A Basketball-Specific Spin to Your Team’s Pre-Season Agility, Plyometric and Conditioning Training Programs.

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The NBA, my approach & application

• These are BASKETBALL exercises so they can be coached and implemented on a various of ages, skill levels and populations.

• Modifying the volume through changing the intensity of the exercises, reps, and rest:work ratios for your team.

• Proper technique & understanding of WHY are critical in approaching how you are going to teach and perform the exercises.
The NBA, my approach & application (cont)

• Moving forward – this is my approach based off of experiences, situations and obstacles that have helped shape my philosophy the last 17 years.

• What we do is both a science and an ART!

• The artistic side is primarily what is being discussed today and many of the exercises are based upon past and current scientific data. Most of the presentation is from good ol’ EXPERIENCE AND TRIAL & ERROR!!!
What is “Basketball-Specific”? Why “Basketball-Specific”?

• Basketball-Specific refers to: exercises, movements, energy systems, work:rest ratios, reaction/anticipation/deceit (gears) and order of ex.
• We use common/traditional methods, outside the box methods and exercises specific to the sport of basketball.
• **VARIETY IS THE SPICE OF LIFE!**
• Coaches, GMs and athletes like to see how drills or exercises relate or mimic the basketball sport and how it reinforces what bball coaches are already coaching and teaching.
• There is something to be said about “specific speed & strength”. Resistance & Repetition should make for stronger and faster “specific” movements. – Overload and S.A.I.D principles!
• Negatives are: hard to quantify improvement, timing situations, coaching philosophies and periodizations/progressions.
Goals for the off-/pre-season periodized S&C program.

• Increase/optimize each individual’s strength, size, and power.
• Increase speed, agility and plyometric performance.
• Screen for imbalances, soft tissue discrepancies, proper sequencing of muscle firing, potentially harmful movement patterns & then put together a supplemental prehab and corrective program together.
• Monitor and maintain a healthy and optimal body composition
• DEVELOP SPECIFIC STRENGTH, SPEED, POWER & AGILITY FOR THE SPORT OF BASKETBALL!
The weightroom & how it translates to the basketball court

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Translation</th>
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<tbody>
<tr>
<td>1. Bench, Chest presses, MB Punches, pressing movements, etc.</td>
<td>1. passing, shooting, pushing off</td>
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<tr>
<td>2. Squat/Press Combo</td>
<td>2. Box out &amp; rebounding</td>
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<tr>
<td>3. Squat Movements, Wallsits</td>
<td>3. maintain &amp; strengthen athletic position, muscular endurance for defensive stance &amp; readiness</td>
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<tr>
<td>5. Pullovers, SA Lats</td>
<td>5. Strengthen shoulders &amp; help prevent shoulder subluxation from defenders or fouls</td>
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<tr>
<td>6. Curls &amp; Chops</td>
<td>6. ripping ball away from a defender or for a rebound</td>
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The weightroom & how it translates to the basketball court (cont)

<table>
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<th>Exercise</th>
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<tr>
<td>7. Band Slides, x-slides, tube walking, etc.</td>
<td>7. strengthen frontal-plane movement &amp; musculature, 1st step</td>
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<tr>
<td>8. DB/Bar Jerk or Press</td>
<td>8. offensive rebound, putbacks, keeping ball high</td>
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<tr>
<td>9. Deadlifts, extensions, glute/hams</td>
<td>9. strengthen core &amp; extensors which assist with triple extension/jumping</td>
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<tr>
<td>10. Core/Abs, twists, anti-/rotational work</td>
<td>10. strengthen transverse plane, twisting, tugging &amp; ripping the ball, improves absorption and transferring of energy.</td>
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<td>12. Shoulder Raises</td>
<td>12. fighting through screens, ripping the ball</td>
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<tr>
<td>13. Kettlebell Swings variations</td>
<td>13. jumping, extending, posture/position</td>
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Implementation of A/P, C and A/P/C

• A/P = Agilities & plyometrics. Used during middle of off-season and pre-season training.

• C = conditioning. Used throughout the off- and pre-season. Progressive, periodized, sport-specific and ‘outside the box’.

• A/P/C = *Agility/Plyometric AND Conditioning workout in one session.* Implemented as all 3 components during pre-season (most importantly the last few weeks of training). *Most non-traditional (energy systems), basketball-specific and need-for-creativity workouts.*
AGILITIES

• During early off-season training and again in pre-season.
• Start with traditional agility exercises and progressive with intensities and volume.
• Agility Exercises & Progressions: ladder drills, footpatterns, dot drill, + quadrants, jump rope, line drills, pro-agility, 5-10-5 variations, star drills, 3-cone drills, Lane Agility Test, partner mirror-drills, slide drill variations, bball situations, etc.
• Any combination of the above exercises w/reaction component (auditory or visual).
• Using proper recovery work:rest ratios.
Plyometrics

- Done after agilities (same workout) and the volume and intensity is dependent on the agilities.
- Also start with more traditional and progress with intensity and more bball-specific.
- Some plyometric progressions and exercises: jump rope, tuck jumps, square jumps, box jump variations, box skip variations, cone/hurdle jump variations, MB & DB squat jumps, broad jumps, rim jump variations, power skips, resisted jumps, mb layup jumps w/fouls, drop step jump/dunk drills, etc.
- Using proper rest:work ratios.
Conditioning

• NBA Off-Season is so long (24 weeks-ish). Very important to plan accordingly to avoid burnout and OT.
• Mainly an anaerobic sport. Players will maintain some level as long as they are **PLAYING** (not sluffing).
• Large variation throughout off-season (machines, cross-training, track, court, pool, A/P & A/P/C workouts).
• Last 4-6 weeks (pre-season): 3/4 on the court and **A/P/C** sessions and only ¼ – 1/3 on the track.
“A/P/C!”

• The sport of basketball’s energy systems, movements, speeds, work loads, order of movements, intensities, and work:rest ratios are all so varied, inconsistent and dynamic that a challenge arises as how to train specifically for the start of practice.

• Statistics and real-time tracking of game movements, loads and displacement are more available than ever before. However, the challenge is **HOW** to train for ‘specific’ strength, speed, power and conditioning.

• Assists with rehab crossover to return to activity.
“A/P/C!” (cont)

- In order to make the workouts “basketball-specific”, what are characteristics I must consider?
  - varied work:rest ratios
  - order of exercises
  - varied resistance
  - multi-planar movements
  - types of exercises (bball, agility, plyo, etc.)
  - sport-specific movements
  - the 3 x-factors: anticipation, reaction and deception/gear changing
FreeMotion Triple-Threat Drop-Step
1Leg MB Layup Jumps (w/ & w/out fouls)
Defensive Slide Suicides
Defensive Slide into Rebound Jumps
NBA Lane Agility Test
Partner Reaction Drill
MB & Bball Drop Step Power Dunk
1Leg & 2Leg MB Backboard/Rim Touches
5Cone Star Drill w/ & w/out reaction
Bball Situation #1
Bball Situation #2
A/P/C Circuit #1 (2 court)
A/P/C Circuit #2 (1 court)
A/P/C Team Circuit #3 (2 courts)

2 Court Team/Partner Circuit
Any Questions?

THANK YOU FOR ATTENDING AND
GOOD LUCK!