

# IX. Ben Davis High School Boys Basketball

## Candidate: Fall Conditioning Meeting

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**WHEN:** October 1-4, 8-9, 11-12, 15-18, 22-24. (*\*\*Monday, October 29, we get the basketballs out and preseason practice begins*).

**TIME:** 3:15 until 4:30

### **PROCEDURES:**

1. Have a physical form on file with the Athletic Director (you cannot be a candidate without a physical).
2. Equipment – bring your own and be dressed properly.
3. Locker – we will use the varsity locker room.
4. Location – workout will be held in the main gym, MPA, upstairs, or outside. Be prepared and dress accordingly.
5. Be dressed and ready to go by 3:15 each day.
6. All candidates are expected to attend all workouts. There are no excused absences. Everyone attends all 12 workouts. If a conflict develops, notify the coaching staff. For conditioning purposes, there will be three make-up days: October 5<sup>th</sup>, October 10<sup>th</sup>, and October 19<sup>th</sup>.

### **ACTIVITIES:**

1. Jumping drills, ropes, benches, plyometrics
2. Drills – various aggressive, sliding, reaction and footwork
3. Weighted ball
4. Running – timed distances
5. Strength (Advanced P.E.)
6. Flexibility – stretching exercises
7. Basketball games – 3 on 3 pick-up games on your own

### **OBJECTIVES:**

1. To increase stamina, endurance and agility so we can get in a position to become the best conditioned team in the state.
2. To establish discipline: mental, physical and emotional.
3. To eliminate injuries, blisters, etc.
4. To become the hardest working team in Indiana.
5. To become the best basketball team we are capable of becoming.

We want our basketball program to be one of the most respected basketball programs in the state. The ultimate objective of our basketball program is to win a state championship. **WE ARE GOING TO DO IT WITH GOOD PEOPLE AND IN A FIRST-CLASS FASHION. THE BEST ATHLETES DO NOT ALWAYS MAKE THE BEST BASKETBALL PLAYERS; INSTEAD, WE ARE LOOKING FOR THOSE ATHLETES THAT PLAY THE BEST TOGETHER.**