

High-Intensity Conditioning

DRAFT

Wednesday, Mar 25, 2026 | 60 min

Outwork

Develops basketball-specific aerobic and anaerobic capacity through continuous movement drills, lateral agility circuits, and game-speed transitions.

Session Plan

Dynamic Warm-up & Agility

15 min

High-speed movement and agility work.

Setup: Full court.

1. Jog baseline-to-baseline, lateral shuffles on the return.
2. Ladder agility drills (forward, side-step, crossover).
3. Mirror drills: players face each other, mirroring lateral movements.
4. Short-burst sprints (5 yards forward, 3 yards back).

Increases core temp and primes the nervous system for high-intensity movement.

Equipment: Ladder, Basketballs

- Keep the intensity high on the lateral moves

Full-Court Transition Drills

20 min

3-player full-court transition passing and layup competition.

Setup: Full court.

1. Three players, one ball, move from baseline to baseline.
2. Must pass without dribbling; ball cannot touch the floor.
3. Score a layup at the other end.
4. Immediately transition back down-court.
5. Must reach a target of 10 layups in 3 minutes.

Simulates game-speed transition work while conditioning the aerobic system.

Equipment: Basketballs

- Focus on crisp passing under pressure

17s Conditioning Drill

10 min

Classic basketball endurance drill.

Setup: Sidelines.

1. Players must run sideline-to-sideline 17 times in 60 seconds.
2. Group effort: the whole team runs, and the team target is the average time.
3. Two rounds with 60 seconds of recovery in between.

Builds high-intensity capacity relevant to late-game situations.

- Encourage each other to maintain the pace

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Live Transition Scrimmage

10 min

Short, fast-paced 5v5 scrimmage.

Setup: Full court.

1. Continuous play with quick inbound after baskets.
2. Focus on sprinting on every change of possession.
3. Game duration is 10 minutes.

Ensures the heart rate stays elevated in a game-context.

Equipment: Basketballs

- Sprint on change of possession!

Cooldown & Stretch

5 min

Static stretching and recovery.

Setup: Court floor.

1. Slow walk laps around the court.
2. Static stretching for legs, back, and shoulders.
3. Brief group huddle for session reflection.

Aids muscle recovery and heart rate stabilization.

- Great intensity today.

Equipment Needed

Basketballs, Agility Ladders