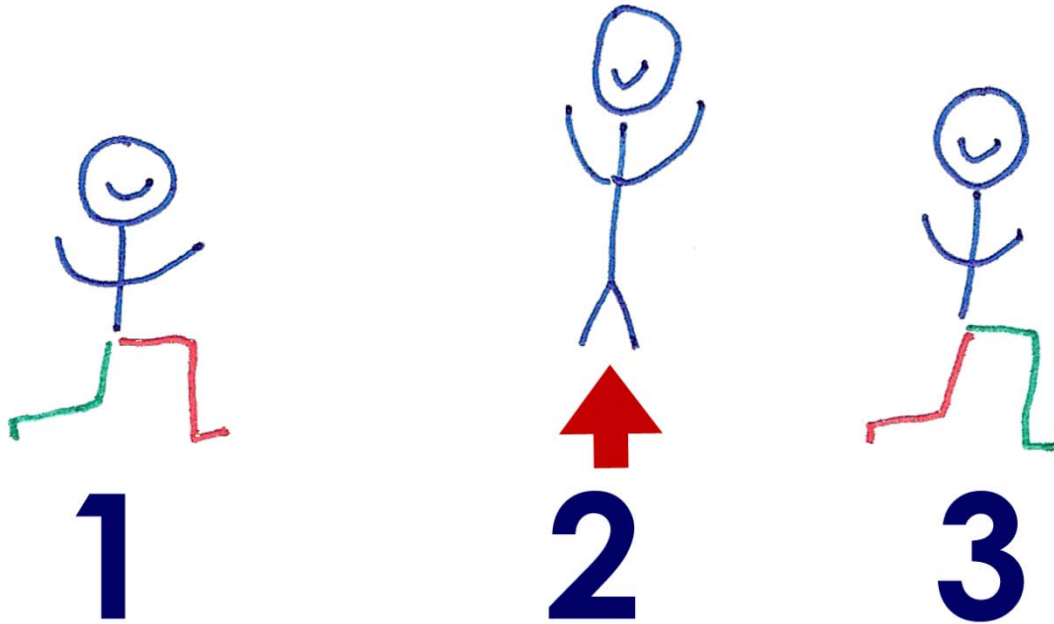


Strength Training

SPORT-SPECIFIC DRILLS

1 ALTERNATING LUNGES



Instructions:

- Start in the lunge position with the right leg in front
- Jump into the air
- Land with the opposite (left) leg in front
- Repeat with the other leg

Volume:

- 12 lunges (6 per leg) per set

Points of Emphasis:

- Drop hips
- Stay balanced and under control

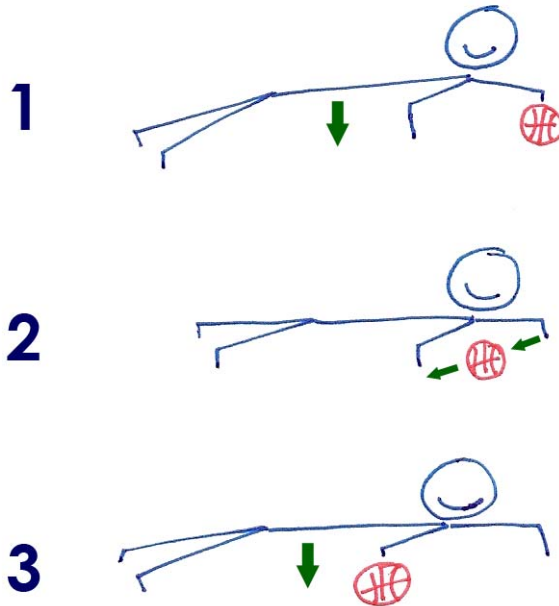
Skills:

- First step

Strength Training

SPORT-SPECIFIC DRILLS

2 SINGLE ARM PUSH-UPS



Instructions:

- Assume push-up position
- Place the basketball under one arm
- Complete push-up
- Roll ball to other hand and complete a push-up with the opposite hand

Volume:

- 20 push-ups (10 per arm) per set

Points of Emphasis:

- Keep back straight and arms close to body

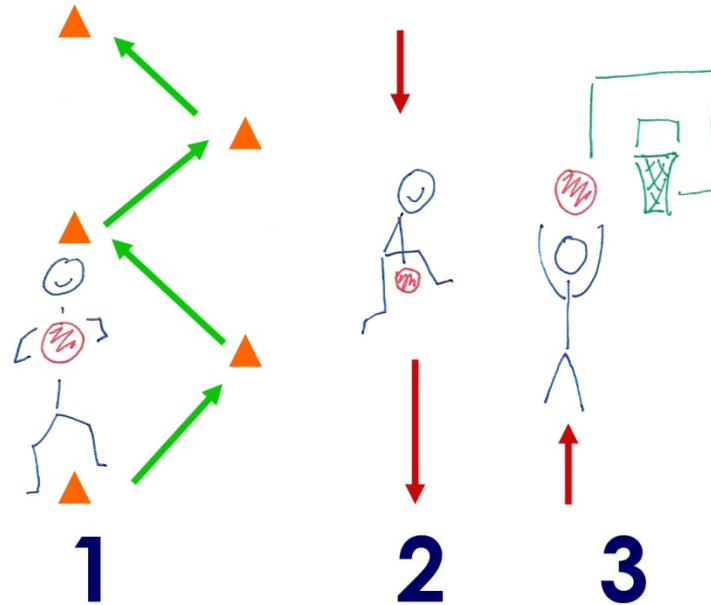
Skills:

- Dribbling
- One-Arm Push Passes

Strength Training

SPORT-SPECIFIC DRILLS

3 DEFENSIVE CYCLE



Instructions:

- Space a series of cones equally apart with the halfcourt
- Starting under the basket, hold a power ball at chin height
- Slide between the cones, drop stepping to change direction
- Move back towards the basket, passing the ball between the legs
- Explode towards the basket with a two foot jump

Volume:

- 30 seconds → Build to 60 seconds

Points of Emphasis:

- Stay low until the vertical jump

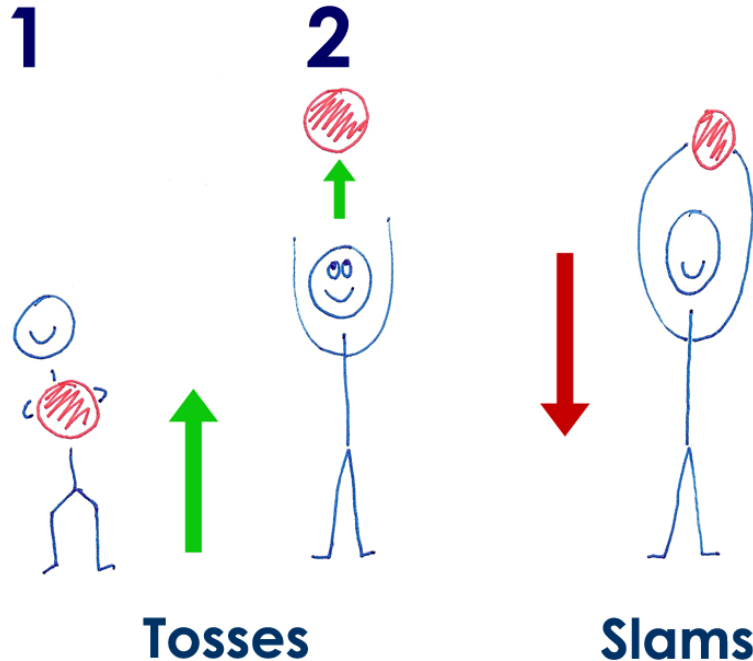
Skills:

- Defensive Footwork
- Finishing in Traffic

Strength Training

SPORT-SPECIFIC DRILLS

4 POWER BALL TOSSES AND SLAMS



Instructions:

Tosses

- Start with knees bent and the ball at chest height
- Throw the ball into the air and explode with the legs

Slams

- Hold the ball straight out at chest height
- Lift the ball overhead and throw it into the ground

Volume:

- 6-8 Tosses/Slams per set

Points of Emphasis:

- Follow safety rules at all time
- Toss or slam the ball straight up or down

Skills:

- Shooting
- Rebounding

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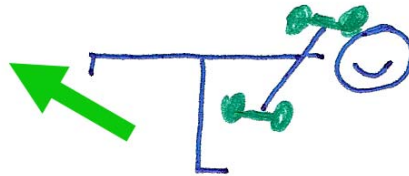
Strength Training

SPORT-SPECIFIC DRILLS

5 SINGLE LEG WITH WEIGHT



1



2

Instructions:

- Hold dumbbells or a power ball at chest height
- Balance on the right foot, lean forward, and lift the left foot backwards
- Alternate between the right and left feet

Volume:

- 6-8 swings per leg per set

Points of Emphasis:

- Lock the hips and keep the leg and back straight
- Master good form before adding too much weight

Skills:

- Defence
- Recovering Loose Balls

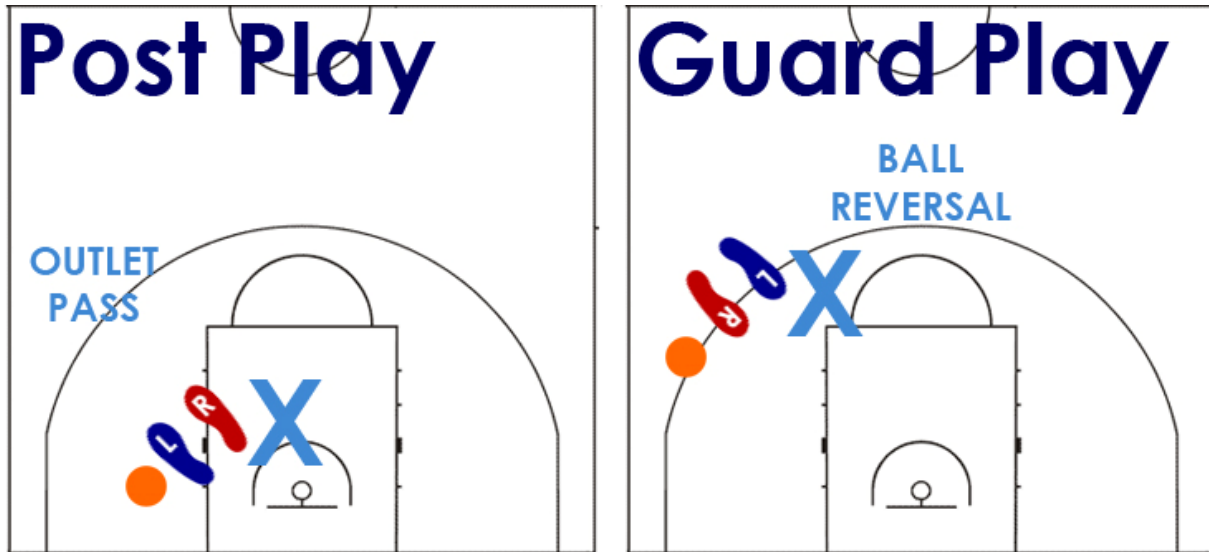
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SPORT-SPECIFIC DRILLS

6 CONTACT DRILL



Instructions:

- A player tries to pivot while a defender fouls them
 - Use blocking pads or hand-checks
- A coach is available nearby as a pressure release
 - After passing to the pressure release, the player reposts or cuts again to get open
- Load the drill by adding dribbling, substituting a power ball or using resistance bands
- After the interval is over, try to score quickly

Volume:

- 30 seconds → Build to 60 seconds

Points of Emphasis:

- Remain balanced while moving at game intensity

Skills:

- Pivoting
- Playing through Fouls

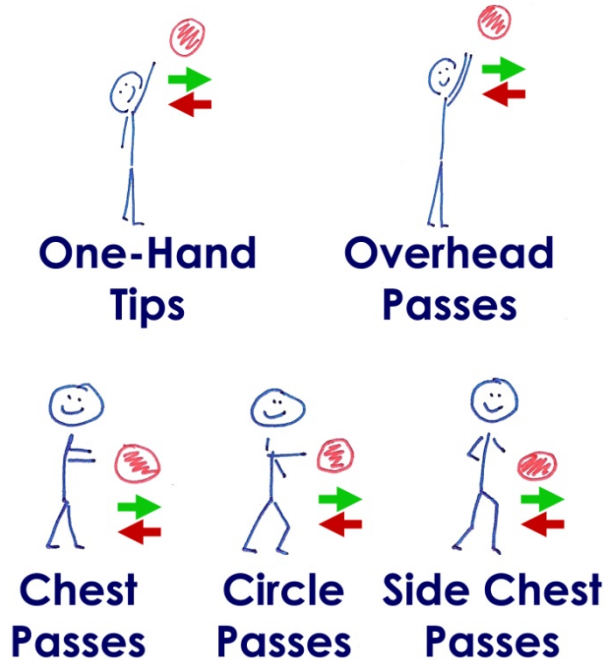
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SPORT-SPECIFIC DRILLS

7 WALL PASSES



Instructions:

- Hold a power ball near a wall
- Practice the following passes at game speed
 - One-Handed Overhead Tips (Left and Right)
 - Overhead Passes
 - Chest Passes
 - One-Handed Circle Passes (Left and Right)
 - Side Chest Passes

Volume:

- 10-12 extensions per pass

Points of Emphasis:

- Bend the knees and remain balanced
- Throw the passes as quickly as possible

Skills:

- Passing

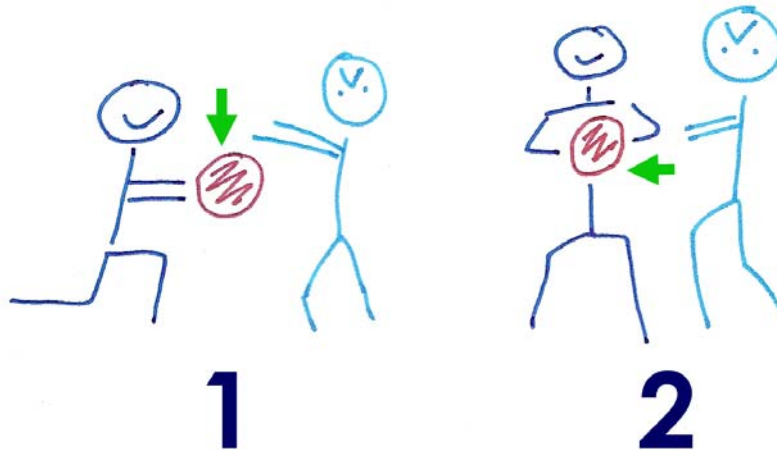
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SPORT-SPECIFIC DRILLS

8 HOLD IN PLACE



Instructions:

- Hold a basketball or power ball straight as another player pushes against it
- Practice different positions:
 - Ready Position
 - Defensive Stance
 - Squat
 - Lunge or Lunge Variation

Volume:

- 30-60 seconds → Repeat 3x
- Pair partners based on Zone of Proximal Development

Points of Emphasis:

- Remain focused throughout the drill

Skills:

- Mental Toughness
- Finishing in Traffic