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Game Speed Conditioning – Gym

Complete Each Sprint with **60%** Effort - Level 1

Set 1

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Rest 1:30

Set 2

Shuffle to foul line – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg in front to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Rest 1:30

Set 3

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg behind to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 1:30

Set 4

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times



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Game Speed Conditioning – Gym

Complete Each Sprint with **80%** Effort - Level 2

Set 1

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Rest 1:30

Set 2

Shuffle to foul line – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg in front to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 1:30

Set 3

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg behind to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 1:30

Set 4

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times



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Game Speed Conditioning – Gym

Complete Each Sprint with **100%** Effort - Level 3

Set 1

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Rest 1:30

Set 2

Shuffle to foul line – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg in front to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 1:30

Set 3

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg behind to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 1:30

Set 4

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times



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Game Speed Conditioning – Gym

Complete Each Sprint with **100%** Effort - Level 4

Set 1

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Power skip full court and sprint backwards back to End Line

Rest 2:00

Set 2

Shuffle to foul line – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg in front to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 20 Seconds

12 split squat jumps

Rest 2:00

Set 3

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg behind to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 20 Seconds

Power skip full court and sprint backwards back to End Line 2 times

Rest 2:00

Set 4

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Rest 20 Seconds

Power skip full court and sprint backwards back to Goal Line 2 times



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Game Speed Conditioning – Gym

Complete Each Sprint with **100%** Effort - Level 5

Set 1

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Power skip full court and sprint backwards back to End Line

Rest 20 Seconds

Sprint full court – back and forth 2 times

Rest 2:00

Set 2

Shuffle to foul line – back and forth 3 times

Rest 20 Seconds

5 tuck jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg in front to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 20 Seconds

12 split squat jumps

Rest 20 Seconds

Sprint full court – back and forth 2 times

Rest 2:00

Set 3

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

5 squat jumps

Sprint to half court

Sprint back to End Line

Rest 20 Seconds

Carioca same leg behind to half court back and forth 2 times

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 4 times

Rest 20 Seconds

Power skip full court and sprint backwards back to End Line 2 times

Rest 2:00

Set 4

Sprint to the foul line – back and forth 3 times

Rest 20 Seconds

Carioca to half court – back and forth 2 times

Rest 20 Seconds

Backward Shuffle to half court

Sprint back to End Line

Backward Shuffle to half court

Sprint back to End Line

Rest 20 Seconds

Sprint forward to foul line and backpedal back to end line back and forth 3 times

Rest 20 Seconds

Power skip full court and sprint backwards back to Goal Line 2 times

Rest 20 Seconds

Sprint full court – back and forth 2 times

