Westfield State Women's Basketball
Post Season Spring 2019 Lifting Program

Monday

- **Ball handling circuit**
- Back Squats 3x8
- Lunges 3x8 each leg
- DB single leg deadlift 3x8 each leg
- Back extensions with plate (to a strait back) 3x10
- DB Calf raises 3x15

- Squat Jumps 3x10
- Standing Long jumps 3x10
- Shuffle to foul line and shuffle back to endline, turn sprint to full court rest 15 seconds. 10x

Tuesday

- Bench Press 3x8
- Lat pull downs 3x8
- DB front shoulder raise, and side raises 3x8
- DB shoulder press 3x8
- Med ball slams 3x15
- Med ball chest passes
Wednesday conditioning, 
repeat 3x with 3 minute rest between sets
- Jump rope 60 seconds
- Right handed speed layups, 6 up and backs
- 2 ball stationary dribble 30 seconds
- 2 ball stationary alternate 30 seconds
- Left handed speed layups, 6 up and backs
- Planks 60 seconds
- 2 ball dribble same time and alternate 30 seconds each sidelines
- Sideline to sideline sprints 60 seconds
- 2 ball cross overs sidelines 60 seconds
- Full court attack layups with 2 dribble moves 6 up and backs
- 2 ball behind back sidelines 6 up and backs
- Supermans 30-60 second holds

Thursday super sets  3x10
- Ball handling circuit
- DB split squats
- Incline DB bench press
- Single leg dead lifts
- DB low rows
- Clam shells with band
- Sit ups 5x20
BALL HANDLING CIRCUIT

- Ball slaps, 1x 30 seconds

2x20 seconds each direction
- Finger tip taps
  - Overhead
  - Out in front
- Ball circles
  - Neck
  - Waist
  - Knees together
  - Single leg
  - Figure 8's

2x30 seconds
- Right and left hand low dribble
- Figure 8 low dribbles
- Hi low dribble pound the ball hi to low
- 2 dribbles then cross over below knees and repeat
- 2 dribble inside out dribble to cross over
- 2 dribble cross to behind back dribble

Shooting machine, 500 shots, 2-3x per week.