

# HoopGains Training

## Preseason Workout

### Ages 16 and Older

## Pre-hab

Barefoot one leg balance – Sets: 1 Reps: 30 seconds Notes: each leg

Barefoot squat staggered stance – Sets: 1 Reps: 10 Notes: each leg forward

## Warm-up

Forward and backward skip with the ball – Sets: 2 Reps: 20 yards

Lateral slide with the ball – Sets: 2 Reps: 20 yards

## Dynamic Flexibility

Walking knee up and out – Sets: 1 Reps: 20 yards

Quad walk and reach – Sets: 1 Reps: 20 yards

Frankenstein march – Sets: 1 Reps: 20 yards

Superman – Sets: 1 Reps: 20 yards

## Core

Side plank moving hips up and down – Sets: 1 Reps: 20 Notes: each side

Overhead medicine ball throw off the backboard – Sets: 1 Reps: 20

## Plyos

Box drops – Sets: 1 Reps: 10 Notes: use 12" to 18" box

Speed skaters – Sets: 1 Reps: 6 Notes: each jump = 1 rep

## Agility

Sprint, sprint – Sets: 2 Reps: 4 Notes: up/back = 1 rep

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Circle slides – Sets: 2 Reps: 1 Notes: entire drill = 1 rep, 1 each direction

## Lower Body Strength

Forward lunge – Sets: 2 Reps: 12 Notes: each leg

Angled step-up – Sets: 2 Reps: 12 Notes: each leg

One leg straight leg deadlift – Sets: 1 Reps: 12 Notes: each leg

Physio ball leg curl – Sets: 1 Reps 20

## Upper Body Strength

Underhand pull-up – Sets: 2 Reps: AMAP Notes: substitute with lat pulldown

Dumbbell bench press – Sets: 2 Reps: 12 Notes: have a spotter

One arm dumbbell row – Sets: 1 Reps: 12 Notes: each arm

Barbell overhead press – Sets: 1 Reps: 12

## Finishers

Dumbbell pick up and press – Sets: 1 Reps: 20 Notes: each side

## Cool Down

Hamstring series- Sets: 1 Reps: 20 seconds Notes: each way

Double 90 degree hip stretch – Sets: 1 Reps: 20 seconds Notes: each way

Lateral lunge – Sets: 1 Reps: 20 seconds Notes: each way

Low back twist – Sets: 1 Reps: 10 Notes: each way