

2026

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7am-9am Ball Handling B.1.1 Cardio B.1.1 12pm-1pm Strength B.1.1	2 7am-9am Shooting B.1.1 Skills B.1.1 12pm-1pm Strength B.1.2	3 7am-9am Ball Handling B.1.2 Shooting B.1.2 Skills B.1.2 12pm-130pm Cardio B.1.2	4 OFF
5 OFF	6 5am-8am Ball Handling 1.1.1 Shooting 1.1.1 Skills 1.1.1 12pm-1pm Strength 1.1.1	7 5am-8am Cardio 1.1.1 Ball Handling 1.1.2 Shooting 1.1.2 12pm-1pm Strength 1.1.2	8 8am-11am Cardio 1.1.2 Ball Handling 1.1.3 Skills 1.1.2	9 6am-8am Ball Handling 1.1.4 Shooting 1.1.3 12pm-1pm Strength 1.1.3	10 5am-8am Cardio 1.1.3 Shooting 1.1.4 Skills 1.1.3 12pm-1pm Strength 1.1.4	11 OFF
12 OFF	13 5am-7am Ball Handling 1.2.1 Shooting 1.2.1 Skills 1.2.1 12pm-1pm Strength 1.2.1	14 5am-8am Cardio 1.2.1 Ball Handling 1.2.2 Shooting 1.2.2 12pm-1pm Strength 1.2.2	15 8am-11am Cardio 1.2.2 Shooting 1.2.3 Skills 1.2.2	16 5am-7:30am Ball Handling 1.2.3 Shooting 1.2.4 12pm-1pm Strength 1.2.3	17 5am-8am Cardio 1.2.3 Ball Handling 1.2.4 Skills 1.2.3 12pm-1pm Strength 1.2.4	18 OFF
19 OFF	20 5am-7am Ball Handling 1.3.1 Shooting 1.3.1 Skills 1.3.1 12pm-1pm Strength 1.3.1	21 5am-8am Cardio 1.3.1 Ball Handling 1.3.2 Shooting 1.3.2 12pm-1pm Strength 1.3.2	22 8am-11am Cardio 1.3.2 Ball Handling 1.3.3 Skills 1.3.2	23 5am-7:30am Ball Handling 1.3.4 Shooting 1.3.3 12pm-1pm Strength 1.3.3	24 5am-8am Cardio 1.3.3 Shooting 1.3.4 Skills 1.3.3 12pm-1pm Strength 1.3.4	25 OFF
26 OFF	27 5am-7am Ball Handling 1.4.1 Shooting 1.4.1 Skills 1.4.1 12pm-1pm Strength 1.4.1	28 5am-8am Cardio 1.4.1 Ball Handling 1.4.2 Shooting 1.4.2 12pm-1pm Strength 1.4.2	29 8am-11am Cardio 1.4.2 Shooting 1.4.3 Skills 1.4.2	30 5am-730am Ball Handling 1.4.3 Shooting 1.4.4 12pm-1pm Strength 1.4.3		

BALL HANDLING

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2	Stationary Control, Weak Hand, Ball Control
	Cycle 1	Apr 5 - May 2	16	Ball Handling Basics, Change of Pace, Control
	Cycle 2	May 3 - May 23	12	Live Dribble, On-the-Move Control, Pressure Work
	Assessment 1	May 24 - May 30	2	Low-Intensity Dribbling, Form, Control
	Cycle 3	May 31 - Jun 27	16	Power Dribble, Timing, Body Control
	Cycle 4	Jun 28 - July 25	16	High-Intensity Dribbling, Pressure, Game Speed
	Assessment 2	July 26 - Aug 1	2	Control, Rhythm, Game Speed Reps
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	15	Control, Decision-Making, Pressure Reads
	Cycle 6	Sept 6 - Oct 17	18	Refinement, Decision-Making, Game Control
	Assessment 3	Oct 18 - Oct 24	2	Ball Control, Form, Recovery Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10	Game-Ready Handles, Attacking Reads, Decision-Making
	Cycle 8	Nov 29 - Dec 26	8	Low-Volume Handles, Control, Maintenance
	Assessment 4	Dec 27 - Jan 2	2	Ball Control, Routine, Recovery Reset
	Cycle 9	Jan 3 - Feb 20	14	Game Control, Efficiency, Decision-Making
POST-SEASON	Cycle 10	Feb 21 - Mar 20	6	Advanced Counters, Creativity, Game Reads
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

BALL HANDLING

Workout

 Player

Anaya Beard ▾

 Date

04/08/26

 Time

60 Minutes

 Focus

Pressure

 Location

Court

 Cycle

1.1.3

Warm-Up (10 Minutes)

Drill	Description	Completed
Pound Dribbles	Waist Height – 3 x 30 sec (Right & Left)	<input checked="" type="checkbox"/>
Pound Dribbles	Low & Tight – 3 x 30 sec (Right & Left)	<input checked="" type="checkbox"/>
Push-Pull Dribble	3 x 20 sec (Each Hand)	<input checked="" type="checkbox"/>
Side-to-Side Ball Swings	3 x 20 sec	<input checked="" type="checkbox"/>

On-the-Move Dribbling (30 Minutes)

Drill	Description	Completed
Full-Court Speed Dribble	3 Rounds (Each Hand)	<input checked="" type="checkbox"/>
Change of Pace	Slow to Fast 3 Rounds (Each Side)	<input checked="" type="checkbox"/>
Zig-Zag Dribble	Between & Crossover 3 Rounds	<input checked="" type="checkbox"/>
Combo Move to Finish	Cross-Hesi, In & Out, Behind 4 Rounds x 5 Finishes	<input checked="" type="checkbox"/>
Freestyle Moves	Pick Any Combo 3 Rounds x 30 sec	<input checked="" type="checkbox"/>

Pressure Drills + Finisher (20 Minutes)

Drill	Description	Completed
Mirror Defender Drill	3 Rounds x 30 sec	<input checked="" type="checkbox"/>
Trap Escape	2 Rounds x 3 Reps (Each Side)	<input checked="" type="checkbox"/>
1-on-1 Pressure Dribble	Light Contact – 3 Rounds	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

BALL HANDLING

Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Foundation	94%	
04/06/26	Ball Handling - Workout 1.1.1	- Stationary Dribbling - Weak Hand Development - Ball Control	Ball Control	100%	Excellent control today. Weak-hand work was confident and clean.
04/07/26	Ball Handling - Workout - 1.1.2	- Change of Pace - Quick Combo Moves - Weak Hand Reinforcement	Ball Control	100%	Very solid session. Change-of-pace and combo control were sharp.
04/08/26	Ball Handling - Workout - 1.1.3	- Live Dribbling - On-the-Move Dribbles - Pressure Drills	Pressure	100%	Good work under pressure. Reactions looked quicker and more active.
04/09/26	Ball Handling - Workout - 1.1.4	- Reaction-Based Dribbling - Handling Pressure - Defender Reads	Pressure	100%	Excellent session vs pressure. Stayed composed and made good reads.
04/13/26	Ball Handling - Workout - 1.2.1	- Speed - Control - Full-Court Handling	Ball Control	100%	Strong full-court control today. Speed and ball security were solid.
04/14/26	Ball Handling - Workout - 1.2.2	- Weak Hand - Hand Speed - Reaction Handling	Ball Control	100%	Decent session. Weak hand and hand speed need more consistency.
04/16/26	Ball Handling - Workout - 1.2.3	- Attacking Off the Dribble - Footwork & Control	Attack	0%	Missed session. Needs to be made up.
04/17/26	Ball Handling - Workout - 1.2.4	- Handling Under Pressure - Dribbling in Traffic	Pressure	100%	Very good job in traffic. Showed strong control and composure.
04/20/26	Ball Handling - Workout - 1.3.1	- Advanced Ball Control - Full-Speed Attacks	Ball Control	100%	Good progress today. Full-speed control and rhythm improved.
04/21/26	Ball Handling - Workout - 1.3.2	- Change of Direction - Handling Under Pressure	Attack	100%	Solid attacking session. Continue tightening control under pressure.

04/22/26	Ball Handling - Workout - 1.3.3	- Combo Moves - Explosive Finishing Off Dribble	Attack	100%	Good effort on combo moves. Improve control and finishing balance.
04/23/26	Ball Handling - Workout - 1.3.4	- Game Situational Dribbling - Creating Space	Attack	100%	Excellent session. Created space and attacked at game speed.
04/27/26	Ball Handling - Workout - 1.4.1	- On-Ball Pressure - Full-Court Speed	Pressure	100%	Good effort. Pressure handling and speed need more control.
04/28/26	Ball Handling - Workout - 1.4.2	- Handling Through Traffic - Defensive Reads	Pressure	100%	Strong work in traffic. Reads and decisions were sharp.
04/30/26	Ball Handling - Workout - 1.4.3	- Creating Space - Attack Moves - Explosive Finishing	Attack	100%	Excellent attacking session. Finishing was confident and controlled.
05/01/26	Ball Handling - Workout - 1.4.4	- Creating Space - Attack Moves - Explosive Finishing	Attack	100%	Excellent execution today. Game-speed control and pace were strong.

CARDIO

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2	Baseline Testing (10m Sprint, Mile, Agility)
	Cycle 1	Apr 5 - May 2	12	Speed, Agility, Endurance Progression
	Cycle 2	May 3 - May 23	12	Higher Intensity Work (Sprints, Longer Runs)
	Assessment 1	May 24 - May 30	2	Reassess Sprint Times, Endurance & Recovery Work
	Cycle 3	May 31 - Jun 27	12	Change-of-Direction, Long Distance, Jump Rope
	Cycle 4	Jun 28 - July 25	12	Peak Conditioning, Game Speed Workouts
	Assessment 2	July 26 - Aug 1	2	Reassess Sprint Times, Endurance & Recovery Work
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	15	Team Conditioning, Competitive Pace, Game Readiness
	Cycle 6	Sept 6 - Oct 17	12	Conditioning Maintenance, Practice Tempo, Game Shape
	Assessment 3	Oct 18 - Oct 24	2	Reassess Performance, Recovery Focus, Mobility Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	5	Scrimmage Prep, Game Speed, Competitive Readiness
	Cycle 8	Nov 29 - Dec 26	4	In-Season Speed, Recovery, Performance Maintenance
	Assessment 4	Dec 27 - Jan 2	1	Reassess Performance, Recovery, Mobility Reset
	Cycle 9	Jan 3 - Feb 20	7	Conference Play, Game Conditioning, Recovery Focus
POST-SEASON	Cycle 10	Feb 21 - Mar 20	3	Postseason Prep, Peak Performance, Recovery Balance
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

CARDIO

Workout

 Player

Anaya Beard ▾

 Date

05/05/26

 Time

50 Minutes

 Focus

Aerobic

 Location

Court / Track / Open Space

 Cycle

2.1.1

Warm-Up (10 Minutes)

Drill	Description	Completed
Jog 3–5 Minutes	Progressively Build Speed	<input checked="" type="checkbox"/>
A-Skips / B-Skips	2 x 20 Yards Each	<input checked="" type="checkbox"/>
Leg Swings + Hamstring Scoops	2 x 10 Each	<input checked="" type="checkbox"/>
Light Strides	3 x 20 Yards	<input checked="" type="checkbox"/>

Main Conditioning (30 Minutes)

Drill	Description	Result
1-Mile Run	Record Time	06:22.36
400m Jog/Sprint Intervals	3 x 200m Jog→100m Sprint→100m Jog Record Sprint Avg	00:15.02
17's	Record Time	00:58.11

Cool Down (5–10 Minutes)

Drill	Description	Completed
Light Jog or Walk	2–3 Minutes	<input checked="" type="checkbox"/>
Stretch	Quads, Hamstrings, Hips	<input checked="" type="checkbox"/>
Foam Rolling	Full Lower Body Recovery	<input checked="" type="checkbox"/>
Mobility Flow	5–8 Reps Each (Hips, Ankles, T-Spine)	<input checked="" type="checkbox"/>

CARDIO

Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Foundation	88%	
04/07/26	Cardio - Workout - 1.1.1	- Acceleration Work - Sprint Mechanics - Short Burst Speed	Acceleration	100%	High effort throughout. Acceleration mechanics were clean and controlled.
04/08/26	Cardio - Workout - 1.1.2	- Agility Drills - Lateral Quickness - Direction Changes	Agility	100%	Strong session. Maintained pace and consistency across drills.
04/10/26	Cardio - Workout - 1.1.3	- Endurance Conditioning - Interval Runs - Full-Court Stamina	Endurance	90%	Solid work. Good consistency and effort throughout reps.
04/14/26	Cardio - Workout - 1.2.1	- Speed - Sprint Acceleration - Short Bursts	Speed	90%	Good start. Slight drop in intensity late, but overall speed output was solid.
04/15/26	Cardio - Workout - 1.2.2	- Lateral Quickness - Footwork - Change of Direction	Quickness	5%	Good effort overall. Lateral quickness improved. Continue building stronger finishes.
04/17/26	Cardio - Workout - 1.2.3	- Endurance Conditioning - Full-Court Stamina - Recovery Speed	Endurance	100%	Full intensity session. Stayed locked in and maintained pace throughout.
04/21/26	Cardio - Workout - 1.3.1	- Acceleration - Speed Endurance	Acceleration	95%	Strong output. Good pace and controlled acceleration throughout.
04/22/26	Cardio - Workout - 1.3.2	- Lateral Quickness - Change of Direction	Quickness	100%	High level performance. Quickness and change of direction looked sharp.
04/24/26	Cardio - Workout - 1.3.3	- Full-Court Stamina - Recovery Speed	Endurance	100%	Great effort. Conditioning held up well across full session.
04/28/26	Cardio - Workout - 1.4.1	- Sprint Acceleration - Speed Control	Control	75%	Solid control. Good pacing. Additional speed output still available.
04/29/26	Cardio - Workout - 1.4.2	- Lateral Quickness - Recovery Acceleration	Quickness	100%	High output session. Strong pace and recovery between reps.
05/01/26	Cardio - Workout - 1.4.3	- Full-Court Endurance - Game-Speed Conditioning	Endurance	100%	Excellent finish to the cycle. Game speed and conditioning were strong.

SHOOTING

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2	Spot-Up Shooting, Free Throws, Shot Form
	Cycle 1	Apr 5 - May 2	16	Form Shooting, Catch & Shoot, Shot Mechanics
	Cycle 2	May 3 - May 23	12	Spot Shooting, Pull-Ups, Shot Variety
	Assessment 1	May 24 - May 30	2	Form Check, Touch Shooting, Low-Intensity Evaluation
	Cycle 3	May 31 - Jun 27	16	Pull-Ups, Shot Creation, Finishing Touch
	Cycle 4	Jun 28 - July 25	16	Game Shots, Shot Volume, Game Speed
	Assessment 2	July 26 - Aug 1	2	Form Reset, Rhythm Shooting, Low-Intensity Work
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	20	Game Shots, Shooting Volume, Consistency
	Cycle 6	Sept 6 - Oct 17	18	Game-Read Shooting, Decision-Making, Efficiency
	Assessment 3	Oct 18 - Oct 24	2	Shooting Routine, Form Refinement, Recovery Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10	Game Shots, Pre-Game Routine, Shot Readiness
	Cycle 8	Nov 29 - Dec 26	8	Low-Volume Shooting, Maintenance, Efficiency
	Assessment 4	Dec 27 - Jan 2	1	Routine Reset, Form Maintenance, Light Reps
	Cycle 9	Jan 3 - Feb 20	14	Game Shooting, Efficiency, Shot Selection
POST-SEASON	Cycle 10	Feb 21 - Mar 20	6	Shot Efficiency, Confidence, Game Execution
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

SHOOTING

Workout

 Player

Anaya Beard ▾

 Date

04/13/26

 Time

60 Minutes

 Focus

Pace + Conditioning

 Location

Gym / Hoop Access

 Cycle

1.2.1

Warm-Up (10 Minutes)

Drill	Description	Completed
One-Hand Form Shooting	30 Makes - 5 Feet No Jump	<input checked="" type="checkbox"/>
Form Shooting	20 Makes - 10 Feet No Jump	<input checked="" type="checkbox"/>
Catch & Shoot Mid-Range	5 Spots x 5 Makes	<input checked="" type="checkbox"/>
Free Throws	5 In A Row	<input checked="" type="checkbox"/>

Main Conditioning (30 Minutes)

Drill	Description	Result
Catch & Shoot Mid-Range (Backpedal)	5 Spots x 6 Makes Makes Only	30
Catch & Shoot Mid-Range (Slide)	3 Spots x 10 Makes Makes Only	30
Catch & Shoot 3	5 Spots x 10 Makes 50 Makes - Record Total Attempts	68
9 In 2	3 Rounds Max Reps x 02:00.00 2 Misses In A Row = Next Spot	17, 12, 25
Free Throws	50 Makes Record Attempts	58

Cool Down (15 Minutes)

Drill	Description	Completed
Pick & Pop Mid Range-Range	3 Spots x 5 Makes	<input checked="" type="checkbox"/>
Pick & Pop 3	3 Spots x 5 Makes	<input checked="" type="checkbox"/>
Free Throws	5 In A Row	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

SHOOTING

Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Makes	Notes
			Conditioning	5,268	
04/06/26	Shooting - Workout - 1.1.1	Form Shooting Catch & Shoot Slow Proaression	Form + Rhythm	360	Going left and catching on her right foot step (Inisde Foot) into the hop needs work
04/07/26	Shooting - Workout - 1.1.2	Game-Like Movement	Efficiency + Speed	350	Need to work on her shooting down up. Leans forward and to the left which makes her shot flat
04/09/26	Shooting - Workout - 1.1.3	Quicker Releases Game-Speed Shots 3PT Work	Game Speed	400	Solid mechanics early, needs to maintain same form as reps increase
04/10/26	Shooting - Workout - 1.1.4	Form Shooting Catch & Shoot Free Throws	Consistency + Rhythm	200	Good rhythm on catch & shoot, footwork improving but still inconsistent at times
04/13/26	Shooting - Workout - 1.2.1	Mid-Ranae Quick Release Catch & Shoot	Pace + Conditioning	329	Quicker release showing, needs to stay balanced on higher speed reps
04/14/26	Shooting - Workout - 1.2.2	Off-Dribble Step-Backs Side-Step Shots	Game Speed	350	Game speed improving, decision-making still needs to be quicker
04/15/26	Shooting - Workout - 1.2.3	High-Volume Shooting Off-Screen Work	Shot Creation	300	Good pace and volume, continue improving shot preparation and footwork
04/16/26	Shooting - Workout - 1.2.4	Mid Ranae 3s Deep 3s	Volume + Consistency	300	Good volume, maintain consistency across all spots especially late
04/20/26	Shooting - Workout - 1.3.1	Game-Winnina Shots Clutch Reps	Clutch Shooting	289	Confident shooting under pressure, continue working on shot selection
04/21/26	Shooting - Workout - 1.3.2	Game-Speed Catch- Quick Release	Quick Release	280	We'll need to spend more time on her catch and shoot 3 form. When she gets tired or in her head her form goes all over the place.
04/23/26	Shooting - Workout - 1.3.3	Stationary 3s Form Reps Footwork Patterns	Footwork + Rhythm	500	Good footwork patterns overall, continue tightening balance on each catch
04/24/26	Shooting - Workout - 1.3.4	Stationary 3s Form Reps Footwork Patterns	Balance + Consistency	250	Balance improving, needs to stay consistent through full shooting sessions

04/27/26	Shooting - Workout - 1.4.1	Mikan Series Underhand Stretch	Pattern Consistency	450	Strong repetition and rhythm, continue building confidence in patterns
04/28/26	Shooting - Workout - 1.4.2	Stationary 3s Volume Conditioning	Footwork Efficiency	280	Footwork efficiency improving, focus on quicker setup into shots
04/29/26	Shooting - Workout - 1.4.3	Stationary 3s Footwork Form Focus	Range + Endurance	380	Range is improving, continue maintaining form as distance increases
04/30/26	Shooting - Workout - 1.4.4	Transition 3s Relocation Deep Shooting	Game Decisions	250	Making solid reads, continue improving shot selection in transition situations

SKILLS

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 - Apr 4	2	Finishing, Passing, Defense Fundamentals
	Cycle 1	Apr 5 - May 2	12	Footwork, Post Moves, Sealing Foundations
	Cycle 2	May 3 - May 23	9	Finishing, Power Moves, Sealing Development
	Assessment 1	May 24 - May 30	2	Low-Intensity Skill, Form, Touch Work
	Cycle 3	May 31 - Jun 27	12	PNR Reads, Counters, Footwork Precision
	Cycle 4	Jun 28 - July 25	12	Post Scoring, Finishing, Passing Reads
	Assessment 2	July 26 - Aug 1	2	Low-Intensity Skill, Form, Touch Work
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	15	Sealing, Finishing, Defensive Execution
	Cycle 6	Sept 6 - Oct 17	18	Finishing, Defensive Reads, Positioning
	Assessment 3	Oct 18 - Oct 24	2	Skill Refinement, Form, Recovery Work
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10	Game Reads, Defense, Post Decision-Making
	Cycle 8	Nov 29 - Dec 26	8	Low-Volume Skill, Efficiency, Maintenance
	Assessment 4	Dec 27 - Jan 2	2	Skill Adjustment, Form, Recovery Reset
	Cycle 9	Jan 3 - Feb 20	14	Game Execution, Finishing, Decision-Making
POST-SEASON	Cycle 10	Feb 21 - Mar 13	6	Efficiency, Decision-Making, Game Execution
	Transition	Mar 21 - Mar 31	0	Full Recovery, Mobility, Mental Reset

SKILLS

Workout

 Player

Kim Limon ▾

 Date

04/29/26

 Time

60 Minutes

 Focus

Sealing

 Location

Gym / Court

 Cycle

1.4.2

Warm-Up - Reaction & Mobility (10 Minutes)

Drill	Description	Completed
Duck In Seal + Drop Step Finish	3 x 6 Reps (Each Side)	<input checked="" type="checkbox"/>
Wall Closeout Drill	3 x 10 Reps	<input checked="" type="checkbox"/>
Pivot & Pass Recognition	3 x 6 Reps	<input checked="" type="checkbox"/>
Seal Commands	3 x 5 Reps	<input checked="" type="checkbox"/>

Sealing & Positioning - Live Reads (30 Minutes)

Drill	Description	Result
Seal & Release for Entry Pass	3 x 6 Reps Low Stance, Hold Position, Time Release	<input checked="" type="checkbox"/>
R/L Seals vs High/Low Denial	3 x 5 Reps Read Defender, Seal Early, Win Inside Angle	<input checked="" type="checkbox"/>
Re-Seal vs. Defender Fronting	3 x 5 Reps Quick Re-Seal, Stay Low, Create Target	<input checked="" type="checkbox"/>
Live Seal & Decision Drill	3 x 5 Reps Read Defender, Make Correct Seal	<input checked="" type="checkbox"/>
		<input type="checkbox"/>

Post Moves & Counter Reads (20 Minutes)

Drill	Description	Completed
Drop Step vs. Contact	2 x 6 Reps - R/L Finish, Each Side & Direction	<input checked="" type="checkbox"/>
Up & Under Counter Move	2 x 6 Reps - R/L Finish, Each Side & Direction	<input checked="" type="checkbox"/>
Face-Up Jab Step & Attack	3 x 6 Reps - Each Foot, Side & Direction	<input checked="" type="checkbox"/>
Live 1-on-1 Post Defense	3 x First to 3 - Winner Out, Start with Seal	<input checked="" type="checkbox"/>

SKILLS

Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Sealing	96%	
04/06/26	Skills - Workout - 1.1.1	- Fundamentals of Post Sealing - Footwork - Defensive Stance	Sealing	100%	Great start. Sealing fundamentals looked strong and she showed a good feel for positioning and stance.
04/08/26	Skills - Workout - 1.1.2	- Sealing Under Contact - Counter Moves - Post Finishing	Post Moves	100%	Strong day in the post. Moved well, handled counters with confidence, and finished with good control.
04/10/26	Skills - Workout - 1.1.3	- Sealing Under Contact - Post Positioning - Defensive Pressure	Sealing	90%	Excellent session. Stayed active, competed hard, and handled live reads and pressure well.
04/13/26	Skills - Workout - 1.2.1	- Post Moves - Sealing - Defensive Challenges	Defense	90%	Very strong session. Post moves looked sharp and she attacked with purpose and control.
04/15/26	Skills - Workout - 1.2.2	- Sealing Counters - Advanced Post Moves - Defensive Closeouts	Post Moves	100%	Solid session overall. Defensive reads improved and positioning showed progress. Continue building consistency.
04/17/26	Skills - Workout - 1.2.3	- Live Decision-Making - Position Adjustments - Post Defense Reads	Defense	100%	Good progress. Competed well defensively and showed improvement in battles and post-read reactions.
04/20/26	Skills - Workout - 1.3.1	- Sealing Under Pressure - Defensive Battles - Post Reads	Defense	95%	Good workout. Post move adjustments were solid and decision making showed improvement.
04/22/26	Skills - Workout - 1.3.2	- Adjusting Seals - Post Counter Moves - Defensive Rotations	Sealing	100%	Good progress with sealing. Positioning improved and strength under pressure continues to develop.
04/24/26	Skills - Workout - 1.3.3	- Physical Sealing - Contact Finishing - Defensive Closeouts	Finishing	100%	Great effort. Physical finishing improved and conditioning held up throughout the session.
04/27/26	Skills - Workout - 1.4.1	- Sealing Adjustments - Quick Decision Post Moves - Defensive Rotations	Post Moves	75%	Solid progress. Post move adjustments improved and decision making continues to develop.
04/29/26	Skills - Workout - 1.4.2	- Live Post Play - Sealing Under Pressure - Defensive Reads	Sealing	100%	Strong session. Defensive control and decision making showed noticeable improvement.
05/01/26	Skills - Workout - 1.4.3	- Game-Speed Post Execution - Live Post Battle - Defensive Toughness	Defense	100%	Excellent finish to the cycle. Defensive reads and adjustments looked strong and she competed with confidence.

STRENGTH

Player Development Plan 2026

	Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2	Testing Week - UPDATE MAXES 95%
	Cycle 1	Apr 5 - May 2	16	Strength Foundation, Hypertrophy, Core Stability 75% - 85% - 65% - 90%
	Cycle 2	May 3 - May 23	12	Progressive Load, Strength Development, Load Increase 75% - 85% - 65%
	Assessment 1	May 24 - May 30	2	Testing Week - UPDATE MAXES 95%
	Cycle 3	May 31 - Jun 27	16	Strength Development, Core Stability, Volume Emphasis 75% - 85% - 65% - 90%
	Cycle 4	Jun 28 - July 25	16	Max Strength, Neural Load, Pre-Deload Peak 75% - 85% - 65% - Deload
	Assessment 2	July 26 - Aug 1	2	Testing Week - UPDATE MAXES 95%
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	20	Strength Efficiency, Movement Quality, Power Transfer OFF - 75% - 80% - 70% - 85%
	Cycle 6	Sept 6 - Oct 17	18	Strength Maintenance, Power Output, Game Readiness 70% - 75% - 65% - 75% - 70% - 65%
	Assessment 3	Oct 18 - Oct 24	2	Testing Week - UPDATE MAXES 92% - 95%
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10	Explosive Strength, Power Maintenance, Pre-Game Prep 70% - 75% - 65% - 75% - 70%
	Cycle 8	Nov 29 - Dec 26	8	In-Season Strength, Maintenance, Recovery Emphasis 70% - 65% - 75% - 65%
	Assessment 4	Dec 27 - Jan 2	2	Strength Adjustment, Recovery, Mobility Reset 90%
	Cycle 9	Jan 3 - Feb 20	14	Strength Maintenance, Durability, Game Performance 70% - 65% - 75% - 65% - 70% - 65% - 70%
POST-SEASON	Cycle 10	Feb 21 - Mar 20	6	Recovery Strength, Power Maintenance, CNS Freshness 65% - 60% - 65%
	Transition	Mar 21 - Mar 31	0	OFF. Full Recovery, Mobility, Mental Reset

STRENGTH

Workout - Performance Week (Work Sets ~ 90% 1RM)

 Player

Anaya Beard ▾

 Date

04/30/26

 Time

60 Minutes

 Focus

High Cns / Upper Body

 Location

Weight Room

 Cycle

1.4.3

Warm-Up - Activation & CNS Prep (10 Minutes)

Drill	Description	Completed
Dynamic Warmup	See Sheet	<input checked="" type="checkbox"/>
Ankle Prehab + Core	See Sheet	<input checked="" type="checkbox"/>
Shoulder Pre-Hab W/ Band	2 x 10	<input checked="" type="checkbox"/>
Snatch Bb Complex W/ Bar	Rdl, Hs, Bnp, Os, Gm X 5 Reps Each	<input checked="" type="checkbox"/>

Strength Work (40 Minutes)

Drill	Description	Completed
Snatch Pull	115lbs X 5 / 145 X 5 / 3 Sets X 160 X 3 Reps 1 Set X 160lbs X As Many Reps As Possible	<input checked="" type="checkbox"/>
Depth Jumps From 18"	4 X 6 Reps Jump From Bench To Floor Then Jump Up Quickly From Floor	<input checked="" type="checkbox"/>
Incline Bench Press	115lbs X 5 / 145 X 5 / 3 Sets X 170 X 3 Reps 1 Set X 170lbs X As Many Reps As Possible	<input checked="" type="checkbox"/>
Middle Grip Chins	4 Sets X 10 Reps Spot Or Add Weight To Get 10	<input checked="" type="checkbox"/>
Bent Over Row	3 Sets X 155lbs X 8 Reps	<input checked="" type="checkbox"/>

Finisher - Core & Upper Body Stability (10 Minutes)

Drill	Description	Completed
Russian Twists	3 Sets X 85lbs X 10 Reps	<input checked="" type="checkbox"/>
Tricep Ext (Skull Crushers)	3 Sets X 75lbs X 10 Reps	<input checked="" type="checkbox"/>
Narrow Grip Chins	Max Number X 1 Set	<input checked="" type="checkbox"/>
Bar Hang	As Long As Possible X 1 Set	<input checked="" type="checkbox"/>

STRENGTH

Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Foundation	100%	
04/06/26	Strength - Workout - 1.1.1	- Squats - Deadlifts - Split Squats	Lower Body	100%	Strong session. Movement was controlled and balanced.
04/07/26	Strength - Workout - 1.1.2	- Bench Press - Pull-Ups - Shoulder Press	Upper Body	100%	Good effort. Strength and control were consistent.
04/09/26	Strength - Workout - 1.1.3	- Planks - Cable Rotations - Balance Drills	Core	100%	Nice work. Stability and positioning were strong.
04/10/26	Strength - Workout - 1.1.4	- Power Cleans - Box Jumps - Trap Bar Jumps	Explosive Power	100%	Good session. Power and tempo looked sharp.
04/13/26	Strength - Workout - 1.2.1	- Back Squats - Bulgarian Split Squats - Romanian Deadlifts	Lower Body	100%	Good work. Strength and positioning continue to improve.
04/14/26	Strength - Workout - 1.2.2	- Bench Press - Pull-Ups - Dumbbell Shoulder Press	Upper Body	100%	Solid session. Movements were clean and efficient.
04/16/26	Strength - Workout - 1.2.3	- Hanaina Lea Raises - Cable Rotations - Single-Lea Balance Holds	Core	100%	Steady session. Good focus and consistency throughout.
04/17/26	Strength - Workout - 1.2.4	- Trap Bar High Pulls - Trap Bar Jumps	Explosive Power	100%	Strong effort. Explosiveness and intent were there.
04/20/26	Strength - Workout - 1.3.1	- Trap Bar Deadlifts - Bulgarian Split Squats - Romanian Deadlifts	Lower Body	100%	Solid session. Movement quality stayed consistent throughout.
04/21/26	Strength - Workout - 1.3.2	- Bench Press - Pull-Ups - Dumbbell Shoulder Press	Upper Body	100%	Nice work. Execution and control looked strong.
04/23/26	Strength - Workout - 1.3.3	- Hanaina Lea Raises - Cable Rotations - Weighted Side Planks	Core	100%	Good execution. Core control looked clean.
04/24/26	Strength - Workout - 1.3.4	- Trap Bar High Pulls - Box Jumps - Trap Bar Jumps	Explosive Power	100%	Good work. Speed and power output were consistent.

04/27/26	Strength - Workout - 1.4.1	<ul style="list-style-type: none"> - Trap Bar Deadlifts - Bulgarian Split Squats - Romanian Deadlifts 	Lower Body	100%	Very good session. Control and balance were sharp.
04/28/26	Strength - Workout - 1.4.2	<ul style="list-style-type: none"> - Bench Press - Pull-Ups - Dumbbell Shoulder Press 	Upper Body	100%	Good energy today. Upper body strength is progressing.
04/30/26	Strength - Workout - 1.4.3	<ul style="list-style-type: none"> - Handcane Leans - Cable Rotations - Weighted Side Planks 	Core	100%	Strong focus. Stability continues to improve.
05/01/26	Strength - Workout - 1.4.4	<ul style="list-style-type: none"> - Trap Bar High Pulls - Box Jumps - Trap Bar Jumps 	Explosive Power	100%	Strong session. Good energy and fast execution.

DRILL LOG

Date	Player	Phase	Workout Name	Drill Name	Location	Workout Block	Drill Format	Target / Rules	Sets	Target	Score	Att
06/07/25	Anaya Beard	Cycle 3	Shooting - Cycle 3 - 1.1	Mid-Range Pull-Up	3 Mid-Range Spots	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Anaya Beard	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Warm-Up	Makes Only	Make 40	4		40	
06/07/25	Anaya Beard	Cycle 3	Shooting - Cycle 3 - 1.1	Mid-Range Pull-Up	4 Mid-Range Spots	Off-Dribble Shooting	Makes Only	Make 40	4		40	
06/07/25	Anaya Beard	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot 3	3 Perimeter Spots	Spot Shooting	Makes Only	Make 30	3		30	
06/07/25	Anaya Beard	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	12
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Mid-Range Pull-Up	3 Mid-Range Spots	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Mid-Range Pull-Up	3 Mid-Range Spots	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Warm-Up	Makes Only	Make 30	3		30	
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot 3	5 Perimeter Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	120
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	14
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	15
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	13
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	15
06/07/25	Aisleigh Canaday	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Off-Dribble Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	20
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	84
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	139
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	119
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	98
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Catch & Shoot Mid-Range	5 Mid-Range Spots	Spot Shooting	Makes-To-Target	Make 50 – Record Attempts	5	50	50	101
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Spot Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	14
06/07/25	Kimberly Limon	Cycle 3	Shooting - Cycle 3 - 1.1	Free Throw	Free Throw Line	Spot Shooting	Makes-To-Target	Make 10 – Record Attempts	1	10	10	13