercises should be 4 sets of 25 reps.

BODYWEIGHT PROGRAM

For those athletes that do not have s gym nearby for them to be able to undertake some of the strength training that is outlined in this document and many other the following bodyweight exercise program can be of benefit. All of the exercises below can be performed in your home with very little equipment needed to help. The repetitions that you would follow for this type of program would be eight to six. To start with just your body will be enough resistance, then if you cannot increase the resistance, by say holding heavy books or resting them on you body whilst doing the exercise, you can increase the number of repetitions out to twelve.

The pictures show how the exercises should be done and have a brief explanation. If you still are not sure what to do ask your coach.

Push Ups

Having the body in a horizontal position (as shown below) starts this exercise. Lower the body to the floor by allowing your arms to bend at the elbow. Control the decent of the body down to the floor. Allow only your chest to touch the floor and then push with your arms to move the body back into the starting position and have the arms return to their straight position. This exercise can be done with a wide hand placement or a narrow one. The difference being that the wider the hand placement the more work the chest does, the narrower the hand placement the more work the upper arm (tricep) does.

Points to remember with this exercise are that the arms should remain outside of the body as illustrated by the fourth picture below. For girls it may be hard to start with the body straight and on the toes. You might have to start with your knees on the ground. Once you have done this exercise for a while you can change the feet position and hand placement position for better effect

Dips

The start position for this exercise is shown below. You can find a box or bench to put your hands on. Put your feet and the rest of your body out in front of you and lower your body to the ground by bending your elbows. Make sure that you lower your body in a slow and controlled manner. Once you get to an angle of 90 degrees at the elbow joint, push with your arms to get back to the start position and straight arm position. Make sure that you do not lower your body to far as this will put unnecessary strain on the shoulder and sternum joints. Some athletes will find this exercise uncomfortable to do initially until their shoulder and sternum joints can go through the correct range of movement.

Lunges

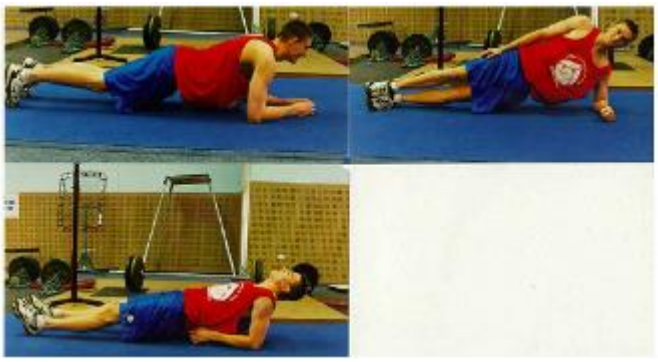
This exercise is for the stability and strength of each leg. The reason for doing lunges is to identify and correct if one leg is stronger or does more work than the other. The start position, below left, has the body in an upright position and legs spread apart. Do not have both your front foot and back foot on the same line as this is not good for your balance. Once you have your feet in the right position lower your body by bending at the knee joint. Do not let your knee push over your toes on the front foot. Make sure that you only lower your body until there is a knee angle of 90 degrees on your front leg. Be aware that you don't let your knee of the back leg touch the floor. Push hard with your front leg to get your body back to the start position again. This will feel like you have to push backwards with your front leg. **Due to your age these are to be done without weights.**

Single Leg Squats

This exercise is for the strengthening of the upper leg whilst also making sure that the pelvis stabilises the upper body. The lowering of the body must be done in a controlled manner and the body is kept in an upright position as much as possible. The depth that you should lower your body to will depend on the flexibility of your ankle joint. To come back up from the bottom position you must use your hips to help by pushing them forward as you come up. Make sure that you do not lean to one side or have your body come out of alignment. When you lower your body make sure that your knee tracks over the big toe of your foot. This will keep you knee in the right alignment and make sure that the muscles of your upper leg are developed in the right way.

Static Hold

This is an abdominal exercise that teaches the body to be stable in four different functional lines. The body must be stable in all four planes of movement. Each position should be held for 15 seconds to begin with and then increased as you get better at holding each position. At each position the body must be held in a straight line. The arms in each position support the body, the hips are keep at the same level as the rest of the body, as illustrated by all the pictures below.



Calf Raises

This exercise is for the lower leg and helps in the reduction of injuries to the knee. Most athletes do not have the right strength levels in this area to absorb the shock of landing. Making your calves stronger will enable you to handle more loads from the running and jumping that you do. Place the ball of your foot over the edge of a platform or a step. Lower your body as far as your ankle will let you and then lift your body by using you calves. The picture on the left shows that start position and the picture on the right the finish position.

Crunches

An abdominal exercise that can be done anywhere. Do not have your feet fixed to anything and have you legs bent at the knees. Keep your feet flat on the floor and have your hands next to your head. Do not hold the back of your head with your hands, as this will put stress on your neck. Let your abdominals do the work to pull the body up to the knees. Do not attempt to jerk your body off the ground in an effort to get up to your knees. Try to get your trunk off the floor as much as possible but let your abdominals do the work and not gain momentum with your arms.

Leg Raises

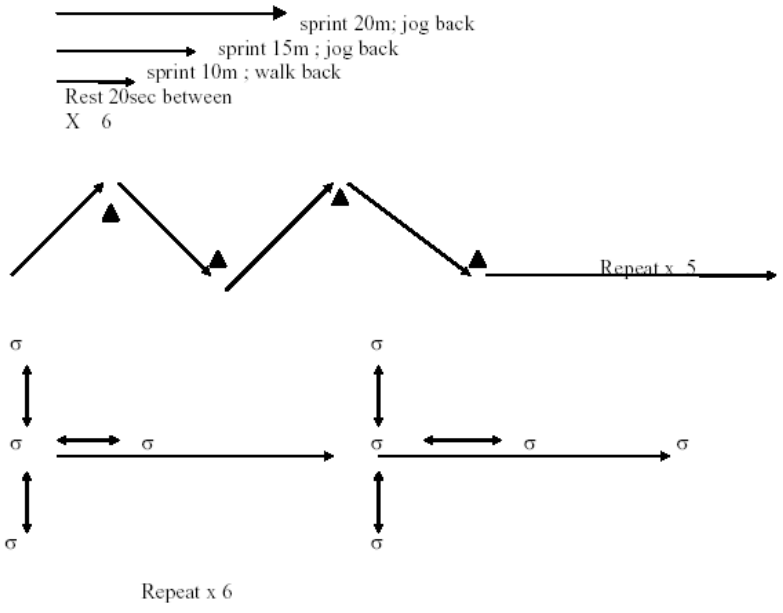
A lower abdominal exercise. The same start position as with the Crunch, but it is the legs that move and not the trunk. Keep you feet together and lift them at the same time until your hips start to lift off the ground. Keep your pelvis in its natural position, don't put your pelvis into a position that it is not used, or comfortable, in. The below pictures show the start position and finish position.

AGILITY/SPEED

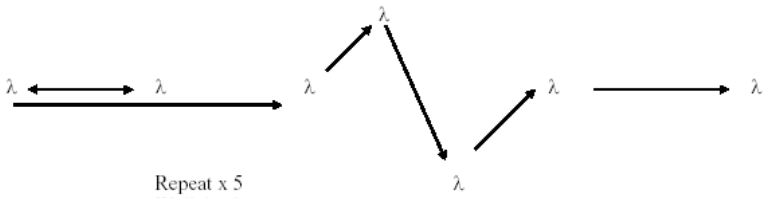
Being agile is the ability to change position and direction quickly; it demands a high level of balance, stability and co-ordination. The nature of basketball brings about unpredictable movements and situations that need to be reacted to quickly. When incorporating agility/speed sessions into your program, it is important to keep three things in mind. The distances covered in each individual drill should be basketball specific. There is no point in doing 100m sprint when basketballers never cover that distance whilst playing. Secondly, you must carefully consider how much rest you will have between sets and/or reps. If your aim is to have your agility session double as a conditioning session there may be minimal rest between reps and relatively short breaks between sets. If your session is serving the purpose of purely improving body movement and efficiency, then there should be more rest between sets to allow for adequate recovery. Finally, as with any training session, there is no point in doing agility/speed sessions unless the athlete is putting in 100%.

Partner sprints – Players stand at the baseline facing each other 2m apart. The player with his back to the court can turn and run to half court at any time. The other player's job is to 'tag' their opponent before they get to half court.

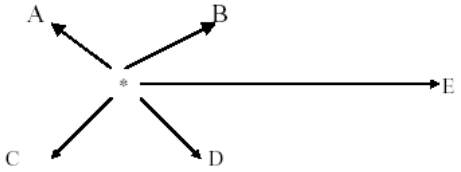
Cone Drills



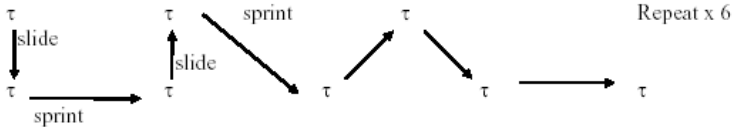
Walk back recovery



Repeat x 5
Walk back



Slide to each point
returning to the *
sprint to E
walk back
recovery
repeat x 6



Repeat x 6