

PRESEASON CONDITIONING

Cindy Hilbrich - USC Aiken - Assistant Women's Basketball Coach

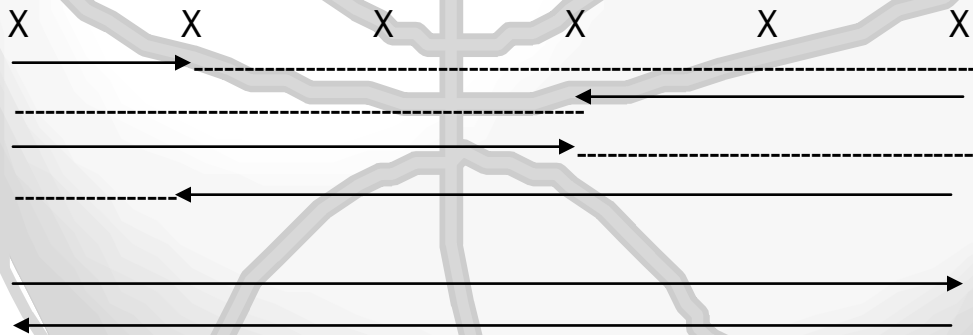
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Things to remember when planning preseason conditioning:

1. Keep it short - it is a long season
2. Start small & build up
3. Keep things interesting and new
4. Do 'basketball' workouts
5. Leave time to stretch

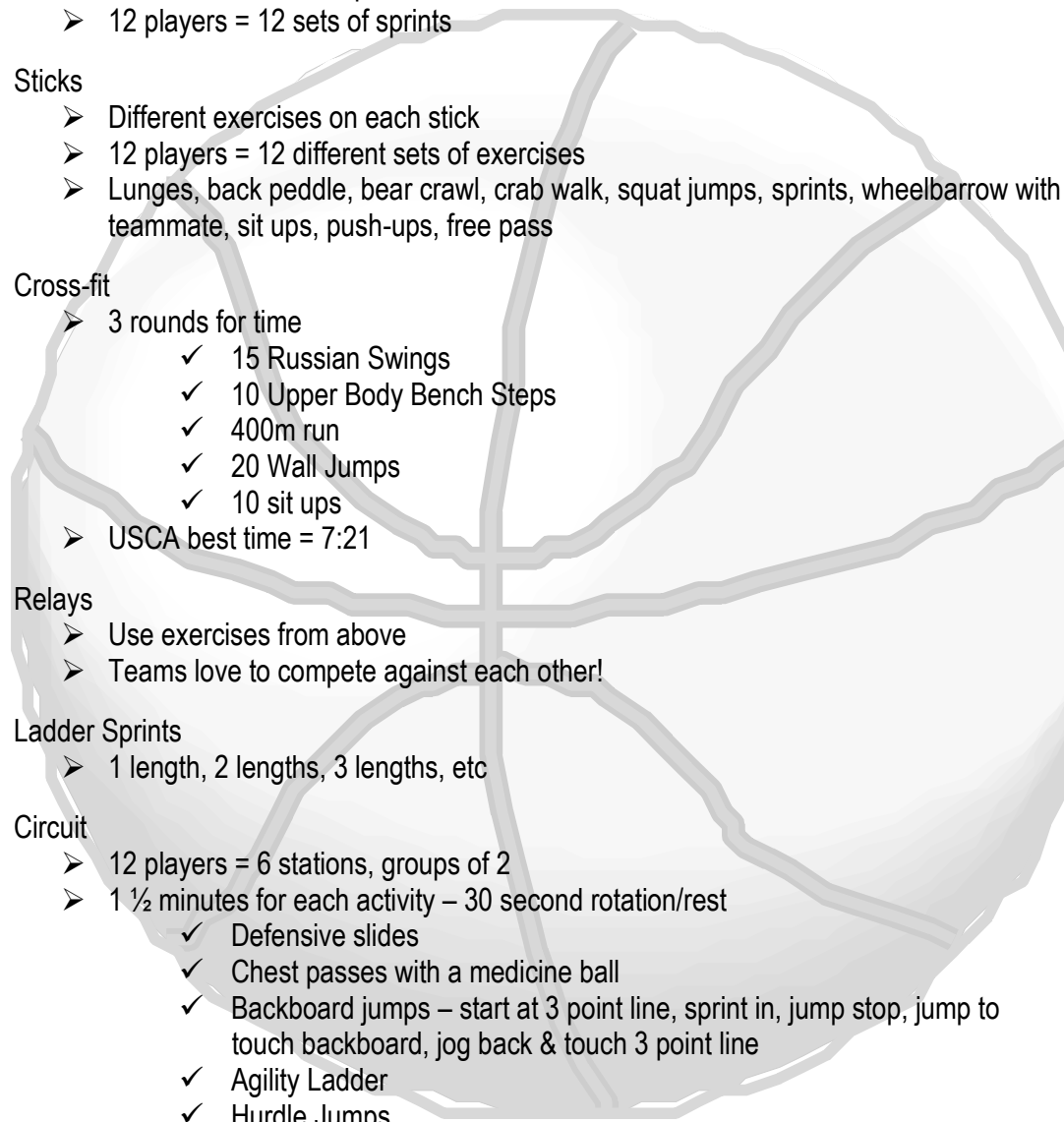
Examples of USC Aiken Lady Pacers' workouts:

1. Interval Training – Outside, if possible
 - 6 cones about 10 yards apart
 - X's = cones
 - 3 or 4 sets



2. Hills
 - Sprint 20-25 yards before the hill, sprint up the hill, jog back to start
 - 10 reps each
3. Tip Drill
 - 6 lb medicine ball
 - Team lines up facing one basket
 - Toss the ball, turn and sprint around coach
 - OR – add 2 medicine balls – toss, sprint to other end, toss, etc
 - Awesome drill for team building, communication, trust – very difficult!



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4. Card Sprints
 - Deck of cards – different numbers, jokers can be free
 - Each player will pick a card
 - Draw the 8 card = 8 sprints for the team
 - 12 players = 12 sets of sprints
 5. Sticks
 - Different exercises on each stick
 - 12 players = 12 different sets of exercises
 - Lunges, back peddle, bear crawl, crab walk, squat jumps, sprints, wheelbarrow with teammate, sit ups, push-ups, free pass
 6. Cross-fit
 - 3 rounds for time
 - ✓ 15 Russian Swings
 - ✓ 10 Upper Body Bench Steps
 - ✓ 400m run
 - ✓ 20 Wall Jumps
 - ✓ 10 sit ups
 - USCA best time = 7:21
 7. Relays
 - Use exercises from above
 - Teams love to compete against each other!
 8. Ladder Sprints
 - 1 length, 2 lengths, 3 lengths, etc
 9. Circuit
 - 12 players = 6 stations, groups of 2
 - 1 ½ minutes for each activity – 30 second rotation/rest
 - ✓ Defensive slides
 - ✓ Chest passes with a medicine ball
 - ✓ Backboard jumps – start at 3 point line, sprint in, jump stop, jump to touch backboard, jog back & touch 3 point line
 - ✓ Agility Ladder
 - ✓ Hurdle Jumps
 - ✓ Wall sits (can add medicine ball)