

High Tech High CV Basketball Off-Season Workouts.

Due to current COVID-19 restriction, these drills could be performed individually or by very small groups.

Strength and Conditioning

Warmup & Stretching

5 min

Explode for 3 seconds jog for 30 seconds, walk for 15 seconds and then sit and rest for one minute.

Basketball Push-ups

3 sets x 20 reps

Basketball Push-ups (single arm)

3 sets x 20 reps

Side plank

3 sets x 60 seconds each side

Single leg rotations with ball

3 sets x 50 reps each leg

Figure 8's

3 sets x 50 reps

Around the world

3 sets x 20 reps

Bicycle crunch

3 sets x 20 reps

Defensive slide

3 sets x 15 reps

Lunges

3 sets x 15 reps (each leg)

Toe Touches (Steps – switch legs)

3 sets x 15 reps

Both linear drop to squat

3 sets x 10 reps

Hop jump with a ball

Take a large jump forward, land with both feet and then take a small jump backwards.

3 sets x 15 reps

Run sideline to sideline

1 set x 17reps

Half Court sprints

1 set x 10 reps

Full Court Sprints

1 set x 5reps

More team drills will be added as the COVID-19 restriction eases.