

# BASKETBALL IRELAND RETURN TO PLAY

Head of Athletic Development

- Peder Madsen MSc
- Kevin Foley MSc

## PROGRAMME OVERVIEW

This 'Return To Play' physical preparation programme has been designed to help athletes meet the physical demands of basketball and reduce risk of injury following a long period of inactivity.

Complete the programme 3 times per week on non-consecutive days, alternating between the day 1 and day 2 programme for 6-8 weeks.

(Minimal equipment needed)


Example:	Mon	Tues	Wed	Thurs	Fri
Week 1	Day 1	Rest	Day 2	Rest	Day 1
Week 2	Day 2	Rest	Day 1	Rest	Day 2

# COMPLETE BEFORE STRENGTH SECTION

## 1 - Soft-Tissue Mobilisation

Equipment: Foam Roller/ Ball


Time: 4 -7 Minutes

 EXERCISE <small>(Click on exercise name to view video)</small>	FREQUENCY	REPS	TIMING
Quads	Daily	30 secs - 1 minute	Pre-workout
Hamstrings	Daily	30 secs - 1 minute	Pre-workout
Lats	Daily	30 secs - 1 minute	Pre-workout
T-Spine	Daily	30 secs - 1 minute	Pre-workout
Glutes	Daily	30 secs - 1 minute	Pre-workout
Calves	Daily	30 secs - 1 minute	Pre-workout
Adductors	Daily	30 secs - 1 minute	Pre-workout

## 2 - Banded Activation

Equipment: Bands


Time: 4-5 Minutes

 EXERCISE <small>(Click on exercise name to view video)</small>	SETS	REPS
Hip Bridges	2	10-15
Side Lying Abduction	2	8-12
Side Lying Clams	2	8-12
Crab Walks	2	10

## 3 - Mobility Exercises

Equipment: None


Time: 1-2 Minutes

 EXERCISE <small>(Click on exercise name to view video)</small>	SETS	REPS
Supine Straight Leg Raise	1	10
Supine Straight Leg Raise with Rotation	1	10
Cat/Camel	1	10
Table top Thoracic Rotation	1	10
Fire Hydrants	1	10

## 4 - Speed - Linear

Wall Drill

Time: 2-3 Minutes

non reactive: athlete starts when ready		
 EXERCISE (Click on exercise name to view video)	SETS	EXERCISE NOTES
One Step	2	4 leg drives each side
Two Step	2	4 leg drives each side
Three Step	2	3 reps starting each side


\*If technique starts to waiver the cut the reps short. Technique and speed of reaction crucial in this exercise.

## 5 - Speed - Lateral #1

**Week 1-4 ONLY**

Lateral Shuffle

Time: 2-3 Minutes


Non reactive: athlete starts when ready		
 EXERCISE (Click on exercise name to view video)	SETS	EXERCISE NOTES
One Step	2	6 shuffles each side
Two Step	2	5 shuffles each side
Three Step	2	4 shuffles each side

## 6 - Speed - Lateral #2

**Week 5-8 ONLY**

Lateral Shuffle

Time: 3-5 Minutes


Reactive: athlete goes on command		
 EXERCISE (Click on exercise name to view video)	SETS	EXERCISE NOTES
One Step <b>with recovery</b>	2	6 shuffles each side
Two Step <b>with recovery</b>	2	5 shuffles each side
Three Step <b>with recovery</b>	2	4 shuffles each side

## 7 - Jumps Training

Vertical

Time: 3-5 Minutes

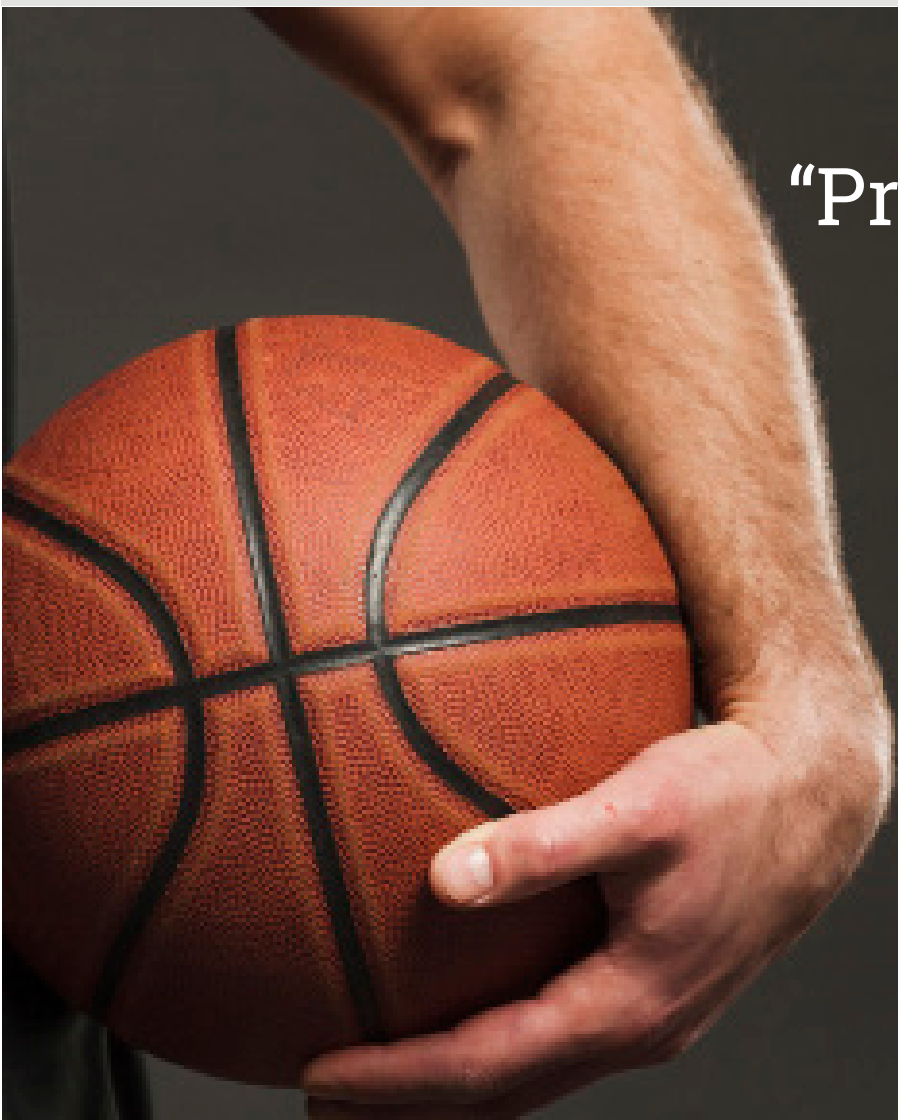
(progress from athlete driven to on command)

 EXERCISE (Click on exercise name to view video)	SETS	REPS
Snap downs to athletic position	2	6 reps (3 each side)
Snap downs to single leg athletic position	2	6 reps (3 each side)

## 8 - Strength Training

Section

Time: 40-50 Minutes



“Proper Preparation  
Prevents Poor  
Performance”

Basketball Ireland

# Strength Programme

DAY 1

See exercise videos and teaching points

▶	EXERCISE (Click on exercise name to view video)	WEEK 1		WEEK 2		WEEK 3		WEEK 4		NOTES
		SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A1	Counterbalance Squat	2/3	12-15	3	10-12	3/4	10-12	4	8-10	
A2	Seated Band Row	2/3	12-15	3	10-12	3/4	10-12	4	8-10	
B1	VMO Step Up	2/3	20	3	15/20	3/4	15/20	4	12/15	
B2	Half Kneeling KB/DB Overhead Press	2/3	12-15	3	10-12	3/4	10-12	4	8-10	
C1	Nordic Curls	2/3	10	3	8-10	3/4	8-10	4	8	
C2	Dead Bugs	2/3	10	3	10	3/4	10	4	10	
C3	Plank	2/3	30s	3	30s	3/4	30s	4	30s	

Click on the exercise name for exercise video tutorial.

Change the rep ranges weekly as shown.



# Strength Programme

DAY 2

See exercise videos and teaching points

▶	EXERCISE (Click on exercise name to view video)	WEEK 1		WEEK 2		WEEK 3		WEEK 4		Notes
		SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
A1	Deadlift	2/3	12-15	3	10-12	3/4	10-12	4	8-10	
A2	Press-ups	2/3	12-15	3	10-12	3/4	10-12	4	8-10	
B1	Lateral Lunge	2/3	20	3	15/20	3/4	15/20	4	12/15	
B2	Bent Over Row	2/3	12-15	3	10-12	3/4	10-12	4	8-10	
C1	Paloff Press	2/3	10	3	8-10	3/4	8-10	4	8	
C2	Side Plank	2/3	30s	3	45s	3/4	60s	4	90s	
C3	Walk outs	2/3	3-5	3	3-5	3/4	3-5	4	3-5	

Click on the exercise name for exercise video tutorial

Change the rep ranges weekly as shown



For individual or whole club athletic development programs contact: [pedercmadsen@gmail.com](mailto:pedercmadsen@gmail.com) or [foleyk5@yahoo.com](mailto:foleyk5@yahoo.com)