Vertimax Training Program for Basketball Players

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Introduction

The Vertimax (www.Vertimax.com) is a versatile training tool designed to develop explosive speed and power. It is a staple in our training program and we’ve had tremendous success using it with our players.

Below are several innovative exercises we’ve developed to help our players increase their explosiveness, speed, agility, footwork, and core strength. And of all the training tools we own, the Vertimax is by far our players’ favorite! Each of the drills shown was performed on a Vertimax V6 model.

As with any drill or exercise, please use caution and sound judgment when performing any these exercises. Follow all of the safety guidelines and rules of use outlined in the materials that came with it. Feel free to try each exercise with your own bodyweight first before adding any external resistance.
Quick Feet Drills

This series will utilize both the Vertimax and a standard speed ladder to develop agility, balance, and footwork. Place a standard speed ladder next to the secured Vertimax (you can place it either horizontally or vertically). Hook the resistance bands to your belt and follow the footwork patterns below. Perform 4 repetitions of each drill and make sure to move your feet as quickly as possible. Drills should be performed forwards and backwards. Stay on balance and in a constant athletic position. You do not need to use a heavy resistance during these drills.

- **High Knees**: Maintain a slight forward lean and quickly run through the ladder with an exaggerated high knee movement. Drive your knees quickly towards your waist, stepping in each box with both feet before progressing to the next. Move as quickly as possible while staying in good form. This can be performed with the Vertimax resistance pulling from any angle (front, back, left, right).

- **2 Feet In / 2 Feet Out**: Start in an athletic stance and quickly step (one foot at a time) in the first box with both feet, then out with both feet. Move onto the next box until you complete the length of the ladder. Once the ladder is complete, reverse direction and return to the start as quickly as possible. This can be performed with the Vertimax resistance pulling from any angle (front, back, left, right).

- **Jumping Jacks**: Start in an athletic stance with both feet in the first box. Jump and bring both feet outside the box, then quickly jump into the next box with both feet together. Repeat through the entire ladder. This can be performed with the Vertimax resistance pulling from any angle (front, back, left, right).

- **Ski jumps**: Start in an athletic stance with both feet 6 inches apart outside the box on the left side of the ladder. Jump into the first box and quickly jump out to the right side of the ladder. Jump into the second box, then out to the left side of the ladder. Repeat until the ladder is completed and then go backwards. This can be performed with the Vertimax resistance pulling from any angle (front, back, left, right).
Quick Feet Jumps

This series will help develop agility, balance, and footwork. Hook the resistance bands to your belt and move 5-10 feet away from a secured Vertimax. Then perform the following jumps for 15 seconds each. The jumps should be quick and low to the ground. You can use a line on the court as a marker for your jumps (jump back and forth over the line). These jumps can be performed with the Vertimax resistance pulling from any angle (front, back, left, right).

- **Side-to-Side Jumps**: jump side-to-side as quickly as possible while keeping the feet together and maintaining an athletic stance.

- **Front-to-Back Jumps**: jump front-to-back as quickly as possible while keeping the feet together and maintaining an athletic stance.

- **Hip-Twist Jumps**: jump and twist from side-to-side as quickly as possible while keeping the feet together and maintaining an athletic stance. While keeping your shoulders square, jump and twist the hips so that the feet are facing to your left, then quickly jump and twist the hips back to the right.

- **Front-to-Back Scissor Jumps**: take a staggered stance with one foot in front and the other foot behind the line. Jump and quickly switch the feet upon each landing.

- **Crossover Scissor Jumps**: assume an athletic stance. Jump and land with the right foot across the left side of the body and the left foot on the right side of the body. Quickly switch feet position with each jump.
**First Step Reaction Drill**

This drill is great for improving reaction and first step explosiveness. Start in an athletic stance. Your partner should be standing approximately 8-10 feet away with a tennis ball held out at shoulder height. Once your partner drops the ball, accelerate towards the ball and attempt to catch it on the first bounce. You can increase or decrease the difficulty of the catch by having your partner move closer or farther away from you or dropping the ball from a lower or higher position.

**Basketball Reaction Catches**

This drill is great for improving reaction and first step explosiveness. Start in an athletic stance. Have your partner stand approximately 8-10 feet away with a basketball. Perform one of the quick feet jumps described earlier. While performing the quick feet jump series, your partner will throw the ball slightly out of your reach requiring a quick reaction to catch the ball. Once you catch it, assume a solid triple-threat stance and then throw it back and repeat.

**Resisted Agility “W” Drill**

This is a fantastic way to spice up a popular cone agility pattern. Set up 5 cones in the shape of a “W” in front of a secured Vertimax. Each cone should be approximately 5 yards apart. Start at the top of the “W.” Begin by backpedaling towards the first cone.
Explosive Step-Ups

This is a great exercise to build power and explosiveness. Place a secure box (approximately knee height) on top of a secured Vertimax platform. Place one foot on top of the box, drive the foot hard into the box extending your leg and jumping off the box. Land on the same foot used for the jump before repeating.

Resisted Crossover Step Drill

This is a perfect drill to build power and mobility in the hips. Stand perpendicular to a secured Vertimax (left side facing the platform). Hook the resistance bands to the left side of your belt. Start in an athletic stance and quickly drive your left leg across your body ('cross-over step') by turning your hips and attempting to cover as much distance as possible. Quickly square up and hold an athletic stance for a brief second. Walk back and repeat.
**Split-Squat Jumps**

This is a great exercise to build power and explosiveness. Start in the center of the platform with a staggered stance. Bend the knees and jump explosively into the air. While in the air, quickly switch feet and repeat the jump immediately upon landing. You can increase the difficulty by holding a basketball straight overhead while performing the jumps.

**Seated Jumps**

Start in a seated position on a small box (approximately knee height) placed behind you on the platform. Attached the resistance cords and explode out of the seated position and jump as high as possible landing in an athletic stance. Carefully sit down and repeat.
This is a great exercise for building core strength. Start in push-up position with your right side facing a secured Vertimax. Attach the resistance bands to the right side of the belt. While maintaining a perfect push-up position, walk your body out and away from the platform. Then walk back and repeat.
Cable Pulls

This is another solid exercise for building core strength. Grab the end of the Vertimax resistance bands and stand in an athletic stance. Drive both hands back and behind the left shoulder and return to the starting position. Repeat the same movement directly overhead as well as over the right shoulder.
Vertimax Workouts

Coaching Points:

➤ Start with minimal resistance to establish perfect technique for each exercise. You can make adjustments as you go. Do not increase the resistance so much that the speed of the exercise is dramatically affected.

➤ Focus on great technique and 100% effort for each movement, every repetition.

➤ Make sure you progress from workout to workout. There are multiple ways to progress. You can progress by adding repetitions, adding sets, by increasing the resistance, or decreasing the rest time. When increasing the resistance, increase in small increments.

➤ These workouts should be done twice a week. Be sure to have at least one day of rest in between the workouts.

➤ If you are performing strength training on the same day, please perform the Vertimax workout first.

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