

John Mitchell
NATIONAL BASKETBALL



BASKETBALL
FREE TRIAL

Professional
TRAINING PROGRAMS

Complete, sport-specific Basketball training programs by the Pros

Brought to you by





Basketball specific Speed, Strength, Power....

Everything you need to train for Basketball! Our training programs include speed, strength, power & conditioning sessions designed specifically for Basketball.

Available Instantly

All of our Basketball training programs are digital books, available instantly worldwide!

Written by the Pros

Our training programs are designed by the Pros from the National Basketball League, the NRL, AFL, Super Rugby & other professional sports in Australia to MAXIMIZE your sporting performance.

For Athletes of All Levels

Our training programs are personalised to your level of experience so it doesn't matter if you have just started playing Basketball or if you have been playing for years.

**Make the team, get off the bench, dominate the game in
8 weeks!**



BASKETBALL FREE TRIAL

WHAT IS INCLUDED IN YOUR TRAINING PROGRAM



TRAINING SCHEDULE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Pre Test	Aerobic 1			Aerobic 2		
Week 2					Aerobic 2		
Week 3					Aerobic 4		
Week 4					Aerobic 6		
Week 5					Aerobic 8	Anaerobic 2	
Week 6					Aerobic 8	Anaerobic 2	
Week 7					Aerobic 8	Anaerobic 4	
Week 8					Aerobic 11	Anaerobic 4	Post Test

i

The training schedule tells you what training sessions to do on what days

PRE & POST TESTS



TEST	WEEK 1 PRE TRAINING	WEEK 8 POST TRAINING
------	---------------------	----------------------

[Beep Test](#)

General 12s Repeats
Run as far as possible in 12s, then have 1min rest. Repeat 8 times and measure the decrement in distance

[Dragons Tail](#)

i

Pre and post tests allows you to measure your improvement - however it will be obvious on the field!

level

decrement in meters

seconds

TRAINING SESSION



ORDER	EXERCISE	SETS	REPS	INTENSITY	REST BETWEEN SETS
1	General dynamic warm up - including hip swings and fast strides with no static stretching. Include all major muscle				
2	Repeat 20m shuttle sprints			100%	1min 2min after the 3rd set
3	MAS Grids Guidelines for grid sizes are: Backs 64m X 45m to 70m Ball Players 62m X 43m to 68m Back Row 63m X 44m to 69m Hit Ups 60m X 42m to 66m 1.2 km Time Trial performed with continuous sprints to 20m, 40m then 60m				2min
4	Guidelines for times are: Backs (5min), Ball Players (5min), Back Row (5min 10s), Hit Ups (5min)				

i

Training sessions include the full list of exercises and the exercise prescriptions (sets, reps, intensity and other important information)

EXERCISE DEMONSTRATIONS



ORDER	EXERCISE	SETS	REPS	INTENSITY	REST BETWEEN SETS
1	General dynamic warm up - including hip swings and fast strides with no static stretching. Include all major muscle				
2	Suicide Drills Back 5m, 10m, 15m, 20m				90s
3	Repeat 20m, 40m then 60m shuttle sprints Guidelines for time per rep are below: Backs 53s to 49s Ball Players 55s to 51s Back Row 54s to 50s				2min
4	Cross Training non weight bearing exercise e.g. swim, row, elliptical trainer and exercise bicycle				





John Mitchell

John has been working in the Strength and Conditioning industry for 21 years. He has worked with athletes across a wide variety of sports including Olympic, World Championship and Commonwealth games medallists.

- **Australian Rugby Union National 7's** 2008-present
- **Canberra Capital Basketball (WNBL)** 2000-2010
- **Chinese National Women's Basketball Team** 2005-2008

John worked as the Head Strength & Conditioning Coach for the Canberra Capitals WNBL Team from 2000 to 2010, during this time the team won 6 national championships. His work in Basketball was recognised internationally when he was asked to be a consultant Strength and Conditioning Coach for the Chinese Women's National Team leading into the Beijing Olympics in 2008.

John is currently the **National Strength and Conditioning Coordinator for Australian Rugby Union**. As part of this role he is responsible for the National Men's 7's team which competes in the IRB World Series, Commonwealth Games and in 2016 will be an Olympic sport.

Prior to Rugby John worked for 8 years as the Strength & Conditioning Manager at the ACT Academy of Sport working with a wide range of sports at State, National and International levels.

In 2009 John was recognised for his work in Strength & Conditioning when he was awarded Life Membership by the Australian Strength & Conditioning Association (ASCA).

He has been a board member of the ASCA since 2006 and is an ASCA accredited Level 3 and Professional Coaching Structure Master Level Coach (PSM) He also presents at ASCA Conferences and Strength and Conditioning courses.

Basketball teams consist of five players on the court at one time and they all need to be lean, fast, and agile with excellent endurance.

Depending on the position played and how long a player is on the court for, it's estimated that players run between 3.5km to 8km per game. This distance is covered with a combination of sprinting, jogging, jumping and running backwards.

Our Basketball training programs focus on drills for general strength and power as these exercises will improve acceleration, speed and jumping ability.

Along with speed, power, and strength, Basketball players need to develop excellent endurance. In a game of Basketball players repeat high intensity activities with little or no rest periods. One of the most important factors of Basketball training is up and down the court endurance.

Our court training sessions are designed to improve players' endurance level. This can indirectly improve the ability to jump, pass or shoot as the player is less fatigued.

Each training day includes a combination of gym based and court training sessions.

Below is a comprehensive list of the physical qualities developed in our 2, 3 & 4 day/week Basketball training programs.

-Strength & Training

-Speed & Conditioning

Basketball Strength Training Sessions

Basketball Strength training sessions address the specific strength, power and speed needs for the game of Basketball. These sessions incorporate full body movements utilising the movement patterns used in the game. Additionally exercises targeting injury prevention have been included to help cope with the physicality in the game today. These gym training sessions will allow players to develop strength that is readily applied to the game of Basketball, whilst enhancing the body's ability to move confidently through a full range of motion.

All Basketball training programs are comprised of 2 sessions that have a total body focus incorporating injury prevention, strength, power, speed and flexibility. These sessions provide a progressive approach to the development of Basketball specific strength. Each program is designed to build on the previous allowing the player to progress through increasing intensities and volumes of work in order to develop the strength, power and speed to perform at a consistently high level throughout the game.

Basketball Speed & Conditioning Sessions

These Basketball Speed & Conditioning sessions are designed to compliment on court practice.

Basketball Speed & Conditioning sessions address the specific needs for the game of Basketball. These sessions incorporate high intensity running and change of direction.

The Speed sessions look to attend to plyometrics, acceleration, change of direction and maximal velocity running. These drills will enhance a players ability to move quickly around the court and improve individual 20m times.

The Conditioning sessions will increase a players capacity to generate energy through the use of oxygen, whilst enhancing the body's ability to process lactic acid. For Basketball players it is particularly important to aid recovery between bouts of exercise and to allow the players to maintain a high level of intensity throughout the game.

These sessions follow a progressive approach to the development of specific Basketball conditioning.



CARRIE GRAF - Australian Opals Basketball Head Coach

John Mitchell from Pro Training Programs has a wealth of experience at the top level. He has been writing Basketball training programs for the top basketball teams in Australia and the world. You can be sure you will train like never before with one of these training programs.

STU BRUNSDON - Glebe Basketball Mens Division 1

There is so much information out there telling you how to train for Basketball but it's hard to know who to trust. That is why I signed up for a professional program from Pro Training Programs.

The Basketball programs made my training easy. After 6 weeks of training I'm playing my best Basketball and loving it.. Thanks!





BASKETBALL FREE TRIAL



TRAINING SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Week 1	Pre Test	Speed 1 Push Lift 1		Conditioning 1 Pull Lift 1				
Week 2		WEEKS 2-8 NOT INCLUDED IN THE FREE TRIAL		WEEKS 2-8 NOT INCLUDED IN THE FREE TRIAL				
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8							Post Test	

Note that on days with 2 training sessions e.g. Speed 1 & Push Lift 1, sessions can be performed in any order, back to back or morning and evening.



BASKETBALL FREE TRIAL



PRE & POST TESTS

TEST	WEEK 1 PRE TRAINING	WEEK 8 POST TRAINING
Bench Press 1RM	_____ kg	_____ kg
Squat 1RM	_____ kg	_____ kg
Standing Military Press 1RM	_____ kg	_____ kg
Hang Clean 1RM	_____ kg	_____ kg
Romanian Deadlift 1RM	_____ kg	_____ kg
Bench Row 1RM	_____ kg	_____ kg
20m Sprint	_____ seconds	_____ seconds
1.6km Time Trial	_____ seconds	_____ seconds
Vertical Jump	_____ cm	_____ cm



BASKETBALL FREE TRIAL



SPEED SESSION 1

PLYOMETRICS

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	General dynamic warm up - including hip swings and fast strides with no static stretching.				
2	Hurdle Jumps	2 SETS performed as a CIRCUIT	5	BWT	1 min between SETS
3	Split Jumps		6 each side	BWT	
4	Skater Hops		6 each side	BWT	

ACCELERATION

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	10m 3 Point Starts	1	10	95-100%	walk back to start + 20 secs between REPS



BASKETBALL FREE TRIAL



CONDITIONING SESSION 1

ACCELERATION

ORDER	EXERCISE	SETS	REPS	INTENSITY	REST
1	General dynamic warm up - including hip swings and fast strides with no static stretching.				
2	<u>MAS Grids</u> Run around the outside of a grid (rectangle) Around the outside of a Basketball Court 28 x 15m Grid	4	4 laps per set	6s per side of the Grid	1min between SETS

STRENGTH AND POWER

Note that the LOAD is the percentage of your 1RM from the Pre Test

ORDER	EXERCISE	SETS	REPS	LOAD	REST
Superset	<u>Dumbbell Jump Squats</u> (for height)	4	6	BWT	Lift every 2min 30secs
	<u>Double Leg Po-Go's</u> (over mini hurdle)	3	8	BWT	
Superset	<u>Back Squats</u>	4	10	55%,60% 65%,60%	
	<u>Hanging Leg Raises</u>	3	15	BWT	
Superset	<u>Bench Press</u>	4	10	55%,60% 65%,70%	
	<u>Seated Dumbbell External Rotation</u>	3	10	10%	
Superset	<u>Standing Military Press</u>	4	10	55%,60% 65%,60%	
	<u>Front Bridge with alternate leg raise</u>	3	45s	BWT	

STRENGTH AND POWER

Note that the LOAD is the percentage of your 1RM from the Pre Test

ORDER	EXERCISE	SETS	REPS	LOAD	REST
Superset	Hang Clean	4	5	40%,45% 50%,55%	Lift every 2min 30secs
	Box Jumps	3	6	0.3-0.6m box	
Superset	Weighted Chin Ups (underhand grip)	4	6	BWT	
	Barbel Rollouts	3	10	BWT	
Superset	Romanian Deadlifts	4	10	55%,60% 65%,70%	
	Side Bridge	3	45s each side	BWT	
Superset	Bench Row	4	10	55%,60% 65%,70%	
	Hamstring Bridge	3	10	BWT	

NOW YOU'RE READY FOR THE FULL PROGRAM!

Professional
TRAINING PROGRAMS

Complete, sport-specific Basketball training programs by the Pros

Brought to you by



WWW.PROTRAININGPROGRAMS.COM