

“FIND A WAY” College Basketball Strength & Conditioning

CSCCa 2016

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23,000

RUPP ARENA

THE BASKETBALL ATHLETE

- ✓ NOT A WEIGHTLIFTER
- ✓ DON'T LIKE WEIGHT ROOM
- ✓ YEAR ROUND
- ✓ JUMPERS
- ✓ EXPLOSIVE
- ✓ MOBILE
- ✓ FLEXIBLE
- ✓ QUICK
- ✓ AGILE
- ✓ WELL CONDITIONED



MAKING A CONNECTION

- RELATIONSHIPS
- PERSONALITY
- LENGTH OF TIME
- MAKE AN IMPACT
- SERVICE
- INFLUENCE
- INVESTMENT
- PROVERBS 27: 17



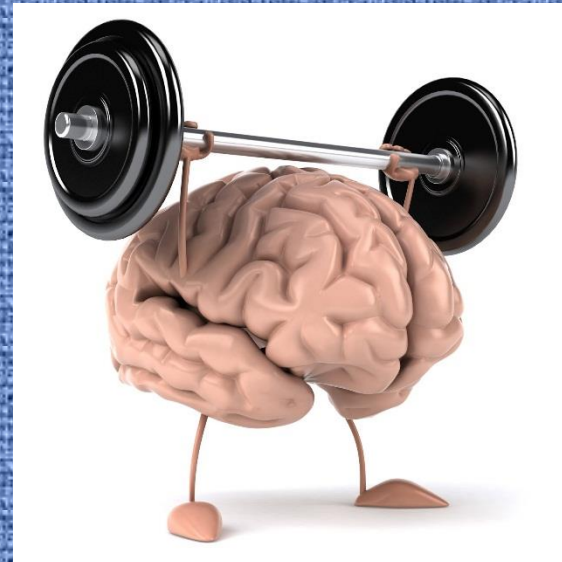
CONSISTENT ENERGY!!!!!!!!!!!!!!!!!!!!



- 
- **OFF SEASON**
 - **PRE SEASON**
 - **IN SEASON**
 - **POST SEASON**

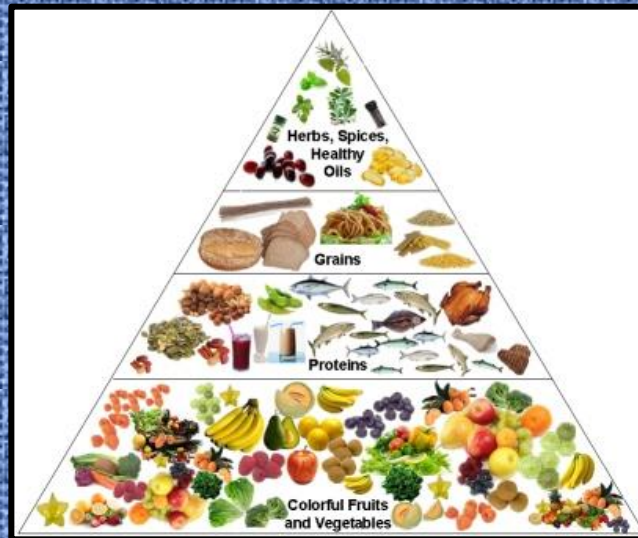
TEST

- FMS
- NBA COMBINE
- MENTAL TOUGHNESS



SPORTS NUTRITION

- A student-athlete's lifestyle requires a different planning strategy so abandon traditional terminology of breakfast, lunch and dinner and think more in terms of fueling.



MONICA FOWLER



“YOU CAN’T OUT TRAIN A BAD DIET”

5 HABITS

- I. SLEEP 7-9 HOURS EVERY NIGHT**
- II. EAT BREAKFAST WITHIN 1 HOUR OF WAKING UP**
- III. EAT EVERY 2-3 HOURS**
- IV. HYDRATION (DRINK FLUIDS)**
- V. EAT PRE/POST WORKOUT (CRUCIAL)**



OPTIMIZING SPORTS NUTRITION

- COOKING CLASS
- ACCOUNTABILITY
- FOOD LOG
- WATER JUG
- FAST FOOD GUIDE



CORE



THE FOUNDATION

- WHAT IS IT?????????????

Intrinsic muscles that lie deep within the torso. These muscles attach to the spine and pelvis and include the transversus abdominis, and the muscles of the pelvic floor in the lower portion of the torso and the latissimus dorsi and obliques in the middle and upper torso

“YOU CAN’T BUILD A HOUSE W/O LAYING A FOUNDATION FIRST”

CORE



- WEAK CORE = NON ATHLETE
- WEAK CORE PREVENTS POWER
- LIKE AN ENGINE IT'S UNSEEN BUT IT GETS THINGS GOING
 - AVOID REPEATED FLEXION/ SIT UPS
 - ISOMETRIC CORE (LOCKS IT DOWN)
 - STABILIZATION

EXPLOSIVENESS

- RATE OF FORCE DEVELOPMENT (RFD)

- NEWTONS PER SECOND
- UNDER RECOGNIZED
- SPEED/TRAIN FAST

- TRIPLE EXTENSION

- ANKLE
- KNEES
- HIPS

- IN GAME ANALYSIS

- JUMPSHOT
- LAYUP
- DUNK
- REBOUND
- DEFENSE



EXPLOSIVENESS



- **OLYMPIC VARIATIONS**

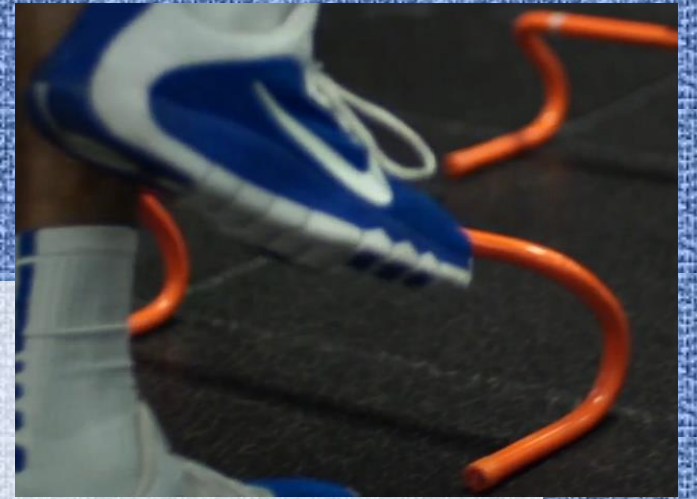
- CLEAN PULLS
- SNATCH
- PUSH PRESS
- PUSH JERK

- **POWER CONDITIONING-** REPETITIVE FORCE APPLICATION W/ SHORT REST OVER AN EXTENDED PERIOD OF TIME

- HILL/RAMP SPRINTS
- RESISTED JUMPS/VERTIMAX
- SLED WORK
- PAP/COMPLEX TRAINING

LOWER BODY TRAINING

- DOUBLE LEG
- SINGLE LEG
- POSTERIOR CHAIN



- FOOT
- ANKLE
- HIPS



SQUAT PROGRESSION

- OVERHEAD SQUAT
- BAND ASSISTED
- GOBLET SQUAT
 - BOX SQUAT
- KB FRONT SQUAT
- SQUAT TO STAND



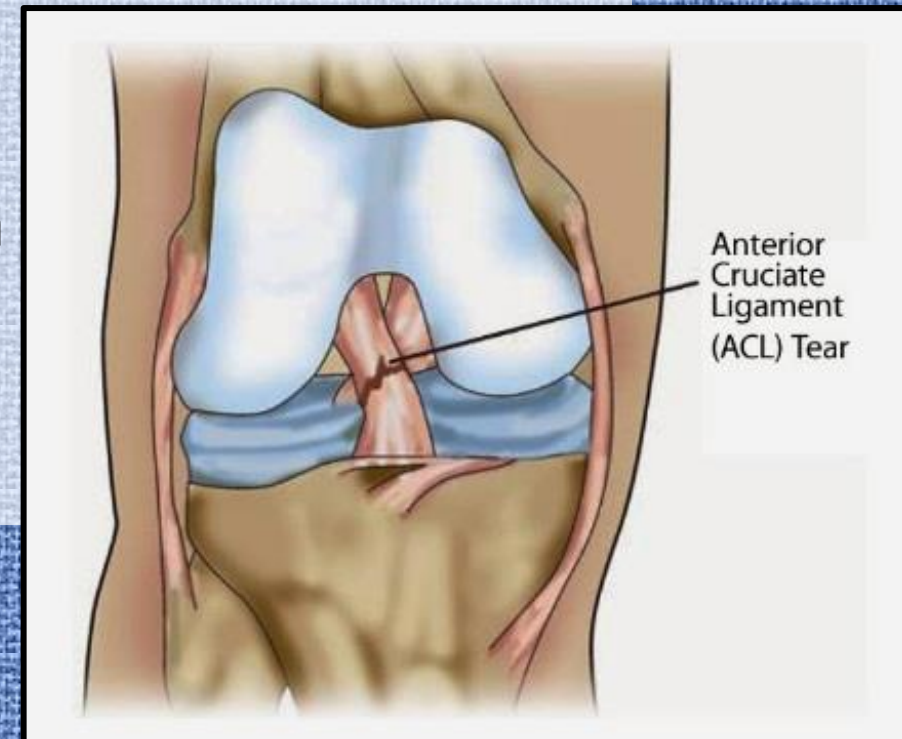
SINGLE LEG TRAINING

- INCREASE SINGLE LEG POWER
- LESS STRESS ON BACK
- MINIMAL SPINE LOAD
- GLUTE/HAMSTRING ACTIVATION
- LESS QUAD DOMINANT
- BALANCED STRENGTH
- MAX VOLUNTARY CONTRACTION
- INCREASE SPRINT AGILITY
- SPORT SPECIFIC



ANTERIOR CRUCIATE LIGAMENT (ACL)

- The ACL is one of the four main ligaments within the knee that connect the femur to the tibia.
- Runs diagonally in the middle of the knee, preventing the tibia from sliding out in front of the femur, as well as providing rotational stability to the knee
- Most common injured ligament of the knee
- jumping, rapid changing of directions, and sudden stops all put tremendous amounts of pressure on the knee that can lead to this type of injury



ACL PROTECTION

- IMPROVE MOBILITY IN ANKLE & HIP
- STRENGTHEN POSTERIOR CHAIN
- WORK ON DECELERATION
- WORK ON LANDING
- PROPER JUMP TRAINING
- REST/RECOVERY
- SINGLE LEG TRAINING
- BALANCE



UPPER BODY TRAINING

- PUSH UPS
- PULL UPS (MULTI GRIP)
- DB'S OVER BAR
- PULLS OVER PUSH
- GRIP WORK



- ANALYSIS OF GAME MOVEMENTS

- RUNNING
- JUMPSHOT
- LAYUP
- DUNK
- REBOUND
- BLOCK A SHOT
- DEFENSIVE PUSH OFFS

- ANAEROBIC VS AEROBIC

- IN SEASON VS OFF SEASON

- COMPETITIVE

- WORK TO REST RATIOS

CONDITIONING



SPEED, AGILITY, QUICKNESS, REACTION

- MOVEMENT TECHNIQUE
- COMPETITIVE
- VARIATION
- FIRST STEP QUICKNESS
- HORIZONTAL JUMP TRAINING IMPROVES COD
- JUMP ROPE
- SANDPIT
 - LOW IMPACT-MUSCLES EXPERIENCE INTENSE FORCE DEMAND BUT IMPACT TO JOINTS IS MINIMAL
 - RESISTANCE- SAND CREATES UNSTABLE FOOT PLACEMENTS
 - LOWER BODY/ANKLE/FOOT STRENGTH



MENTAL TOUGHNESS

- CREATES A COMPETITIVE ATTITUDE THAT HELPS ATHLETES PUSH THROUGH AND FOCUS WHEN FACED WITH ADVERSITY
- CREATES TOGETHERNESS/BONDING
- UNCOMFORTABLE SITUATIONS (ROAD GAMES, DOWN LATE IN THE GAME)
- ITS MOTIVATION!!!!!!!!!!!!!!!!!!!!
- ROAD TO THE FINAL FOUR



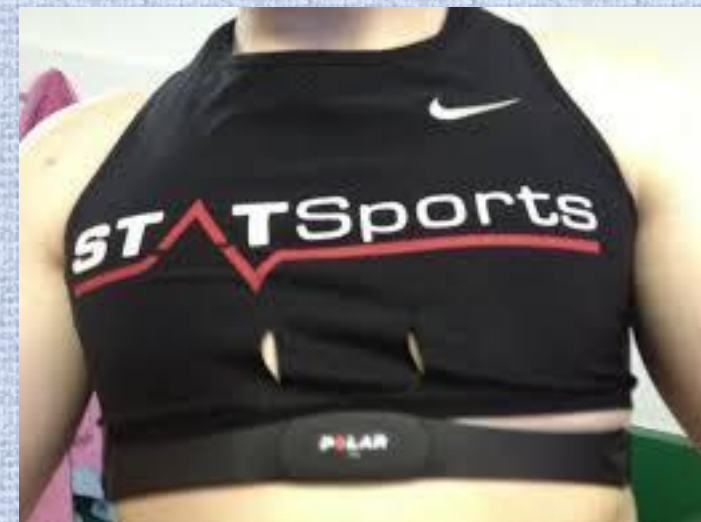
RECOVERY

- STRETCH
- FOAM ROLL
- HOT/COLD TUB
- YOGA
- HYDRATION
- POST GAME
- NUTRITION
- FIND TIME
- SLEEP 😊





- PLAYER TRACKING AND ANALYSIS
- GIVES A LOOK AT VOLUMES & INTENSITIES FOR EACH PLAYER
- PRIMARY METRICS
 - DISTANCE
 - DYNAMIC STRESS LOAD
 - SPEED
 - ACCELERATION
 - DECELERATION
 - STEP BALANCE
 - FATIGUE
 - EXPLOSIVE DISTANCE



- GOD
- FAMILY
- COACH CALIPARI
- PLAYERS
- PARENTS
- PREVIOUS BOSSES/MENTORS
- CSCCa

THANK YOU



CSCCa



≡ MAXIMIZING ATHLETIC PERFORMANCE ≡