

Basketball Training

by Jesse Haines, CSCS, Sanford POWER



Jesse Haines, CSCS

A proper basketball performance enhancement program's focus is to develop and maximize athleticism while safeguarding an athlete from injuries that are common in the game of basketball. It should be a goal to recreate the velocities and forces experienced in activity through leg initiated multi-joint explosive exercise (snatch, clean, jerk) in order to develop explosiveness, coordination and prevent injury.

The foundation of all power and strength in the human body originates from "the core". Any deficiency in strength and flexibility in the core region will give an athlete little chance to maximize his or her athletic potential. The core is the coordination and power center for all ground based movements. Focusing strength training on developing the core is very important. Training the core in the standing position and through ground-based exercises will enhance the athletes' ability to transfer training to sport performance.

It is the duty of the strength and conditioning coach to train athletes for maximal performance in athletic competition. The best performers are often the most gifted athletically, so it is important to train athletes with the purposes of increasing athleticism. Some qualities of a superior athlete are: power, speed, strength, agility, flexibility, coordination, kinesthetic

awareness, balance, mental toughness, being goal-oriented, and sport specific condition. It is the goal of the strength and conditioning coach to maximize the athletic potential of each athlete through well organized training programs developed to address team and individual deficiencies.

Through periodization principles, athletes should be provided programs that are designed on a yearly basis with goals that must be attained at set points throughout the training year. Each year that plan should be evaluated and tailored with the thought of increasing an athletes' work capacity the following year. Each training session should be organized with goals clearly stated so that athletes can train with purpose and intensity.

There are many training methods utilized to develop athletes. The most common traits found in all methods are that they are highly organized, short in duration and very intense. It is the duty of the strength coach to provide logical, progressive and safe training protocols for each athlete.

Recommendations for athlete exposures in the weight room with frequency and duration of strength training, not including warm-up:

Off-season: 3-5 days/week	45-90 minutes per session
Pre-season: 2-4 days/week	25-35 minutes per session
In-season: 2-3 days/week	20-25 minutes per session



sanfordpowercenter.com



Sanford
Orthopedics & Sports Medicine

sanfordorthosports.com

Sanford Clinic Orthopedics & Sports Medicine | (605) 328-BONE (2663)
Sanford Clinic Orthopedics & Sports Medicine Walk-In Clinic
(No Appointments Necessary) | (605) 328-HELP (4357)
Monday – Friday: 8:30 a.m. – 5:30 p.m.