

YOUR ATHLETIC DEVELOPMENT OFFSEASON PHASE 2

Welcome to Off-Season. Our Season!

*This is your personal program to follow during the off-season.
Each Phase should be practiced **3 to 4 weeks**,
after that move on to the next phase;*

Each training week consists of two training days,
You can alternate every time you come to the EA Facility.

For example:

Train 2x/week: Mond - Day 1, Thurs - Day 2.

Train 3x/week: Monday - Day 1, Wed - Day 2, Fri - Day 1

*Every day consists of three Athletic Development sections (-1, 0, +1)
to make you a relaxed, mobile & explosive athlete:*

SECTION -1 *self-massage, breathing & light mobility work*

SECTION 0 *basic squats, spine & active warmup*

SECTION 1 *footwork, jump training, power, strength & conditioning*

*To make it easy for you we made an overview video
for each section and each training day.
Find them under "Off-Season Phase 1" on the platform.*

HOW TO TRAIN

*Aim to do a little better every time you train
increase quality of execution, weight used, height jumped,
precision in landings, levels in the strength exercises, etc.*

Go for consistency and small steps.

TAKE NOTES

*Every time you train power & strength
so you can track your progress.*

*For example when doing Power & Strength of Day 1
write down the levels, weights and repetitions:*

DB Snatch 12kgx10 / 14kgx10

Push Up Feet Elevated low box x10 / medium box x9

Knee over Toes Split Squat x10 / x10

Eccentric Chin Up 30s Clusters 20sec+10sec / 15s+10s+5s

1KB Single Leg Deadlift 8kgx10 / 12kg x8

Farmers Carry 16kgx40m

***Don't waste time on your phone
or getting distracted in these sessions,
when focused, you should be able to
finish a session in 30-45 minutes.***

*Small steps every session turn into
a big leap over a whole off-season!*

PHASE 2

DAY 1 "LINEAR DAY"

-1

SELF MASSAGE

glutes, upper back, lower back, shoulders, adductors, quads, IT band, calfs

BREATHING

hands behind back into forward fold breathing x10

MOBILITY

Big Toe Lifts x10-12

Big Toe Presses x10-12

3-Ways Ankle Mobs x10-12

Pigeon x10-12

Hip Flexor Rocking x10-12

Elephant Hamstring Walk x10-12

Adductor Rocking x10-12

ACTIVATION

Hip Lift 3x15s

Layup Leg Swings x10/leg

Active Hang x8-10 reps

0

LEGS

One Leg Foot Drawing Circles x5/side

Knee Circles x8

Sumo Squat x8

Touch Heels Squat x8

Single Leg Toes Assisted Squat x5

SPINE

Spinal Pull x3

Unicorn Squat x15-20s

Rotating Coordination Power Stance x20

Rotating Coordination Mountain Stance x20

Front Back Hip Extension Coordinations x20

ACTIVE WARMUP

Walk on Toes

Walk on Heels

Shmiegel Walk Inside

Shmiegel Walk Outside

Knee to Chest Hold, relax leg x5

Rotated Skip Holds, relax leg x5

Heel to Butt, relax leg x5

Single Leg Deadlift x5

High Knee Skip Forward x10m

High Knee Push Forward x10m

High Knee Skip Backwards x10m

High Knee Push Backwards x10m

Spiderman x5

Inchworm x5
Backwards Bear Crawl x10m

+1

FOOTWORK AND JUMP TRAINING CIRCUIT REPEAT 2 TO 3X

Box Jump x5
Two Feet Drop Jump Landing 30-45cm x5
Hurdle Jump Forward Double Bounce x5
Speed Tool Loaded Step: First Step to Step Back x10/side
1/2 Turkish Get Up x5/side

POWER AND STRENGTH REPEAT 2 TO 3X

DB Snatch x10-12

Push Up x10-12
Lvl 2: Feet Elevated
Lvl 3: Ring Push Up
Lvl 4: Feet Elevated Ring Push Up

Knee over Toes Split Squat x10-12
Lvl 2: Goblet DB
Lvl 3: 2DB

Chin Up x6-8
Lvl -2: Ring Row
Lvl -1: Eccentric Chin Up Clusters 30s Total
Lvl 2: Rings Chin Up
Lvl 3: Weighted Chin Up

Single Leg Deadlift x10-12
Lvl 2: 1KB SLDL
Lvl 3: 2KB SLDL

Goblet Carry x40m

FINISHED YOUR WORKOUT?

Japanese Cleaning!
You are not finished until you have cleaned your drinking bottles, clothes and training tools (dumbbells, kettlebells, mats, bands, etc.) for the next players who will come in to train.

Make it a habit to clean up after yourself.

The habit of always finishing what you started until finish line and not 2 minutes before will become a strong memory that gives you confidence in yourself and your teammates to go hard until the last buzzer in close games.

If you see others who neglect this, keep them accountable and remind them of "Japanese Cleaning".

TIME LEFT? PICK 1 OF THE 5 MINUTE FINISHERS FOR CONDITIONING OR WEAK POINTS

Improve Conditioning: KB Swings - 100 reps in total *"try to beat your time"*

Improve Power: KB Complex - Swing, Squat, Press, Row, Carry 4-5x10 reps / 1min rest

Knee Pain: Roll side glutes & quadriceps with tennis/baseball; Balance on Wooden Blocks 3x30-60s; Fisher Man Ankle Mobs 3x10+10s hold/side; Active Pigeon Stretch x10+10s; Reverse Sled Pull accumulate 100m

Shoulder Mobility Routine: Scapular Push Ups x10-15; Overhead Band Pull Aparts x10-15; Behind The Back Pull Overs x10

Relaxation: Arms Opening and Closing with Long Duck Face Exhales x10-30 reps

DAY 2

“LATERAL” DAY

-1

SELF MASSAGE

glutes, upper back, lower back, shoulders, adductors, quads, IT band, calves

BREATHING

hands behind back into forward fold breathing x10

MOBILITY

Big Toe Lifts x10-12

Big Toe Presses x10-12

3-Ways Ankle Mobs x10-12

Pigeon x10-12

Hip Flexor Rocking x10-12

Elephant Hamstring Walk x10-12

Adductor Rocking x10-12

ACTIVATION

Side/Front/Side Plank x20s

Look Behind in the Post (Rotate Hip & Waist) x5

Layup Leg Swings x10/leg

0

LEGS

Balancing on *Two* Wooden Blocks x30-60s

Power Squat x8

Lateral Squat x8

Cossack Squat x8

SPINE

Spinal Pull x3

Spine Panoramic View x5/direction

Rotating Coordination Feet Together x20

Rotating Coordination Mountain Stance x20

Front Back Hip Extension Coordinations x20

ACTIVE WARMUP

Walk on Toes

Walk on Heels

Shmiegel Walk Inside

Shmiegel Walk Outside

Knee to Chest Hold, relax leg x5

Rotated Skip Holds, relax leg x5

Heel to Butt, relax leg x5

Single Leg Deadlift x5

Lateral High Knee Skip x10m

Lateral High Knee Push x10m

Carioca Big Steps x10m

Cross Over Steps x10m

Lateral Crawl x10m

1

FOOTWORK

Pentagon Wooden Blocks

x 3min non-stop

“practice side steps, step back, pivoting,...as if in the game”

JUMP TRAINING CIRCUIT REPEAT 2 TO 3X

Lateral and Medial Hurdle Jump Double Bounce x5

Lateral Bounds Double Bounce x5

Speed Tool Side Steps x10/side **Don't hit your knees!**

1/2 Turkish Get Up x5/side

POWER STRENGTH REPEAT 2 TO 3X

KB Swing x10-15

Lvl 2: 1Arm KB

Ring Row x10-12

Lvl 2: Feet Elevated Ring Row

Lvl 3: Weighted Vest Ring Row

Lvl 4: One Arm Ring Row

Trap Bar Deadlift x10-12

Lvl -1: Sumo KB Deadlift

Alternating One Arm Overhead Press with Relaxed Knees x10-12

Lvl -1: Half Kneeling Press (pain in lower back)

KB Goblet Squat x10-12

Lvl 2: 2KB Goblet Squat (when able to do 32KG 12x)

Waiter Carry x40m

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TIME LEFT? PICK 1 OF THE 5 MINUTE FINISHERS FOR CONDITIONING OR WEAK POINTS

Improve Conditioning:

Airbike Tabata - 10s work; 20s rest - 4 min total

Improve Power:

Speed Tool Routine for Loaded Step, Side Step and Return 3-5 sets x5 reps/side for each exercise;
30sec-1 min rest.

Knee Pain: Roll side glutes & quadriceps with tennis/baseball; Balance on Wooden Blocks
3x30-60s; Fisher Man Ankle Mobs 3x10+10s hold/side; Active Pigeon Stretch x10+10s; Reverse
Sled Pull accumulate 100m

Relaxation: Arms Opening and Closing with Long Duck Face Exhales x10-30 reps