

# Basketball Training

does the team change the plan?

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## Experience

**BS Exercise Science**  
Florida Atlantic University

**MS Health Education**  
Hofstra University

**Doctoral Student – Curriculum Design**  
Florida State University

**Certifications**  
MSCC      USAW  
CSCS      CES  
CISSN

**Internships**  
Miami Dolphins 2000  
Houston Astros 2001

**Graduate Assistant**  
Hofstra University 2002-2003

**University of Florida**  
2004-2011

**Nova Southeastern University**  
2012-present

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## People Who Shaped Me

**Professor Sue Graves**  
• Florida Atlantic University

**Lou Hernandez**  
• University of North Carolina

**Brad Roll**  
• CSCCa HOF Strength Coach

**Mickey Marotti**  
• Ohio State University

**Rob Glass**  
• Oklahoma State University

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### Basketball Co-operation of Strength & Conditioning

- Cannot sacrifice strength in favor of conditioning.
- Can make up for mistakes/shortcomings with great effort and toughness.

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### Needs Analysis

- 2 twenty minute halves (men), 4 ten minute quarters (women)
- Intense physical action of 1-30 seconds followed by ~ 90ft sprint
- Average time to break?
- Varied movement patterns including sprinting, back peddling, crossover, and shuffling
- Vertical jumps in several directions.

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### Style of Play will change your goals

- Hofstra – Tom Pecora
  - Bring the ball down, feed the big man, support with 3s. Zone Defense
- UF – Amanda Butler
  - Tough pressure defense. Traditional Offense. Look for the openings
- NSU – Gary Tuell
  - Work the ball around, look for open shots.
- NSU – Leanne Freeland
  - Work inside out. Look for layups or 3s
- NSU – Jim Crutchfield
  - Pressure defense, pressure offense

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**2001 Hofstra Pride**  
 "Big Man" Offense.  
 Zone defense

**Training Goals**  
 Post players needed to be in Great shape  
 run block to block  
 strong post move

Guard would feed the post,  
 spread out for open shots


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**2010 Florida Gators**  
 "Tough" defense. Traditional Offense

**Training Goals**  
 Very Talented group, but would not compete. Try to increase strength, conditioning, toughness

**Hardest training program I've directed**  
 Iron Gator Week  
 Football Team




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**2014 NSU Sharks**

"Princeton" Offense

Work the ball around, look for open shots

Slower, deliberate pace

**Training Goals**  
 Good endurance, stay strong, keep them healthy.  
 Consistently inconsistent in the weight room, pre-practice sessions were most beneficial




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### 2016-2017 NSU Sharks

Work inside out – layups or 3s, screens and picks, motion offense.

“Transition” conditioning?

#### Training Goals

Work capacity, average strength, keep them healthy

Lift after practice – not ideal



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### 2018-2019 NSU Sharks

Pressure the Ball on Defense, Full Court press 90-100% of the game.

Pressure Offense – penetrate and find the opening.

“Pressure the ball until we can’t anymore”  
Why stop?

Foul trouble, matchup doesn’t work, Large lead

..... Fatigue2 .....never,.....“parts in the machine”

#### Training Goals

Explosive Conditioning. Practices were 1.5 hours, very intense. Practice was conditioning. Strength training was short, explosive, intense > 30mins



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## What does THIS team need?

- Evaluate physical strengths and weaknesses
  - What do the injury reports tell you
- Evaluate Leadership qualities
  - Class distribution (freshman – senior)
  - How can I help to develop leadership? Training groups, captains, “power of the unit”
- Evaluate the past season
  - What do they need to change or repeat for success? 2007 UF Football
- How does your personality fit with the Sport Coach?
  - Fill the gaps that are needed. [Be a chameleon](#)

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## Factors to Consider

- Physical – Age(Chronological vs Training), Ht, Wt, BF%
- Emotional – General or Soldier?, Background? "5 Languages of love"  
Words, time, gifts, acts, touch  
Gary Chapman
- Motivation – Student-athlete or Athlete student? Goals? What role does sport play in their life?
- Nutrition – Are we able to support them? Or do we need to educate?  
Arkansas Nutrition budget
- Style of Play – What do the highest level players do well? How do we train for that?  
UConn

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## Calendar – NCAA Basketball

- Post-season – end of season (April) – end of spring semester (May)
- Off-season – summer A (optional), summer B (required)
- Pre-season – Fall semester (end of August) – 1<sup>st</sup> Practice (Oct 15<sup>th</sup>)
- In-season – 1<sup>st</sup> Game (November 15) - NCAA Tournament (March)

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Basketball Annual Cycle 2009-2010							
Date	Cycle	Intensity	Reps		Goals		
			Lower	Upper			
20-Jun	Off-Season	[Bar chart]	69	10	69 10	Off-Season	
6-Jul			67	10	67 10		
13-Jul			70	8	70 8		Strength - Increase
20-Jul			72	8	72 8		Explosive Power - Increase
27-Jul			75	6	75 6		Flexibility - Increase
3-Aug	Active Rest - Train at Home	[Bar chart]	77	6	77 6	Intensity - High	
10-Aug			81	6	81 6	Frequency - 3 days	
17-Aug	Pre-Season	[Bar chart]	67	10	67 10	Pre-Season	
24-Aug			69	10	69 10		
31-Aug			71	8	71 8		*Most strength, speed, conditioning, agility, body composition, flexibility and toughness improvements will occur in this cycle. This is the most important cycle in strength and conditioning.
7-Sep			73	8	73 8		
14-Sep			75	8	75 8		
21-Sep	Practice	[Bar chart]	77	6	77 6	In-Season	
28-Sep			78	6	78 6		
5-Oct	In-Season	[Bar chart]	81	6	81 6	In-Season	
12-Oct			80	10	80 10		
19-Oct			85	10	85 10		Strength - Maintain
26-Oct			88	8	88 8		Explosive Power - Maintain
2-Nov			90	8	90 8		Flexibility - Increase
9-Nov	In-Season	[Bar chart]	95	10	95 10	In-Season	
16-Nov			97	10	97 10		
23-Nov			99	10	99 10		Intensity - Low - Medium
30-Nov			100	8	100 8		*Practice and games will be the main focus. Game conditioning will be at highest intensity. Weight room will decrease in volume, but intensity will cycle.
7-Dec			100	8	100 8		
14-Dec	100	8	100 8				
21-Dec	Post-Season	[Bar chart]	100	8	100 8	Post-Season	
28-Dec			100	8	100 8		
4-Jan			100	8	100 8		
11-Jan			100	8	100 8		
18-Jan			100	8	100 8		
25-Jan	Post-Season	[Bar chart]	100	8	100 8	Post-Season	
1-Feb			100	8	100 8		
8-Feb			100	8	100 8		
15-Feb			100	8	100 8		
22-Feb			100	8	100 8		
1-Mar	Post-Season	[Bar chart]	100	10	100 10	Post-Season	
8-Mar			100	8	100 8		
15-Mar			100	8	100 8		
22-Mar			100	8	100 8		
29-Mar			100	8	100 8		
5-Apr	Post-Season	[Bar chart]	100	8	100 8	Post-Season	
12-Apr			100	8	100 8		
19-Apr			100	8	100 8		
26-Apr	100	8	100 8	Active Rest			
			Circuit	Training		Post-Season	

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## Weight Training

- We use a general strength training plan with a manipulation of sets, reps, and intensity to illicit **adaptations** that can be **exploited** in the next cycle
- Body will adapt every 2 weeks if you make it
- 2 leg -----> 1 leg                      Hyper-> strength -> power

Olympic, Powerlifting, KB, MB, Triphasic, Tier, CrossFit, OTF

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## Post-season

- Re-hab injuries
- Break up the monotony of training – click them by having fun
- Prepare the body for intense off-season training
  - "train to train", heal, perfect form, etc
- Identify and correct imbalances between R and L, upper and lower, flexibility issues
  - Movement screen, FMS, BOD POD

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## Post-season Training Plan

- 2-3 days of lifting. Large muscle groups working with movement patterns specific to basketball
- Increase ROM in "bubble of influence" – Matt Herring
- Circuit Training. Make the body adjust.
  - Body will adapt every 2 weeks
- General conditioning: Jump Rope, longer distance runs, swimming, etc.
- Pre-hab
- Weak Link
  - What do the injury reports tell you? What are common injuries throughout the team? Player?

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## Example Post Season Training Plan

Florida Basketball		
Day 1	Day 2	Day 3
<b>Dynamic Warm up</b>	<b>Dynamic Warm up</b>	<b>Dynamic Warm up</b>
Hang Clean 3x5	<b>Circuits x3</b>	DB Snatch 3x5
Squat 3x10	Jump Rope x100	Front Squat 3x10
Box Jump 3x5	HangClean/PJ x5	Lateral Box Jump 3x5
Bench 3x10	Stability Ball P-up x10	Incline Bench 3x10
Hammer Row 3x10	Pull Up x5	Lat Pull 3x10
Single leg Curl 3x10	Jump Rope x100	Single leg Squat 3x10
DB Sho. Press 3x10	Walk Lunge x20	BandRearDelt 3x20
DB Curl & Press 3x10	Upper Body Ladder x2	Bar Bicep 3x10
Bench Dibs 3x15	Sit Up w/ MB Throw x20	Tricep Press 3x10
<b>Core Work</b>		<b>Core Work</b>
Foam Roll	Jump Rope x100	Foam Roll
Band Stretch	BW step Up x10	Partner Stretch
<b>Cardio 20 min</b>	MB Push Up x10	<b>Bike Sprints x15</b>
	Inverted Row x10	
<b>Weak Link</b>	<b>Weak Link</b>	<b>Weak Link</b>
Hamstring	Flexibility	Groin
Ankle Stability		Hip Flexors

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## Off-season

- Most intense period of training
- Lift 3-4 times per week
- Condition 3-4 time per week
- Attempt to increase Work Capacity, Strength, Power, Aerobic and Anaerobic Endurance
- Perfect form – lifting, running form, defensive stance, proper landing, and flexibility

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## Skeleton Plan

- Lift M,W,F
- Condition T off the court – turf, track, sand, etc – strengthen ankles
- Condition R on the court
- Weight room activities
- "Get Tough Friday"

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Basketball Strength & Conditioning										
Day	Exercise	Sets	Reps	Temp	Start	End	Temp	Start	End	Temp
Day 1	Warm Up	10								
	Shoulder Press	3x5								
	Lat Pull Down	3x5								
	Triceps Press	3x5								
	Shoulder Press	3x5								
	DB Lunge	3x5								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
Day 2	Warm Up	10								
	Front Squat	3x5								
	Push-ups	3x5								
	DB Press	3x5								
	DB Lunge	3x5								
	DB Lunge	3x5								
	DB Lunge	3x5								
	DB Lunge	3x5								
	DB Lunge	3x5								
	DB Lunge	3x5								
Day 3	Warm Up	10								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
	Shoulder Press	3x5								
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	Shoulder Press	3x5								

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## Pre – Season Plan

- Practice will be the priority of the training plan
- 10-15 minutes at beginning of practice for dynamic warm up, short duration agility, and dynamic flexibility
- Static Stretching?

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## Weight room?

- Pre-Season
  - Try to mimic the intensity and rest periods of the game
  - Off-season training will now translate into performance
- Pre-hab
  - Keep them on the court
  - "you can't make the team from the training room" – Jimmy Johnson

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## In-Season

- Practice and games will take priority
- Warm up will be adjusted for schedule
- Different warm up routines depending on event (practice, game, shoot around, etc.) - Baseball
- Can use competitive drills
- Try to reinforce coaching cues and techniques
  - What language is coach using?
- Make drills specific by adding basketball skills

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## Weight room? In-Season

### Before Practice

- Try to mimic the intensity and rest periods of the game
- Big movements.....keep them fresh for the court
- High intensity, Low Volume
  - 3x5, 4x4, 5x3 explosive—sore?
- Pre-hab

### After Practice

- Build Strength
  - Difficult to “explode” after 3 hours of practice
- Improve mobility/flexibility
- Help to recover

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How much can I do?

VS

What is the minimum required?

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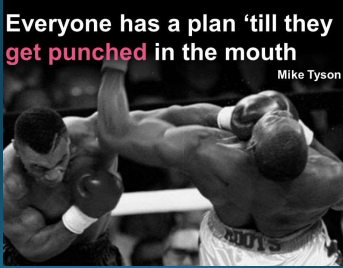
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Conditioning

"Fatigue makes cowards of us all"  
Vince Lombardi

Everyone has a plan 'till they  
get punched in the mouth  
Mike Tyson



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General Conditioning Model

- Dynamic Warm up
- Core Work
- Agilities
- Main activity (what is the goal?)
- Finisher

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Off Court Activities

- Why?
- Body will adapt to decrease the risk of injury.
- Keep athletes interested

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## Off Court activities

### FB Practice Turf

- 300 yd shuttles

- Ladders

turf field :8, :10, :12, :14, :16

- [Plate push](#)

- [Sled Push](#)

- Sled Pull

- [MB Throw and Run](#)

- 400m on track
  - Individual times or group average time – if someone is slow, you need to be fast

- Gator Mountain- slow or fast

- Individual times or group average time - :60, 10:00

*"How do you appear to fight?"*  
- Mike Tyson

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## On Court Activities

- Giants 5x down and back

- Progressives :10, :25, :40, :55, :70

- :225 5 pack -you – me pace

- Suicides

- Agilities [Rest periods make it difficult](#)

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## Weight Room Activities

- Body Weight Circuit

- Jump Rope

- [MVP Shuttle](#) – for strength and for time

- Box Jump

- [Dot Drill](#)

- [Quick Feet](#)

- VJ from several angles – rebound?

- Vertimax
  - teach proper landing

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## “Get Tough Friday”

- Intense team activity
  - Some combination of strength and conditioning that will foster teamwork and toughness
  - Ex. Bar circuit – HC, PJ, jump pull-up, inverted row, bench dip, push up. 3x5
    - Leg Press @50-60% for 10-50 reps
    - Sled Push
- Reveal toughness or non-toughness –  
 “How do you handle adversity? Quit? Look for a way out? OR..... Toughen Up?” – Daniel Cormier

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In my experience, the strongest team does not always win, .....but the **TOUGHEST** team will be in position to win at the end of the game

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## Iron Gator, Muscle Shark

- Team and Individual Goals
- 2 teams with equal number of positions
- Team winner and overall individual winner
- Emphasize teamwork, toughness, and basketball skills
- Box jump
- Ramp Run
- Stadium run
- Towel Hang
- Plate Hold
- Plate Push
- Pull Up – team total
- Versa Climber – 2:00
- Pit Shark – 2.5x BW 4:00

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## Hell Week

- 1<sup>st</sup> week of school
- Culmination of the off-season training and welcome back
- 4 consecutive testing days, followed by 2 days of make up
- M - 5 Giants in :62, :67 you/me pace
- T - 3 60yd plate push in :60 each
- W - 5 Suicides in :35 with :45 rest
- R - 14 Gator Mountain in 14:00

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## Transitional Phase

- Mimic the intensity of practice with the same rest periods
- Circuit training including conditioning and agility

“Can you run our offense when you are exhausted?”

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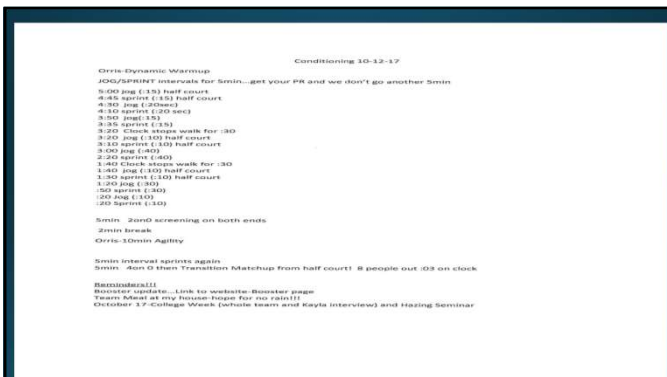
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## Agilities

- [Ladders](#)
- Hurdles
- Cone Weave
- W
- Box Drill
- [Diamond Drill](#)
- 60 yd Shuttle
- Pro Agility
- [Back Peddle Race](#) (Utah Jazz)
- Resisted Agility
- MB Throws
- Be Creative
- Trick them by having FUN

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## Desired Outcomes

- Resistance to Injury
- Increase Aerobic Capacity
- Increase Anaerobic Capacity
- Increase Vertical Jump
- Durability
- Toughness
- Team Building (manipulate drills to foster team work and effort)

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## How do you Evaluate your Program?

- Wins/Losses?
- Moral Victories? – How do we fare against the best?
- Injuries? Traumatic or Overuse?
- Only 1 team is happy at the end of the year, but were we physically able to compete in every game, ... all season?

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## Injury Prevention

- Pit Shark – long levers
- Band Pressdown
- 1 Leg Squat
  - ACL prevention
- Groin Hold
- Ankle Stability? or Strength?
  - Heel touch
  - Speed skater
- Ankle ABC

*Spend 5-10 mins every session on pre-hab, correctives, weak link, etc*

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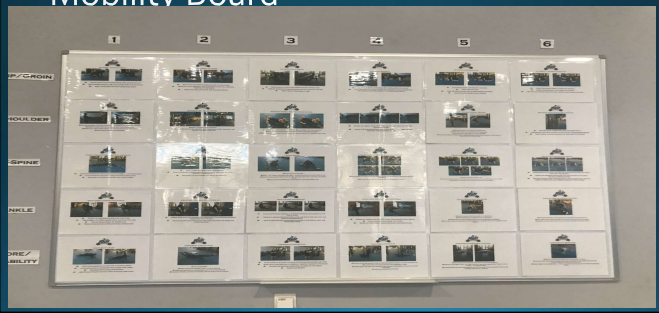
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## Mobility Board



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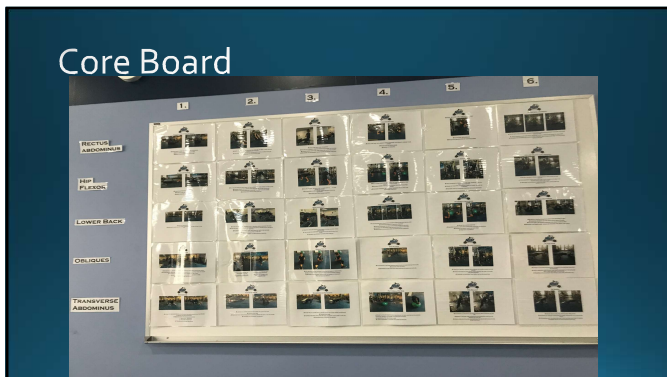
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## Core Board



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## Nutrition

-You cannot "out train" poor nutrition habits

1. Evaluation
  - how many calories do they need? What are they eating?
  - Bod Pod, FoodTracker
2. Education
  - Calorie Goal, Protein Goal – 1gram/lb, get calories 1<sup>st</sup>, then PRO
3. Trouble Shoot
  - Where do they struggle? Schedule? Money? Immaturity?
4. Monitor
  - "check in" mid-semester, bod pod – off-season, pre-season, post-season

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	Bod-Pod: Resting Metabolic Rate & Total Energy Expenditure Analysis					
	RMR (kcal)			TEE (kcal)		
	Average	Low	High	Average	Low	High
Baseball	1864.3	1370	2427	3196	1874	3518
Softball	1384.5	1082	1654	2404	1881	2874
Volleyball	1454	1185	1665	2530	2110	2977
Men's Basketball	2046	1806	2315	3560	3160	3974
Women's Basketball	1457	1113	1745	2545.6	1937	3096
Women's Golf	1211	920	1507	2107	1601	2640
Men's Golf	1705	1431	2058	2967	2491	3576
Tennis	1344	979	1710	2128.6	1711	2641
Men's Soccer	1751.4	1411	2079	3012.7	2613	3474
Women's Soccer	1282.7	1124	1560	2144.4	1996	2699
Rowing	1353.7	913	1711	2355.5	1606	3093
Men's Track - Throw	2000.3	1690	2261	3215	2941	3934
Women's Track Throw	1461	1161	1761	2541	2141	2941
Men's Track - Sprint/Jump	1556	1318	1794	2707	2393	3517
Women's Track - Sprint/Jump	1213	915	1448	2114	1696	2457
Men's Track - Pole Vault	1689	1406	1891	2948.5	2648	3941
Women's Track - Pole Vault	1195	1000	1391	2081	1741	2491
Men's XC	1560	1315	1791	2715	2375	3011
Women's XC	1208	1116	1397	2103	1994	2397
Men's Swimming	1374	1113	1711	2487	2146	3084
Women's Swimming	1101	1011	1165	1816	1711	1881

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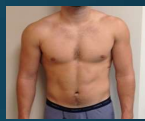
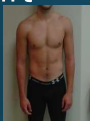
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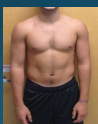
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## Senior Gift

Aug-11					
BW	BF%	Bench	Pull Up	VJ	
191	10.3%	225%	12	23.5	



Aug-14					
BW	BF%	Bench	Pull Up	VJ	
211	10.6%	245%	20	29	



Aug-13					
BW	BF%	Bench	Pull Up	VJ	
205	12.7%	225%	18	26	

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## Supplements

- NCAA Policy
  1. CHO/Electrolyte drink
  2. Energy bar
  3. CHO booster
  4. Vitamins/Minerals
  5. Protein
- NSU Policy
  - Bring all supplements to me
  - Check through DrugFreeSport
  - Educate on alternatives and risk
  - Sign disclosure form
- [www.drugfreesport.com](http://www.drugfreesport.com)

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## Educate

- Try to be a source of education
- Help them to make an informed decision
- I don't tell them to wear their seatbelt, but they should know the risk

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## What can you bring that is missing?

### What type of athlete do you get?

- I truly care for all of my SAs, but I have noticed.....
- Hofstra
  - Chip on the shoulder – build up
- UF
  - Blue Chip, lazy - motivate
- NSU
  - "baggage" – show them how to succeed
- What do they need to be successful in your program?
- Every team can be a champion, how can you help?

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## Need Experience?

- Now accepting Fall and Spring interns

- [Steven.orris@nova.edu](mailto:Steven.orris@nova.edu)

- Questions?

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