

# HILL WORKOUT #1

BY ANY MEANS BASKETBALL

## DYNAMIC WARMUP

- JOG 20 YARDS & BACK X 2
- SLIDE 20 YARDS & BACK
- HAMSTRING SCOOPS X 4 EACH LEG
- KNEE PULLS X 4 EACH LEG
- QUAD PULLS X 4 EACH LEG
- HIP FLEXOR LUNGE X 4 EACH LEG
- GROIN STRETCH X 4 EACH LEG
- ECCENTRIC BODYWEIGHT SQUATS (3 SEC. ON WAY DOWN) X 6
  - SPRINT OUT 10 YARDS ON LAST ONE.
- HIP HURDLES X 6 EACH LEG
  - (PRETEND AS THOUGH YOU'RE STEPPING OVER A HURDLE IN FRONT OF YOU)
- HIP HURDLES DYNAMIC X 6 EACH LEG
  - NOW, PICK UP THE PACE AND DO IT WITH A SKIP.
- 10 YARD ACCELERATIONS X 3
  - REST 30 SEC. IN BETWEEN

## PROGRESSIVE HILL WARMUP

- 20 YARD HILL SPRINTS
  - 50% EFFORT X 1
  - 70% EFFORT X 2
  - 90% EFFORT X 1

## HILL ACCELERATIONS

- 20-YARD ACCELERATIONS @ 100% EFFORT X 5
  - START IN A "TWO-POINT" POSITION (STAGGERED, WITH ONE FOOT IN FRONT OF THE OTHER).
  - BURST OUT FOR 20 YARDS, AND COME TO A SLOW DECELERATION.
  - WALK BACK DOWN THE HILL, REST 30 SECONDS TOTAL, AND REPEAT.

- **FOCUSES:**
  - **KNEE DRIVE.**
  - **CONTINUE TO ACCELERATE THROUGHOUT THE 20 YARDS.**
- **SLIDE-TO-SPRINT X 3 EACH SIDE**
  - **START IN A SLIDING POSITION.**
  - **TAKE 3 SLIDES AT ABOUT 80% EFFORT, THEN QUICKLY TURN AND SPRINT FOR ~20 YARDS.**
  - **REST 30 SECONDS, AND COMPLETE 3 ON EACH SIDE.**
- **BACKPEDAL-TO-SPRINT X 5**
  - **START FACING OPPOSITE OF THE HILL.**
  - **TAKE 4-6 STRIDES, AT 100% EFFORT, THEN QUICKLY TURN AND SPRINT FOR ~10 YARDS.**
  - **REST 30 SECONDS, AND COMPLETE 5.**

## **BOUNDS**

- **SINGLE LEG BOUNDS: 4 SETS X 6 EACH LEG**
  - **THESE BOUNDS ARE ESSENTIALLY AN EXAGGERATED SPRINT.**
  - **TRY TO SPEND AS LITTLE TIME AS POSSIBLE ON THE GROUND, AND AS MUCH TIME AS POSSIBLE IN THE AIR. TRY TO “FLOAT” FROM STEP TO STEP.**
  - **AS SEEN IN VIDEO.**
  - **REST FOR 1 MINUTE BETWEEN SETS.**

## **BROAD JUMPS**

- **BROAD JUMPS: 4 SETS X 6 JUMPS**
  - **BROAD JUMPS ARE DONE FOR HORIZONTAL FORCE TO BE APPLIED INTO THE GROUND.**
  - **FOCUS ON FULLY EXTENDING HIPS, AS WELL AS KNEES AND ANKLES FOR FULL TRIPLE EXTENSION ON THE JUMP.**
  - **TRY TO AVOID SPENDING MUCH TIME ON THE GROUND IN BETWEEN JUMPS. MAKE THEM REACTIVE AND QUICK.**
  - **AS SEEN IN VIDEO.**
  - **REST FOR 1 MINUTE BETWEEN SETS.**

## **HILL ANKLE POGOS**

- **ANKLE POGOS: 4 SETS X 25 JUMPS EACH SIDE**
  - **WE DO ANKLE POGOS TO DEVELOP STIFFNESS IN THE ANKLE (CALF/ACHILLES COMPLEX).**
  - **KEEP ANKLE DORSIFLEXED AND LOCKED IN PLACE DURING THE POGO.**
  - **POP OFF OF THE GROUND QUICKLY, WITHOUT USING KNEES IN A TYPICAL JUMPING MOTION.**
  - **SPEND MINIMAL TIME ON GROUND.**
  - **AS SEEN IN VIDEO.**
  - **REST FOR 1 MINUTE BETWEEN SETS.**