

BASKETUP

MOBILITY

1
ANKLE DORSIFLEXION
2x8 reps each side



2
HIP MOBILITY
2x8 reps each side



3
THE WORLD'S GREATEST STRETCH
2x8 reps each side



STRENGTH, CHANGES OF DIRECTIONS (COD) AND PLYOMETRICS

LEVEL 1

4.1
ISO LUNGE
2x20-30 sec



4.2
ISO LUNGE WITH PLANTAR FLEXION
2x20-30 sec



4.3
ISO LUNGE LANDING
2x20-30 sec



5.1
HIP LOCK
3x20-30 sec each side



5.2
HIP LOCK DYNAMIC
3x20-30 sec each side



5.3
HIP LOCK WITH PLANTAR FLEXION
3x20-30 sec each side



6.1
SQUAT
3x20-30 sec



6.2
LUNGE AND SQUAT LATERAL
3x20-30 sec each side



6.3
SINGLE LEG SQUAT
3x20-30 sec each side



7.1
HIP HINGE
3x20-30 sec



7.2
HAMSTRING BRIDGE SINGLE LEG (30°)
3x20-30 sec each side



7.3
SINGLE LEG DEADLIFT
3x20-30 sec each side



8.1
HIP TURN
3x20-30 sec each side



8.2
HIP TURN AND CROSSOVER
3x20-30 sec each side



8.3
CROSSOVER AND SHUFFLE
3x20-30 sec each side



9.1
VERTICAL JUMP (CMJ)
2x5 reps



9.2
BOUNDS
2x5 reps each side

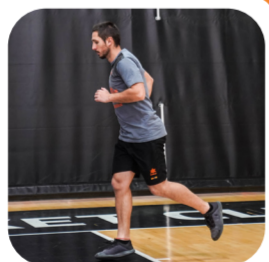


9.3
HOPS
2x5 reps each side



AGILITY AND NEUROCOGNITIVE

10
RUNNING STRAIGHT AHEAD
3 reps



11
RUNNING CIRCLING PARTNER
3 reps



12
RUNNING QUICK FORWARDS & BACKWARDS
3 reps



13
RUNNING BOUNDING
3 reps



14
COD DEFENSIVE REACTION
3 reps



15
COD AUDITIVE BALL
3 reps

