

Player Profile: JOHN SMITH

Year _____ (FR)

Last	First	Date	Year	Ht.	Wt.	Mile	Bench	Dips	Pull-Ups	Pushups	Vertical
Smith	John										
	<u>Activity</u>	<u>Dates</u>									
	Fab 50										
	Circuit Time										
	8's Times										
	Track Conditioning										
	17's										
	17's										

Year _____ (SO)

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Smith	John										
	<u>Activity</u>	<u>Dates</u>									
	Fab 50										
	Circuit Time										
	8's Times										
	Track Conditioning										
	17's										
	17's										

Year _____ (JR)

Squat

		Avg Times
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!

Before Pics

After Pics

Squat

		Avg Times
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!

Before Pics

After Pics

Squat

		Avg Times
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
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Before Pics

After Pics

Squat

		Avg Times
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
	Avg.=	#DIV/0!
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	Avg.=	#DIV/0!

Before Pics

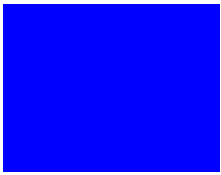
After Pics

The Circuit

(FAB 50 Workout)

Name	Dates				

*must complete all 50 reps of the exercise before you move onto the next one



Avg.

Fab 50

(50 Reps of each Exercise)

Jumping Pull-Ups

Situps

Pushups

Walking Lunges (25 each leg)

Barbell Shoulder Press (no weight)

Box Jumps

Kettle Bell Swings (overhead)

Plate Squat to Press (35 or 45lb plate)

Lateral Cone Jumps

Burpees

17's (17 widths of the court)

Guards(goal: 1:07)

Name	Set 1	Set 2	Set 3	Set 4

Wings(goal: 1:09)

Bigs(goal: 1:11)

- *duplicate this sheet for however many conditioning sessions you want to do with your team
- *drop time by 1-2seconds for each session
- *consider starting your first day with 3 sets of 17's and progressing in # of sets as you get better



Avg.

Set 5

#DIV/0!

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am

letter conditioned

Mile Test

Name	Time		Name	Time		Name	Time
5:30min			5:45min			6:00min	
Guards			Wings			Bigs	

The Gauntlet

8's Times (eight lengths of the court)

(date)

Avg

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
46sec									
guards									

#DIV/0!

#DIV/0!

#DIV/0!

#DIV/0!

#DIV/0!

#DIV/0!

47sec									
wings									

#DIV/0!

#DIV/0!

#DIV/0!

#DIV/0!

#DIV/0!

48sec									
biggs									

#DIV/0!

#DIV/0!

#DIV/0!

*duplicate this sheet for however many days you want to do this during preseason conditioning

*drop 1 second for each goal time during each conditioning session

The Grinder

(Suicides)

(date)

Suicide Avg.

	Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	
28sec guards										#DIV/0!
										#DIV/0!
										#DIV/0!
										#DIV/0!
										#DIV/0!
										#DIV/0!
30sec wings										#DIV/0!
										#DIV/0!
										#DIV/0!
										#DIV/0!
										#DIV/0!
32sec biggs										#DIV/0!
										#DIV/0!
										#DIV/0!

*duplicate this sheet for however many days you want to do this during preseason conditioning

*a suicide starts at the baseline and goes: FT line and back, half-court and back, opposite FT line and back, opposite baseline and back

*to make it more difficult you can have your players put their hands on a towel to push it up and down the floor for the entire suicide, this is called "towel suicides" and is TOUGH!!!

The Climb

(Sprint Ladder Conditioning Workout)

Lengths	Guard Times Time	Missed	Bigs Times Time	Missed
1	< 5 sec		< 5 sec	
3	< 16 sec		< 17 sec	
5	< 28 sec		< 29 sec	
7	< 40 sec		< 42 sec	
9	< 54 sec		< 57 sec	
11	< 70 sec		< 75 sec	
9	< 54 sec		< 57 sec	
7	< 40 sec		< 42 sec	
5	< 28 sec		< 29 sec	
3	< 16 sec		< 17 sec	
1	< 5 sec		< 5 sec	

Groups:

- *Split team into two groups based on position (Smalls and Bigs)
- *Guards have to complete the sprints in a faster time than forwards

Workout:

- *Group 1 lines up on baseline and runs specified # of lengths of court in sp
- *Once group 1 finishes, group 2 lines up on baseline and runs specified # of
- *Each groups rest time is while the other group is running.

Penalty:

- *For each sprint that the group does not finish in the specified time given o
- the entire group will have to run that sprint again at the end of the workout.
- *If they do not make their penalty sprint in the specified time, then the entire



pecified time while group 2 rests
of lengths in specified time.

r if any member misses a line in the sprint,

e team lines up and runs the sprint again with no time limit.

The Interval

(Track Workout)

Lengths	Guard Times		Biggs Times	
	Time	Missed (names)	Time	Missed
400m	Warmup		Warmup	
400m	< 65 sec		< 70 sec	
300m	< 45 sec		< 51 sec	
200m	< 29 sec		< 34 sec	
100	< 14 sec		< 16 sec	
Break	5 mins		5 mins	
400m	< 65 sec		<70 sec	
300m	< 45 sec		< 51 sec	
200m	< 29 sec		< 34 sec	
100m	< 14 sec		< 16 sec	
400m	No time		No time	

Groups:

- *Split team into two groups based on position (Guards and Forwards)
- *Guards have to complete the sprints in a faster time than forwards

Workout:

- *Group 1 lines up on the starting line while group 2 rest
- *Once group 1 finishes, group 2 lines up on the starting line and runs the distance
- *Each group's rest time is while the other group is running.
- *If they do not make the time they will have jog/sprint intervals for the distance
- * Example 300m= 3 minutes, 200m= 2 minutes, up to a maximum of 8 min



istance in specified time.

nce they miss/100.
utes.

The Shuttle

(300yd sprint (down and back 6X))

300yd Avg.

(date)

	Name	Set 1	Set 2	Set 3	Set 4	Set 5	
							#DIV/0!
							#DIV/0!
52-56 sec							#DIV/0!
guards							#DIV/0!
							#DIV/0!
							#DIV/0!
							#DIV/0!
							#DIV/0!
54-58 sec							#DIV/0!
wings							#DIV/0!
							#DIV/0!
							#DIV/0!
56-60 sec							#DIV/0!
biggs							#DIV/0!

*mark out 25yds from the baseline to around the opposite FT line depending on the length of your court (standard court is 94ft long: 1 yd = 3ft)

*test your athletes to see where their fitness level and capacity is: they should all clock in between 54-60seconds