

Basketball Training

doestheteamchangetheplan?

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Asst. AD for Sports Performance and SA Wellness

Adjunct Professor, HHP

Nova Southeastern University

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 2001-2003

University of Florida

2004-2011

Nova Southeastern University

2011-present

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

Basketball

Co-operation of Strength & Conditioning

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

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.

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

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





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



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



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



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

.....Fatigue?never,.....”parts in the machine”

Training Goals

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



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](#)

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?

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) – 1st Practice (Oct 15th)
- In-season – 1st Game (November 15) - NCAA Tournament (March)

Basketball Annual Cycle 2009-2010

	Cycle	Intensity	Lower	Upper	Goals
			% Reps	% Reps	
29-Jun	Off-Season		65 10	65 10	<p style="text-align: center;">Off-Season</p> <p>Strength - Increase Explosive Power - Increase Flexibility - Increase Intensity - High Frequency - 3 days</p>
6-Jul			67 10	67 10	
13-Jul			70 8	70 8	
20-Jul			72 8	72 8	
27-Jul			75 6	75 6	
3-Aug			77 6	77 6	
10-Aug			Active Rest - Train at Home		
17-Aug	Active Rest - Train at Home				
24-Aug	Pre-Season		67 10	67 10	<p><i>*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.</i></p>
31-Aug			69 10	69 10	
7-Sep			71 8	71 8	
14-Sep			73 8	73 8	
21-Sep			75 8	75 8	
28-Sep			77 6	77 6	
5-Oct			79 6	79 6	
12-Oct	81 6	81 6			
19-Oct	In - Season		50 10	65 10	<p style="text-align: center;">In-Season</p> <p>Strength - Maintain Explosive Power - Maintain Flexibility - Increase Intensity - Low - Medium Frequency - 2 days</p> <p><i>*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.</i></p> <p><i>Would like to maintain strength and conditioning while decreasing body fat%. Need to peak physically and mentally in March.</i></p>
26-Oct			55 10	67 10	
2-Nov			60 8	70 8	
9-Nov			65 8	72 8	
16-Nov			70 6	75 6	
23-Nov			75 6	77 6	
30-Nov			50 10	67 10	
7-Dec			55 10	69 10	
14-Dec			60 8	72 8	
21-Dec			65 8	74 8	
28-Dec			70 6	77 6	
4-Jan			75 6	79 6	
11-Jan			50 10	65 10	
18-Jan			55 10	67 10	
25-Jan			60 8	70 8	
1-Feb	65 8	72 8			
8-Feb	70 6	75 6			
15-Feb	75 6	77 6			
22-Feb	50 10	67 10			
1-Mar	55 10	69 10			
8-Mar	60 8	72 8			
15-Mar	65 8	74 8			
22-Mar	70 6	77 6			
29-Mar	75 6	79 6			
5-Apr	Active Rest				
12-Apr	Active Rest				
19-Apr			Circuit	Training	<p style="text-align: center;">Post - Season</p>
26-Apr			Circuit	Training	

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

Post-season

- Re-hab injuries
- Break up the monotony of training — trick 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

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?

Example Post Season Training Plan

Florida Basketball

Day 1	Day 2	Day 3
Dynamic Warm up	Dynamic Warm up	Dynamic Warm up
Hang Clean 3x5	Circuits x3	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		Single leg Squat 3x10
DB Sho. Press 3x10	Jump Rope x100	BandRearDelt 3x20
DB Curl & Press 3x10	Walk Lunge x20	Bar Bicep 3x10
Bench Dips 3x15	Upper Body Ladder x2	Tricep Press 3x10
Core Work	Sit Up w/ MB Throw x20	Core Work
Foam Roll		Foam Roll
Band Stretch	Jump Rope x100	Partner Stretch
	BW step Up x10	
Cardio 20 min	MB Push Up x10	Bike Sprints x15
	Inverted Row x10	
Weak Link		Weak Link
Hamstring	Weak Link	Groin
Ankle Stability	Flexibility	Hip Flexors

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

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”

Basketball Strength & Conditioning

Day:1	Sets	Specific						Template		Specific		Template			
Exercise	X Rep	Set 1	Set 2	Set 3											
Hang Clean	3x5						Explosive/ Multi-joint								
Squat		10	10	10			Major Multi-Joint Lower Body		Agility 3x5						
Lat Pulldown		10	10	10			Major Back		Ladder						
Incline Bench		10	10	10			Major Chest/Shoulder		1x :10						
DB Row		10	10	10			Minor Back		2x :25						
Shoulder Press		10	10	10			Minor Chest/Shoulder		3x :40						
DB Lunge	3x5						Directional Lower Body		4x :55						
MB Push Up	3x10						Minor Chest/Tricep		5x :70						
Band Lat. Walk	2x20						Minor Lower Body		Stretch						
Core Work	5x25						Core=Abs , Hip Flexor, Lo wBack								
Day:2	Sets														
Exercise	X Reps	Set 1	Set 2	Set 3											
DB Snatch	3x5						Explosive/ Multi-joint								
Front Squat		10	10	10			Multi-Joint Lower Body		Agility 3x5						
Pull-up	3x5-8						Major Back		400m x5 :70, :80, :90						
Bench		10	10	10			Major Chest/Shoulder								
DB Deadlift	3x10						Minor Multi-Joint LowerBody								
Step Up	3x5						Minor Multi-Joint LowerBody		Stretch						
Lateral Raise	3x10						Minor Shoulder								
Groin Hold	2x:30						Minor Lower Body								
BandRearDelt	2x20						Minor Shoulder								
Core Work	5x25						Core=Abs , Hip Flexor, Lo wBack								
Day:3	Sets														
Exercise	X Rep														
Plate Push	4x50yd														
Sled Push	4x50yd														
Med Ball Race	4x50yd														
Sled Pull	4x50yd														
Stadium Sprint	x10	Conditioning Tests - Giants x 5 :62, :67 60yd Plate Push x 5 :60 Suicide x10 :35 :45 rest Stadium x8 in 14:00													
Bar Circuit															
Leg Press (max)															
Core Work															

**Multi-Dire ctio nal
Multi-Skill
On-Co urt Co nditio ning**

**Hams trings , Gro in
Hip Flexo rs**

**Multi-Dire ctio nal
Multi-Skill
Off-Co urt Co nditio ning**

**Hams trings , Gro in
Hip Flexo rs**

Perio dization -

3x10 - 60%-70%

3-4x8 - 70%-85%

3x6 - 85%-100%

Boyd Epley Formula -
(Weight x Reps) x .0333 + Weight =
Theoretical Max

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?

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

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

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

How much can I do?

VS

What is the minimum
required?

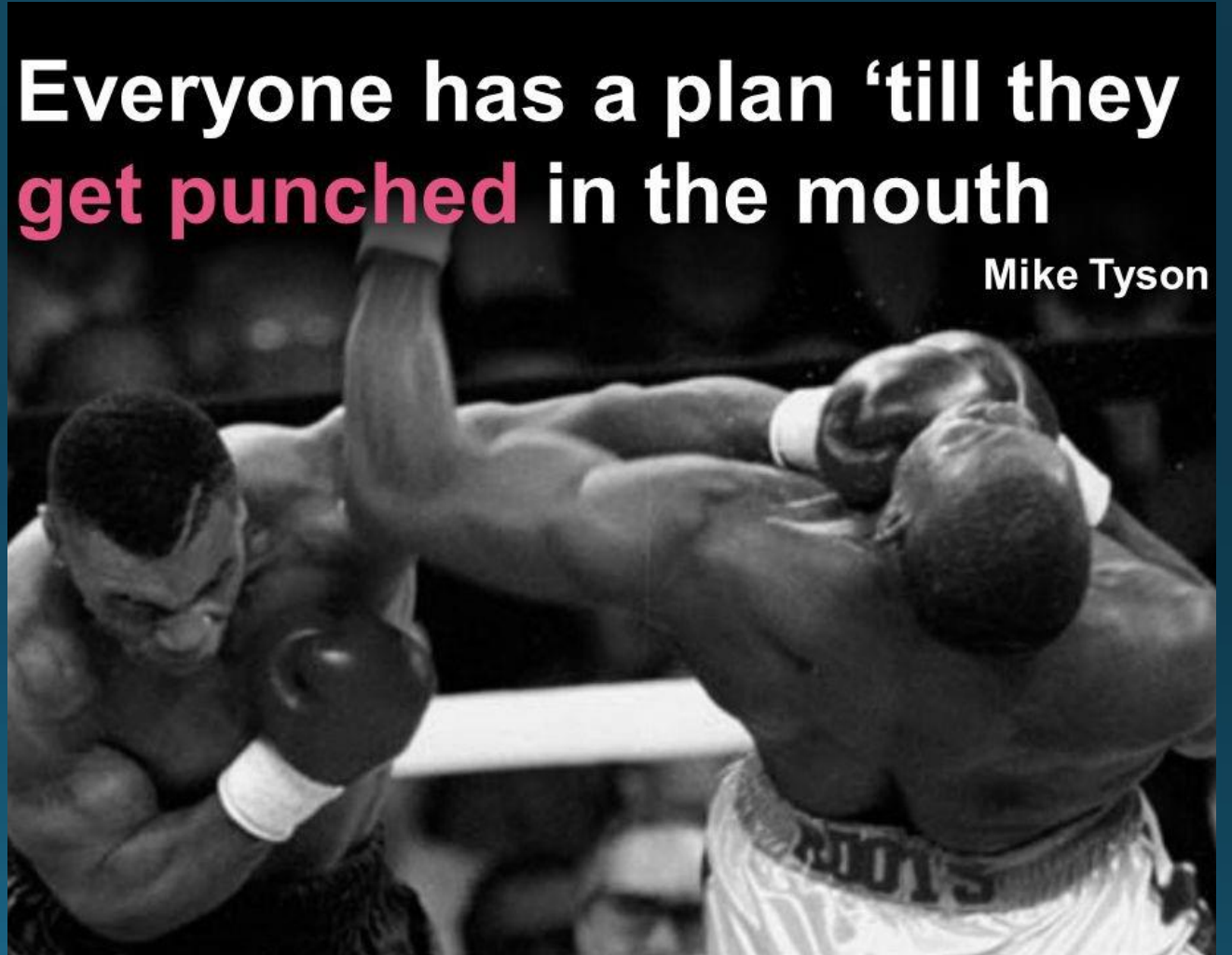
Conditioning

“Fatigue makes
cowards of us all”

Vince Lombardi

Everyone has a plan ‘till they
get punched in the mouth

Mike Tyson



General Conditioning Model

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

Off Court Activities

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

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 approach the fight?”

Mike Tyson

On Court Activities

- Giants 5x down and back
- Progressives :10,:25,:40,:55,:70
- :22s 5 pack -you – me pace
- Suicides
- Agilities Rest periods make it
difficult

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

“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

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

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

Hell Week

- 1st 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

Transitional Phase

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

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

Conditioning 10-12-17

Orris-Dynamic Warmup

JOG/SPRINT intervals for 5min...get your PR and we don't go another 5min

5:00 jog (:15) half court
4:45 sprint (:15) half court
4:30 jog (:20sec)
4:10 sprint (:20 sec)
3:50 jog (:15)
3:35 sprint (:15)
3:20 Clock stops walk for :30
3:20 jog (:10) half court
3:10 sprint (:10) half court
3:00 jog (:40)
2:20 sprint (:40)
1:40 Clock stops walk for :30
1:40 jog (:10) half court
1:30 sprint (:10) half court
1:20 jog (:30)
:50 sprint (:30)
:20 Jog (:10)
:20 Sprint (:10)

5min 2on0 screening on both ends

2min break

Orris-10min Agility

5min interval sprints again

5min 4on 0 then Transition Matchup from half court! 8 people out :03 on clock

Reminders!!!

Booster update...Link to website-Booster page

Team Meal at my house-hope for no rain!!!

October 17-College Week (whole team and Kayla interview) and Hazing Seminar

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

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)

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?

Injury Prevention

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

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

- Ankle ABC

Mobility Board

1

2

3

4

5

6

HIP/GROIN

SHOULDER

SPINE

ANKLE

TOE/HEEL
FLEXIBILITY

<p>1.1</p>	<p>1.2</p>	<p>1.3</p>	<p>1.4</p>	<p>1.5</p>	<p>1.6</p>
<p>2.1</p>	<p>2.2</p>	<p>2.3</p>	<p>2.4</p>	<p>2.5</p>	<p>2.6</p>
<p>3.1</p>	<p>3.2</p>	<p>3.3</p>	<p>3.4</p>	<p>3.5</p>	<p>3.6</p>
<p>4.1</p>	<p>4.2</p>	<p>4.3</p>	<p>4.4</p>	<p>4.5</p>	<p>4.6</p>
<p>5.1</p>	<p>5.2</p>	<p>5.3</p>	<p>5.4</p>	<p>5.5</p>	<p>5.6</p>
<p>6.1</p>	<p>6.2</p>	<p>6.3</p>	<p>6.4</p>	<p>6.5</p>	<p>6.6</p>

Core Board

	1.	2.	3.	4.	5.	6.
RECTUS ABDOMINUS						
HIP FLEXOR						
LOWER BACK						
OBLIQUES						
TRANSVERSE ABDOMINUS						

Nutrition

-You cannot “out train” poor nutrition habits

1. Evaluation

- how many calories do they need? What are they eating?
- Bod Pod, Food Tracker

2. Education

- Calorie Goal, Protein Goal – 1gram/lb, get calories 1st, 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

Bod-Pod: Resting Metabolic Rate & Total Energy Expenditure Analysis						
	RMR (kcal)			TEE (kcal)		
	Average	Low	High	Average	Low	High
Baseball	1860.2	1370	2457	3236	2481	4275
Softball	1380.5	1082	1652	2402	1883	2874
Volleyball	1454	1285	1665	2530	2210	2897
Men's Basketball	2046	1816	2325	3560	3160	4045
Women's Basketball	1457	1113	1745	2525.6	1937	3036
Women's Golf	1211	920	1517	2107	1601	2640
Men's Golf	1705	1431	2058	2967	2490	3581
Tennis	1344	989	1530	2338.6	1721	2662
Men's Soccer	1731.4	1411	1939	3012.7	2613	3374
Women's Soccer	1289.7	1124	1549	2244.1	1956	2695
Rowing	1353.7	923	1742	2355.5	1606	3031
Men's Track - Throw	2020.3	1690	2261	3515	2941	3934
Women's Track Throw	1461	1461	1461	2542	2542	2542
Men's Track - Sprint/Jump	1556	1318	1704	2707	2293	3517
Women's Track - Sprint/Jump	1223	965	1448	2114	1676	2457
Men's Track - Pole Vault	1683	1676	1690	2928.5	2916	2941
Women's Track - Pole Vault	1195	1000	1390	2081	1740	2419
Men's XC	1560	1365	1725	2715	2375	3001
Women's XC	1208	1146	1297	2103	1994	2257
Men's Swimming	1774	1513	2131	3087	2446	3684
Women's Swimming	1291	1043	1536	2246	1839	2568

Senior Gift

Aug-12				
BW	BF%	Bench	Pull Up	VJ
191	10.3%	225x4	12	23.5



Aug-13				
BW	BF%	Bench	Pull Up	VJ
205	12.7%	225x10	18	26



Aug-14				
BW	BF%	Bench	Pull Up	VJ
214	10.6%	245x8	20	29

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

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

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?

Need Experience?

- Now accepting Fall and Spring interns

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• Questions?