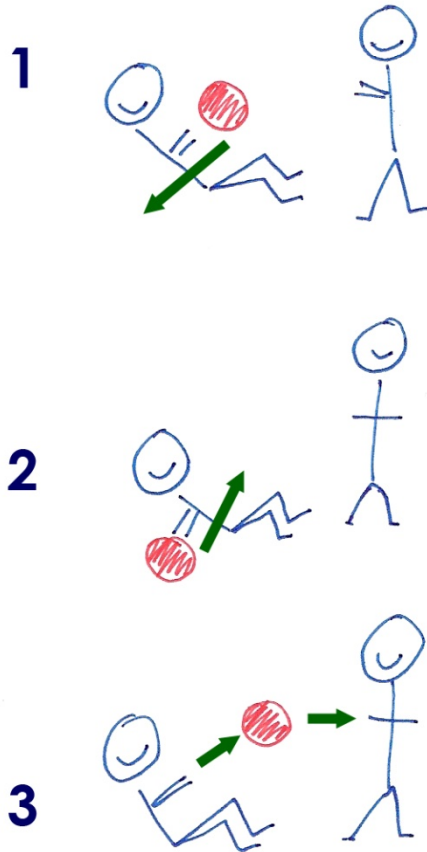


Strength Training

CORE

1 RUSSIAN TWISTS



Instructions:

- One player tosses the power ball to their partner
- The partner rips the ball across the body two or more times before tossing it back

Volume:

- 20 twists (per partner) per set
- Alternate each side

Points of Emphasis:

- Keep feet off the ground
- Toss the ball in a fluid motion

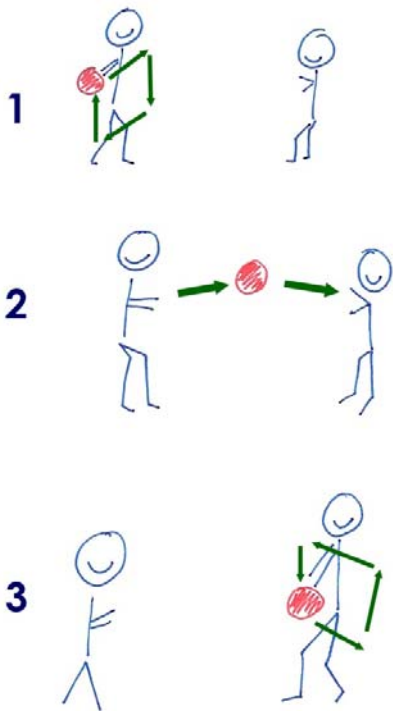
Skills:

- Rebounding

Strength Training

CORE

2 HIP-HIP/SHOULDER-SHOULDER



Instructions:

- One player holds the power ball in a Triple Threat position
- The player sweeps the ball through and then rips it back to the starting point
- The player throws a chest pass to their partner who does the same

Volume:

- 20 pivots per partner per set

Points of Emphasis:

- Touch all four points (hip, hip, shoulder, shoulder) at game speed
- Keep knees bent

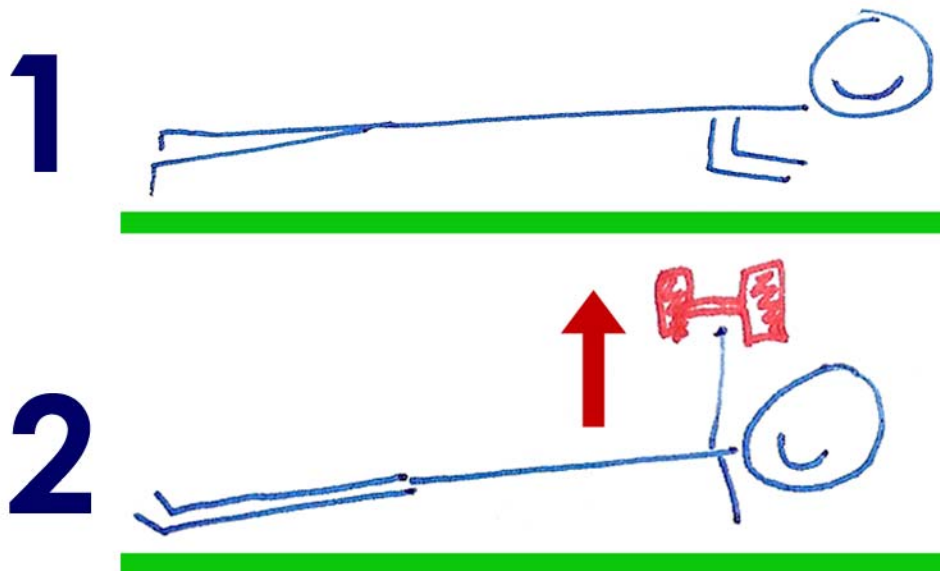
Skills:

- Passing
- Dribbling

Strength Training

CORE

3 PLANK/SIDE PLANK



Instructions:

Plank Position

- Lie on the floor, resting on the elbows and toes
- Keep the back and neck straight and the abdominal muscles tight

Plank Position

- Lie sideways on the floor, resting on the right elbow
- Hold a dumbbell in the left hand and raise the left arm above the head
- Repeat on the other side

Volume:

- 30 seconds → Build to 60 seconds

Points of Emphasis:

- Keep a straight line from head to heels

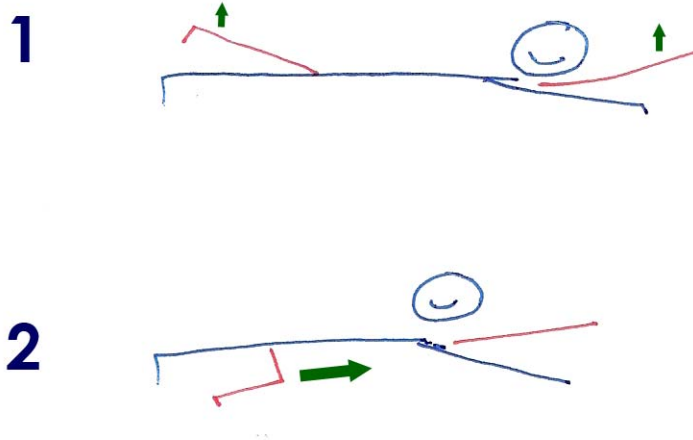
Skills:

- Rebounding

Strength Training

CORE

4 SUPERMAN STRETCH



Instructions:

- Assume plank position
- Lift the right arm and left leg (always lift opposite limbs)
- Hold for three seconds
- Drive the right knee into the chest
- Repeat with the left arm and right leg

Volume:

- Both partners should perform the exercises for the duration of the interval
- 10-12 stretches per set

Points of Emphasis:

- Remain under control

Skills:

- Lay-ups

Strength Training

CORE

5 GLUT PLANK EXTENSIONS



1



2

Instructions:

- Assume glut plank position on the back
- Lift the right leg and form a straight line from head to heel
- Hold the leg in the extended position
- Alternate right and left legs

Volume:

- Both partners should perform the exercises for the duration of the interval
- 10-12 lifts per set

Points of Emphasis:

- Keep the abdominals and the buttocks tight

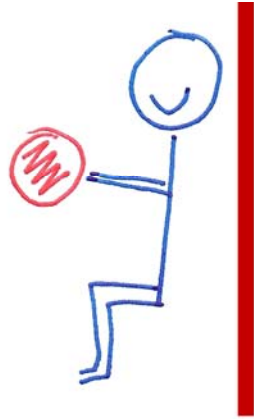
Skills:

- Jumping

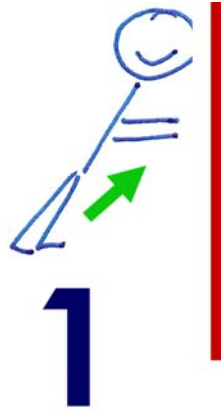
Strength Training

CORE

6 WALL SITS AND DRIVES



Wall Sits



Wall Drives

Instructions:

- *Wall Sits*
 - Sit with the back against the wall and the knees bent
 - Keep the knees at a 90° angle
 - Hold a power ball out at chest height
- *Wall Drives*
 - Lean against the wall, facing forward
 - Form a straight line from the feet to the shoulders
 - Execute a powerful knee lift towards the chest
 - Repeat with the other leg

Volume:

- 30 seconds → Build to 60 seconds
- Alternate between exercises

Points of Emphasis:

- Focus on the core

Skills:

- Ready position (Wall Sits)
- Sprinting in transition (Wall Drives)