



Wildhawk Basketball

3 Home Workouts

Hint: Download a Tabata Timer app to help you move through the workout



To view examples, scan the QR code or visit wildhawk.ca/u13-videos

30 Minute Lower Body Workout

Focus: to build quickness and jumping ability

Warm-Up (5 minutes)

- High knees – 20s
- Butt kicks – 20s
- Lateral shuffles x 2
- Air squats – 10 reps
- Lunges with twist – 6 each leg
- Straight leg kicks – 20s
- Knuckle draggers – 20s
- Hip openers - 20s
- Karaoke - x 2

Circuit 1 – Strength Base (6 minutes)

(20s on / 10s rest x 2 rounds)

1. Air Squats - get low
2. Reverse Lunges (add goblet weight)
3. Wall Sit Hold
4. Glute Bridges (single-leg for advanced)

Circuit 2 – Explosive Power (6 minutes)

(20s on / 10s rest x 2 rounds)

1. Squat Jumps - pause at bottom and explode
2. Skater Jumps – side to side
3. Scissor Lunge Jumps - pause at bottom and explode
4. Step-ups on a box (bench or stairs, drive knee)

Circuit 3 – Agility & Core (6 minutes)

(20s on / 10s rest x 2 rounds)

1. Fast Feet up, up, down, down (on a line, quick)
2. Plank Jacks – plank, feet jump in/out
3. Fast feet 4 points 180 turns (controlled turns)
4. Mountain Climbers – drive knees fast

Cool Down (3 minutes)

- Hamstring stretch
- Quad stretch
- Calf stretch
- Hip flexor stretch
- Deep breathing

30 Minute Upper Body Workout

Focus: to build strength to bang with the big guys

Warm-Up (5 minutes)

- High knees – 20s
- Butt kicks – 20s
- Arm circles forward/back – 20s each
- Push-up position shoulder taps – 20s
- Straight leg kicks – 20s
- Knee push-ups – 10 reps
- Inch worms – 6 reps

Circuit 1 – Strength Base (6 minutes)

(20s on / 10s rest x 2 rounds)

1. Push-Ups (knee or full) – chest to floor
2. Tricep Dips (on a bench/chair) – elbows tucked
3. Shoulder Taps (plank position, slow and controlled)
4. Bicep Curls (single dumbbell, alternate arms)

Circuit 2 – Explosive Power (6 minutes)

(20s on / 10s rest x 2 rounds)

1. Jumping/Plyo Push-Ups (explode off floor)
2. Bear Crawl Forward & Back (5 steps each way)
3. Medicine Ball Slams (dumbell swings if no med ball)
4. Plank down ups (elbows to hands, switch lead arm)

Circuit 3 – Agility & Core (6 minutes)

(20s on / 10s rest x 2 rounds)

1. Situps
2. Burpees (with push up)
3. Side Plank (second round switch sides) – hold strong line
4. Russian Twists (bodyweight or light weight, strong core)

Cool Down (3 minutes)

- Shoulder cross-body stretch
- Tricep overhead stretch
- Chest opener stretch (hands behind back)
- Child's pose
- Deep breathing

30 Minute Cardio/Speed Workout

Focus: to mimic the speed and start/stop of a game and also build cardio base

Warm-Up (6 minutes)

- High knees – 20s
- Butt kicks – 20s
- Lateral shuffles – 2x20s
- Air squats – 10 reps
- Lunges with twist (6 each leg)
- Light Jog - 5 minutes (about 1/2 mile)

Sprint and Change of Direction Circuit (10 Mins)

Work 30s / Rest 15s x 3 rounds 2 minute break between rounds

*Mark 3 lines (10ft/20ft/30ft) and sprint out & back

1. Down and Back Sprints (touch line with hand, continue for all 30 seconds)
2. Defensive Slides – shuffle side-to-side (quick feet, low stance, full length, no feet crossovers)
3. Sprint Forward → Backpedal

Cool Down

Jog - 10 minutes (or 1 mile)

*pace should be conversational
**If feeling good, why not add one more mile at that easy pace?

Stretch