

SAND WORKOUT #1

BY ANY MEANS BASKETBALL

DYNAMIC WARMUP (ON SAND OR OFF SAND)

- JOG 20 YARDS & BACK X 2
- SLIDE 20 YARDS & BACK
- KNEE PULLS X 4 EACH LEG
- QUAD PULLS X 4 EACH LEG
- HAMSTRING SCOOPS 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
- 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

ACTIVATION (ON SAND OR OFF SAND)

- GLUTE ACTIVATION: BANDED LATERAL WALKS X 20 (2 SETS)
 - GET IN A LOW, DEFENSIVE STANCE
 - TAKE A STEP Laterally TO LEFT, FOLLOW WITH RIGHT. THEN, STEP BACK TOWARDS LEFT AND FOLLOW. THIS IS 1 REP.
 - BAND AROUND KNEES
- ACCELERATION TECHNIQUE: WALL 45° KNEE DRIVES X 5 EACH SIDE (2 SETS)
 - LEAN AGAINST A WALL (HANDS ON WALL) AT A 45° ANGLE
 - START WITH LEFT KNEE UP
 - DRIVE UP RIGHT KNEE TO A 90° ANGLE, THEN RAPIDLY BACK WITH THE LEFT KNEE.
 - DO THIS 5 TIMES WITH EACH KNEE UP FIRST. 10 TOTAL IN EACH SET.
 - SEE VIDEO FOR EXPLANATION

CONE AGILITY (ON SAND)

- **LINEAR LATERAL SHUFFLE INTO 10 YARD BURST X 8 TOTAL (4 EACH SIDE)**
 - SET UP FOUR CONES ABOUT 2 FEET APART, AND ONE 10 YARDS AWAY.
 - SHUFFLE THROUGH CONES AS SEEN IN VIDEO, AND THEN SPRINT OUT TO FINAL CONE.
 - ALTERNATE DIRECTIONS
 - WALK BACK AFTER EACH REP AND GO STRAIGHT INTO NEXT.
- **LATERAL SPRINT ACCELERATE/DECELERATE INTO 10 YARD SLIDE BURST 8 TOTAL (4 EACH SIDE)**
 - USE THE SAME CONE SET UP.
 - SPRINT UP PAST THE CONE, DECELERATE, AND BACKPEDAL THROUGH NEXT CONE, AS SEEN IN VIDEO. THEN, SLIDE TO CONE.
 - ALTERNATE DIRECTION FACING.
 - WALK BACK AFTER EACH REP AND GO STRAIGHT INTO NEXT.

LATERAL AGILITY (ON SAND)

- **LATERAL REACTIVE AGILITY INTO SPRINT X 5**
 - SET UP TWO CONES ~10 YARDS APART, AND ONE IN FRONT IN THE MIDDLE OF THE TWO, ABOUT 5 YARDS AHEAD.
 - ASSUME AN ATHLETIC STANCE IN THE MIDDLE OF THE TWO CONES.
 - SCISSOR FEET AS EXPLOSIVELY AS POSSIBLE IN PLACE.
 - A PARTNER WILL POINT IN THE DIRECTION OF EITHER CONE, AND YOU MUST REACT AND SLIDE TO THAT CONE, BEFORE SLIDING BACK TO THE MIDDLE AND BEGINNING TO SCISSOR FEET AGAIN.
 - *IF YOU DON'T HAVE A PARTNER, MAKE UP YOUR OWN COMMANDS. GET CREATIVE AND IMAGINATIVE.
 - AFTER 4-5 COMMANDS, SPRINT OUT TO THE CONE IN FRONT.
 - REST 45 SEC. IN BETWEEN REPS

SLIDE-TO-SPRINT WORK (ON SAND)

- **BACKWARDS ZIG ZAG SLIDE-TO-SPRINT X 4 EACH DIRECTION**
 - SET UP 4 CONES IN A ZIG-ZAG FASHION AS SEEN IN THE VIDEO.
 - SLIDE FROM THE FIRST CONE BACK TO THE NEXT ONE, THEN FLIP YOUR HIPS AND SPRINT TO THE NEXT ONE. TURN BACK INTO A SLIDE AND REPEAT.

- AFTER REACHING FOURTH CONE, TURN AROUND FULLY AND SPRINT ON THE INSIDE SIDE OF THE CONE THAT IS ABOUT 5-8 YARDS AWAY.
- REST ABOUT 30 SEC IN BETWEEN REPS

DEFENSIVE SLIDE FINISHER (ON SAND)

- PARTNER DEFENSIVE SLIDES X 3 EACH PERSON
 - SET UP A LINE OF CONES, OR MAKE A LINE IN THE SAND THAT IS ABOUT 5 YARDS LONG.
 - THE OFFENSE'S JOB IS TO LOSE THE DEFENDER. THE DEFENDER MUST STAY IN FRONT OF THE OFFENSE.
 - BOTH MUST STAY ALONG THE LINE, BUT CAN'T CROSS LINE. IMAGINE THERE BEING A STRING ATTACHED TO BOTH, AND THE OFFENSIVE PARTNER MUST TRY TO SNAP IT BY CREATING SPACE!
 - GO FOR 10 SECONDS, THEN SWITCH.
 - AFTER BOTH GO, REST 1 MINUTE.