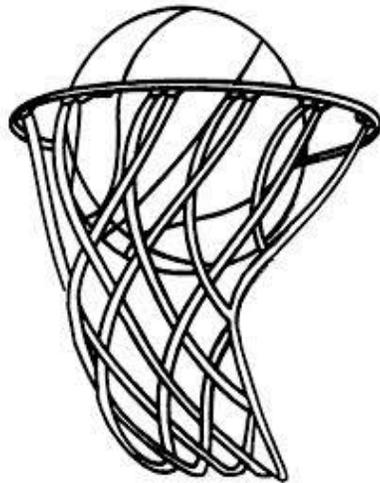




***Special Olympics***

# **Basketball Dryland Training**



**Let me win.**  
But if I cannot win,  
**let me be brave**  
**in the attempt.**  
- Special Olympics athlete oath

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## **Dynamic Warm-Up**

- To increase heart rate
- To tell the body “It’s time to exercise!”

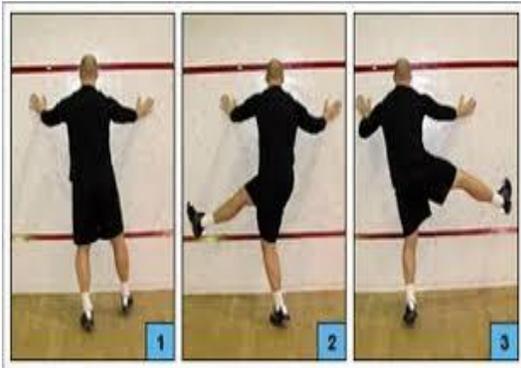
<u>Warm Up</u>	<u>Key Points</u>
<p><b><u>Jumping Jacks</u></b></p> <p>1A                      1B</p> 	<ul style="list-style-type: none"> <li>• 20 reps _____</li> <li>• Step 1: Arms by your side knees slightly bent</li> <li>• Step 2: Jump! Arms come up through the side of your body and legs spread apart</li> </ul>
<p><b><u>Skipping/Jump rope</u></b></p> 	<ul style="list-style-type: none"> <li>• 40 reps</li> <li>• Don’t jump too high, just enough to get over the rope</li> <li>• If you do not have a jump rope, hop as if you were skipping.</li> </ul>

### **High Knees**



- 30 reps
- Thigh should come up parallel to the ground
- Arms should swing as if you are running
- Perform on the spot or moving forward

### **Leg Swings**



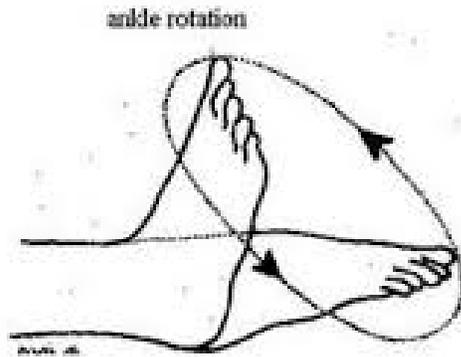
- 15 reps each leg
- Place hands on wall for support
- Swing leg parallel to the wall
- Let trunk rotate with the leg

### **Lunges**



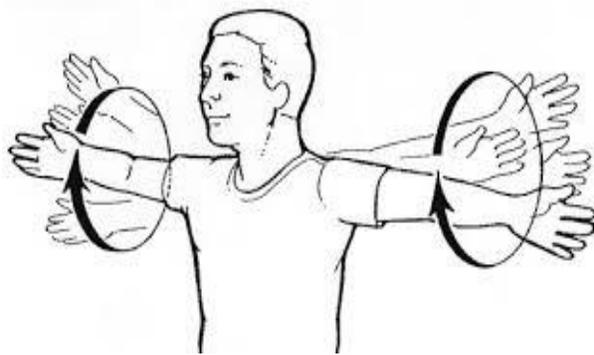
- 10 reps each leg
- Keep upper body straight
- Front knee should not go in front of the front foot

### Ankle Rotations



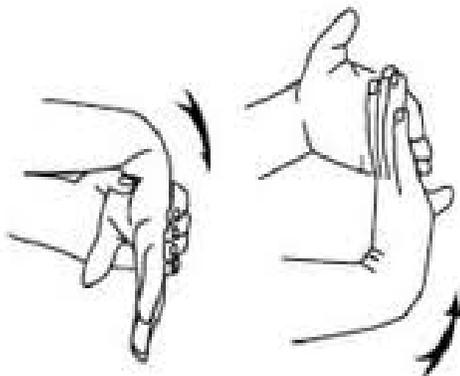
- 10 rotations each foot
- Can be done sitting down or standing up

### Shoulder Rotations



- 15 reps forward, 15 reps backward
- Keep body straight

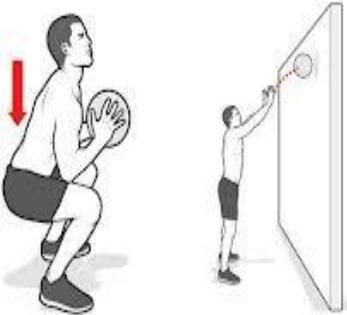
### Wrist Stretch



- Hold for 10 seconds each position
- Both hands
- Do not pull too hard!

## Training Exercises Week 1-2

Physical Representation	Description of Exercise	Repetitions and Sets
	<p style="text-align: center;"><b>Row</b></p> <ul style="list-style-type: none"> <li>● Use a theraband and sit flat on the ground with the theraband over your feet</li> <li>● Make sure you pull the theraband tight so you feel resistance</li> <li>● Pull back with the band and squeeze your shoulder blades together</li> <li>● Repeat 10 times</li> </ul>	<p style="text-align: right;">10 reps</p> <p style="text-align: right;">3 sets</p>
	<p style="text-align: center;"><b>Bicycle</b></p> <ul style="list-style-type: none"> <li>● Lay down on the ground feet up, one foot straight and the other bent at the knees</li> <li>● Gently place hands behind head (do not push against the neck)</li> <li>● Rotate trunk with the elbows leading to touch opposite knee</li> </ul>	<p style="text-align: right;">10 reps</p> <p style="text-align: right;">3 sets</p>

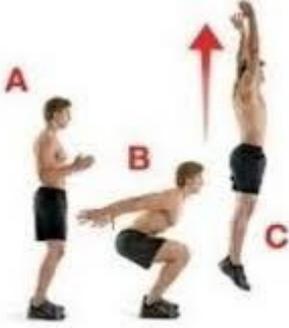
	<p style="text-align: center;"><b>Squats</b></p> <ul style="list-style-type: none"> <li>• Stand with feet shoulder width apart</li> <li>• Put hands out front</li> <li>• Lower body by bending at knees and keep balance with hands</li> <li>• Once at 90 degrees at knees push back up</li> </ul>	<p style="text-align: right;">15 reps</p> <p style="text-align: right;">3 sets</p>
	<p style="text-align: center;"><b>Explosive Squats</b></p> <ul style="list-style-type: none"> <li>• Stand with feet shoulder width apart and hands behind head</li> <li>• Squat down till knee angle is 90 degrees. Push off with toes and straightening knees. Try to jump high as you can</li> <li>• Absorb landing by bending knees</li> </ul>	<p style="text-align: right;">10 reps</p> <p style="text-align: right;">3 sets</p>
	<p style="text-align: center;"><b>Wall Toss</b></p> <ul style="list-style-type: none"> <li>• Stand shoulder width apart holding a basketball</li> <li>• Go down with the basketball as if doing a squat. When coming up throw the ball on the wall</li> <li>• Stand up straight and get ready to catch the ball</li> </ul>	<p style="text-align: right;">15 reps</p> <p style="text-align: right;">3 sets</p>

## Training Exercises Week 1-2 Progress Summary

	Pull-up	Bicycle	Squats	Explosive squats	Wall Toss
1st workout					
2nd workout					
3rd workout					
4th workout					
5th workout					
6th workout					
7th workout					
8th workout					

## Training Exercises Week 2-3

Physical Representation	Description of Exercise	Repetitions and Sets
	<p><b>Basketball Push-up</b></p> <ul style="list-style-type: none"> <li>● Place one hand on the basketball or medicine ball while doing a normal push up.</li> <li>● Feet can be spread apart for more balance</li> <li>● If too difficult, do normal push ups</li> </ul>	<p>10 reps</p> <p>3 sets</p>

	<p style="text-align: center;"><b>Squat Jumps</b></p> <ul style="list-style-type: none"> <li>● Squat down with arms stretched out behind you</li> <li>● Jump up while quickly bringing your arms up beside you for momentum</li> <li>● Jump as high as you can!</li> </ul>	<p style="text-align: right;">10 reps</p> <p style="text-align: right;">3 sets</p>
	<p style="text-align: center;"><b>Line Jumps</b></p> <ul style="list-style-type: none"> <li>● Quickly jump from one side of the line to the other</li> <li>● Can be done using 1 foot or 2</li> <li>● Can be done side to side or front to back</li> <li>● Try to look straight, instead of looking at the line</li> </ul>	<p style="text-align: right;">40 reps</p> <p style="text-align: right;">3 sets</p>
	<p style="text-align: center;"><b>Step Ups</b></p> <ul style="list-style-type: none"> <li>● Begin with one foot on the elevated platform</li> <li>● Step up onto the platform by raising the back foot up</li> <li>● Switch feet and repeat</li> <li>● If you don't have a block you can use stairs</li> </ul>	<p style="text-align: right;">20 reps</p> <p style="text-align: right;">3 sets</p>

	<p style="text-align: center;"><b>Planks</b></p> <ul style="list-style-type: none"> <li>● Begin by laying down, stomach to the ground</li> <li>● Raise your body up with as if you are doing a pushup, but with your forearms instead of hands</li> <li>● Tighten your stomach</li> <li>● Back should be flat</li> </ul>	<p style="text-align: center;">30 second s</p> <p style="text-align: center;">5 reps</p>
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### Training Exercises Week 2-3 Progress Summary

	Basketball Push-up	Squat Jumps	Line Jumps	Step ups	Planks
1st workout					
2nd workout					
3rd workout					
4th workout					
5th workout					
6th workout					
7th workout					
8th workout					

## Training Exercises Week 3-4

<u>Physical Representation</u>	<u>Description</u>	<u>Repetitions and Sets</u>
	<p><b>Mountain Climbers (Single leg-in)</b></p> <ul style="list-style-type: none"> <li>● Start in push-up position</li> <li>● Alternate bringing knee to elbow</li> <li>● Straight back</li> </ul>	<p style="text-align: center;">15 Reps</p> <p style="text-align: center;">3 Sets</p>
	<p style="text-align: center;"><b>Push Up</b></p> <ul style="list-style-type: none"> <li>● On toes or knees (modified)</li> <li>● Straight back and tight core</li> </ul>	<p style="text-align: center;">10 Reps</p> <p style="text-align: center;">3 Sets</p>
	<p style="text-align: center;"><b>Lunges</b></p> <ul style="list-style-type: none"> <li>● Knees do not reach over toe</li> <li>● Straight back</li> </ul>	<p style="text-align: center;">15 Reps</p> <p style="text-align: center;">3 Sets</p>

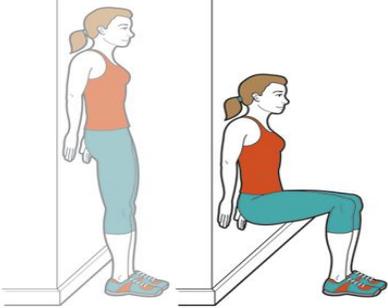
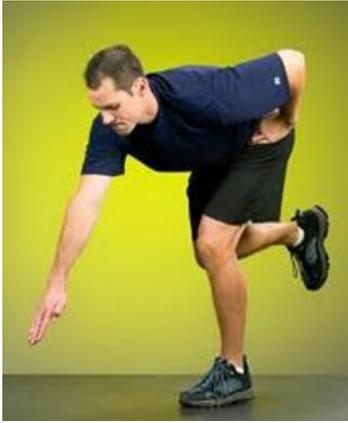
	<p style="text-align: center;"><b>Plank</b></p> <ul style="list-style-type: none"> <li>● Tight core</li> <li>● Straight back</li> <li>● On toes (modified on knees)</li> </ul>	<p style="text-align: center;">Hold for a minute, 3 sets</p>
	<p style="text-align: center;"><b>A-Balance Exercise</b></p> <ul style="list-style-type: none"> <li>● draw imaginary A in air</li> <li>● slow and controlled motion</li> </ul>	<p style="text-align: center;">Repeat on both feet  30 seconds each</p>

### Training Exercises Week 3-4 Progress Summary

	Mountain Climbers	Push-up	Lunges	Plank	A-Balance Test
1st workout					
2nd workout					
3rd workout					
4th workout					
5th workout					
6th workout					
7th workout					
8th workout					

## Training Exercises Week 4-5

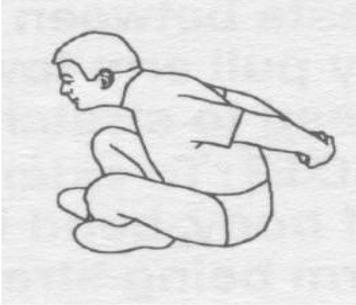
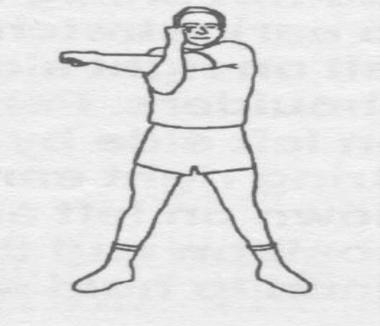
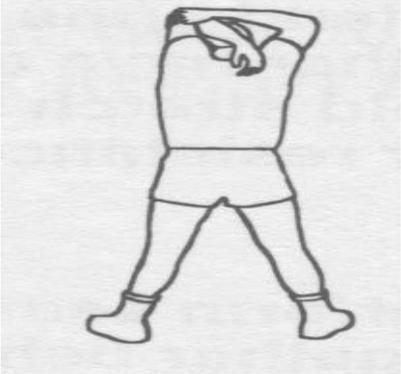
<u>Physical Representation</u>	<u>Description</u>	<u>Repetitions and Sets</u>
	<p><b>Rocket Jumps</b></p> <ul style="list-style-type: none"> <li>● Thighs parallel</li> <li>● Explode up, arms raised</li> <li>● Squat on return</li> </ul>	<p>20 Reps</p> <p>3 Sets</p>
	<p><b>Shuffling Exercise</b></p> <ul style="list-style-type: none"> <li>● Quick and controlled movements</li> </ul>	<p>Repeat in each direction for 2 minutes</p>
	<p><b>High Knees Shuffle</b></p> <ul style="list-style-type: none"> <li>● Bring knees as high as possible in an upwards motion</li> <li>● Keep a straight back and tight core</li> <li>● Controlled movements</li> </ul>	<p>60 seconds forward</p> <p>60 seconds backwards</p> <p>4 sets</p>

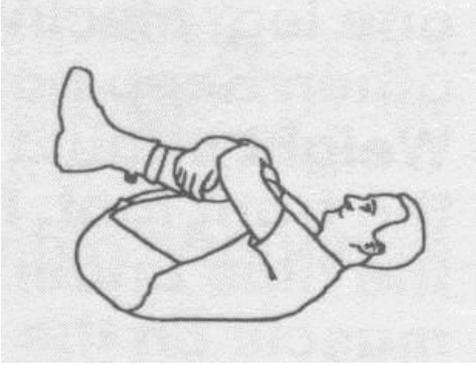
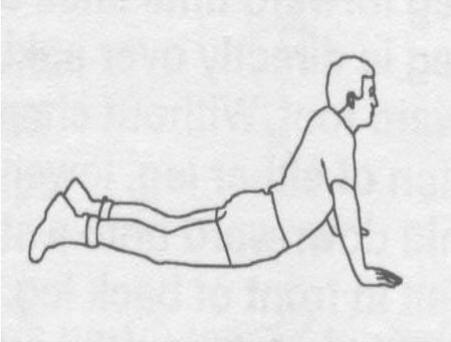
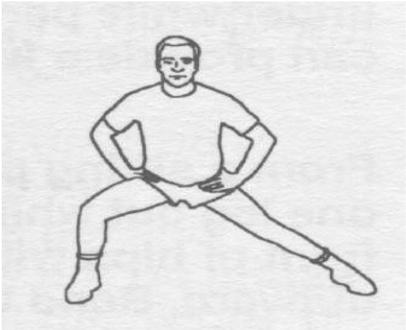
	<p><b>Wall Sits</b></p> <ul style="list-style-type: none"> <li>• thighs parallel to the ground</li> <li>• knees over toes</li> <li>• straight back and tight core</li> </ul>	<p>hold for 30-60 seconds</p> <p>3 sets</p>
	<p><b>One Leg Stand and Reach</b></p> <ul style="list-style-type: none"> <li>• One knee bent to 90 degrees</li> <li>• Reach forward with a straight arm (opposite of standing leg)</li> </ul>	<p>Hold for 30-60 seconds</p> <p>Repeat on each foot</p>

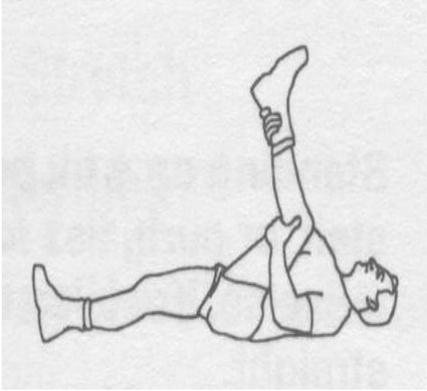
### Training Exercises Week 4-5 Progress Summary

	Rocket Jumps	Shuffling Exercise	High Knee Shuffling	Wall Sits	One-Leg Stand and Reach
1st workout					
2nd workout					
3rd workout					
4th workout					
5th workout					
6th workout					
7th workout					
8th workout					

## Cool Down

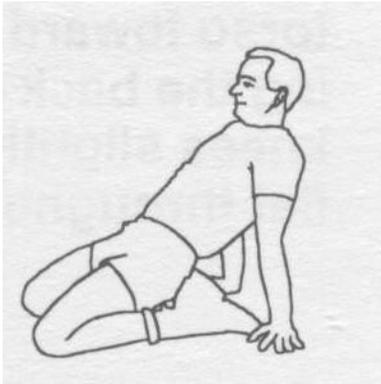
<u>Post-Exercise Stretches</u>	<u>Key Points</u>
	<b>Chest Stretch</b> <ul style="list-style-type: none"><li>• Clasp hands together behind back with thumbs down, extend arms behind and slowly and gently pull arms upward.</li><li>• Hold for 15 - 30 seconds</li></ul>
	<b>Shoulder Stretch</b> <ul style="list-style-type: none"><li>• Bring the one arm across chest while using other arm to pull it towards the chest.</li><li>• Hold for 15 - 30 seconds/ arm</li></ul>
	<b>Tricep Stretch</b> <ul style="list-style-type: none"><li>• Bring your one arm up and place the palm of the hand down the center of back with the elbow in the air. Place the other hand on the elbow and gently push down.</li><li>• Hold for 15 - 30 seconds/ arm</li></ul>

	<p><b>Back Stretch</b></p> <ul style="list-style-type: none"> <li>• Slowly and gently pull knees into chest while lying on the ground.</li> <li>• Hold for 15 - 30 seconds</li> </ul>
	<p><b>Back Stretch</b></p> <ul style="list-style-type: none"> <li>• Lay face down (prone) on the floor and gently and slowly pressing your torso up in the air by extending your arms.</li> <li>• Hold this position for 15 - 30 seconds</li> </ul>
	<p><b>Groin Stretch</b></p> <ul style="list-style-type: none"> <li>• Standing position with hands on the hips. Lean to one side and bend the knee while keeping the other leg straight. Both feet should be pointing forward.</li> <li>• Hold for 15 - 30 seconds/ side</li> </ul>
	<p><b>Quadricep Stretch</b></p> <ul style="list-style-type: none"> <li>• Pull on the heel of your foot slowly and gently towards the buttocks.</li> <li>• If you're doing this stretch in the standing position, be sure to have a chair, wall, table or buddy close by to avoid the one-legged-balance hop</li> <li>• Hold for 15 - 30 seconds/ leg.</li> </ul>



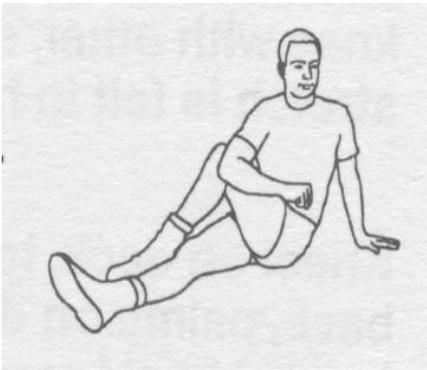
### **Hamstring Stretch**

- Lay down on back and gently pull knee towards the chest and keeping foot up in the air. The leg that's being stretched should only be partially bent.
- Hold for 15 - 30 seconds/ leg



### **Shin Stretch**

- Start in the kneeling position and slowly sit back on your heels and place hands behind. - Don't force this stretch. If you feel any pain ease up on the stretch.
- Hold for 15 - 30 seconds



### **Hip Flexor Stretch**

- Sit on the ground and pull one leg over the other (like in the photo). Place opposite elbow on the bent knee and twist your trunk the opposite direction.
- Hold for 20 - 30 seconds/ side

## Goal Setting

Use this sheet to set your long and short-term goals.

### **Long Term Goal:**

Event:

Goal Time:

Basketball meet:

**Write down three ways you will complete your goal time:**

1.

2.

3.

### **Short Term Goal:**

Event:

Goal Time:

Basketball Meet:

**Write down three ways you will reach your goal time:**

1.

2.

3.