

High School Preseason Workout Principles

School is back in session, but basketball season is still months away from starting for most high school programs. While in many states organized practices are prohibited, there are ways to improve your team and program in the preseason. What are some guiding ideas to structure your pre-season workouts around?

1. Lay the Foundation for the Season

“You get what you EXPECT, INSPECT, ACCEPT”

- a. Set expectations
- b. Create a framework for work ethic
- c. Identify leaders (Seniors)
- d. Form relationships, instill discipline

2. Identify Talent

“You can’t win the Kentucky Derby with a jackass”

- a. Athleticism
- b. Consistency
- c. Skill

3. Conditioning & Develop Athleticism

“You are only as strong as your weakest link”

- a. Spend time outside the gym
- b. Get outside of your comfort zone
- c. Stretch the limits of toughness

4. Skill Development

“Your X’s & O’s will not matter if your fundamentals are poor”

- a. Work within the framework of the rules to get as much gym time as possible
- b. Identify strengths and weaknesses of individuals
- c. Introduce season concepts that you will teach daily through the season

5. Build Teamwork

“Shared Suffering builds Cohesiveness”

- a. Learn the personalities of your team
- b. Find out who is first quit, who preserves

6. Administrative

- a. Fundraise
- b. Communicate schedules
- c. Organize Booster Club

