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Explosive basketball training pdf

Explosiveness is an important ingredient in the game of basketball. Players and coaches are constantly looking for ways to jump higher and run faster. After all, with all the other equal, the player or team who can run faster and jump higher has a tremendous advantage over their opponent. Major improvements can be made to a player's explosiveness by implementing a structured, progressive, and safe force training and plyometric program, complemented by dynamic flexibility training and court conditioning exercises. By improving in each of the following five areas: A basketball player will become more explosive on the court. Power If a player increases the strength in their legs, hips and core, they will automatically improve their ability to produce power, leading to increased explosiveness. For example, the more power a player can exercise against the ground, the higher the potential to jump. It is extremely important for a strength training program to be safe, time efficient and productive. To reduce orthopaedic stress, while strength training, players must work within an appropriate recurrence range (8-15 teams per set) and avoid maxing out (see how much they can lift for one repeat). Want more training ideas? Players should aim to make each strength training workout as time efficient as possible; this is done by using a limited number of sets and exercises, so make the workout short, but very intense. This can also be achieved by reducing rest intervals between sets to cause an overall conditioning effect. A strength program should focus on training the whole body equally to ensure muscle balance, as well as with each exercise taken to the point of momentary muscular fatigue (the point at which no further teams can be reached). Working opposing muscle groups equally will help reduce the risk of on-court injuries, while training at a high level of intensity will produce maximum results. All of this can be achieved in two or three well-planned full-body workouts a week, each lasting over an hour. Power as obvious as it sounds, if a player wants to be able to jump higher, he or she should practice jumping as high they can. Plyometric exercises such as jumping, hitting and bouncy - if incorporated appropriately - provide a way for players to practice jumping with a maximum effort in a controlled and safe environment. In addition, a proper plyometric program can help train the nervous system to carry out athletic movements more efficiently. These exercises and exercises should be carefully selected and done in limited volume. What is Plyometrics? Plyometrics are exercises that usually involve some form of explosive movement such as jumping, hopping, or bordering the lower body, as well as a from swings, punches, and throws for the torso. Plyometry is designed to increase strength, coordination, balance quickness. Again, efforts should be made to reduce as much impact and orthopaedic stress as possible. That is, try and use soft training surfaces, make sure your players wear proper shoes, and know that when it comes to plyometric training, more aren't necessarily better. Squats jumping, broad jumps, lateral boundaries, and box jumps are some common plyometric exercises used to increase a basketball player's explosiveness. As mentioned before, when boxing jumps, it is strongly recommended that players jump only on the boxes; they need to walk off the boxes to eliminate as much impact as possible. It is important to note that these exercises should be carried out when players' legs are fresh; they should be done before a strength training workout as both workouts are performed one after another. Check out the five explosive exercises for raising your vertical jump provided by Scott Moody. Scott Moody is the founder of Athlete Fit. He trained many elite professional athletes in basketball and football. 1. Squat Whether you're squatting back with the bar, or doing body weight stickers, this exercise is an essential part of a vertical jump program. This exercise will build strength in the legs and core, which is key in landing phases of any plyometric program. Clues: Start light, and stay rhythmic in the movement. As your shape gets better, start adding speed to the accent (up) phase by trying to push your feet into the ground and train with the shoulders on the way. 2. Jumping Squat This strength movement exercise is essential for improving your vertical leap as it improves your explosiveness and strength in your lower body and core. As you can see, there are many different views on how to perform a jumpsuit squat (weight on the shoulders, weight held layers, bar on the back, etc.). 3. Squat Raise to Armpit We love these exercises, as they are relatively easy to master, but gives you a great way to train explosive movement. So instead of taking months to master a clean or jerk movement, you can start on simpler versions, especially if you're less skilled in Olympic lifting, with more speed and explosive potential. This exercise develops strength in the shoulders while also targeting the leap-based movement of the hips (similar to a hanging clean). 4. Power Raise Like the Squat Raise to Armpit, the Power raise mimics Olympic lifting fundamentals, quick jumps like movements and torso pull actions. The Power Raise is similar to a jerk or 1 arm dumbbell snatch, but you can use two hands to hold the dumbbells. Not only is this a great vertical jump exercise, but it also mimics a strong finishing motion for post players and guards who end up in the lane. You must visualize finishing in traffic when the from this exercise, and you need to develop the strength to complete shots while taking contact down the track. 5. 5. Leg exercises Maybe my favorite exercise for vertical improvement is the single leg box explosion or step jump, but to get to that point we go through a progression of single leg exercises. Get a behind-the-scenes Look at Advanced Section 1 Training You can learn all about vertical jump training approach in our FREE eBook: DOMINATE: How the Training Secrets of Top Division 1 Programs Can Change Your Athletics forever. You'll learn: The surprising secret D-1 coaches use with their players (that most athletes have never heard of) What you need to do before plyometrics to make sure you see the biggest vertical jump gains Training methods you need to do before plyometrics to make sure you see the biggest vertical jump gains Training methods that make sure your workouts translate to actual results on To include the Pyramid of Development in your workout program to improve your results 6 dynamic exercises you can use immediately (with video tutorials) Enter your email address below and I will immediately send you a copy of DOMINATE... These are the workouts that most regular players never learn about, and they're virtually guaranteed to give you a competitive edge on the court. No matter where you are as an athlete, this e-book will change the way you think about training from this day forward. What do you think? Let us know by leaving your comments, suggestions and questions. . . . Basketball season is right around the corner and will be here before you know it. Summer ball at all levels is wrapping up and teams are solidifying and getting organized work in. While skills development on the court is still a major key to your individual and team success, I want to emphasize the importance of out-of-court skills. Specifically, I want to talk about power and explosiveness. With this trait as a hooper is going to be one of the factors that can distinguish you from your competition. Building this explosiveness in your game is best done out of the court€€ in the weight room. Once developed, it can be applied to your on-court skills, and that's when the magic happens. Why is it so important to be powerful? Well, simply put, if you want to create separation (on offense) or near distance (on defense), you're going to need ways to explode from point A to point B as soon as possible. For example, knock your defender off the dribble with a vicious first step or slide into position at the last second to take a charge. These are two of the many ways your improved strength and explosiveness can come in handy. Basketball season is right around the corner and will be here before you know it. Summer ball at all levels is wrapping up and teams are solidifying and getting organized work in. While on the court is still a big key to your individual and team success, I want to emphasize the importance of out-of-court skills. Specifically, I want to talk about power and explosiveness. With this property as a is going to be one of the factors that can differently you from your competition. Building this explosiveness in your game is best done out of the court—in the weight room. Once developed, it can be applied to your on-court skills, and that's when the magic happens. Why is it so important to be powerful? Well, simply put, if you want to create separation (on offense) or near distance (on defense), you're going to need ways to explode from point A to point B as soon as possible. For example, knock your defender off the dribble with a vicious first step or slide into position at the last second to take a charge. These are two of the many ways your improved strength and explosiveness can come in handy. General Basketball Movements Before we get into how to make you more explosive, let's take a look at some of the most common fundamental movements of the game—jumping, cutting and sliding. It's by no means a position of the most important aspects of the game, but just a common movement patterns that all basketball players perform. Jump You jump to shoot, dunk, lay-up and (although you shouldn't) to pass. You jump to defend shots, block shots, rebound, deflect passes and dive for loose balls. The ability to jump both vertically and horizontally is important to become a good player. More specifically, the ability to jump faster than your opponent and/or higher or beyond the opponent. Cutting We can also call this change-of-direction or plant. You cut when you cross dribble. You cut when you're crossed. You are constantly cutting, planting and changing direction from front to back and side to side all game if you move without the ball during your motion offense or if you defend an offensive player. Being able to change directions faster or get to a place before your opponent is going to be a big win for you. Sliding capable of sliding laterally is an essential part of the defense, but it's also a good tool on the offensive side of the ball. Putting up a defender and blocking out both requires powerful sliding movements. Those small cuts and relocations require sliding. Being in position on defense or sliding into position to take a charge also requires mastery of the slide. Build power that translates Dumbbell Vertical Jump The DB Vertical Leap is one of my go-to power exercises. It's easy to coach, easy to perform, extremely safe, and delivers high success rates. You can use it like you use Olympic lifting variations to gain a similar advantage with a bit of a lower learning curve and risk ratio. Another variation is the Stair Bar Deadlift Jump, which is likely a slight progress upwards of this DB version. This will help build total-body strength, but is very specific to the jumping ability mentioned above. You can learn how to by watching the video in the player at the top of the article. Two-foot box jumps to after Landing It's another one of my favorites for strength, but it also gives you a chance to work in some genuine balance training. One of the best ways to improve your balance is to get stronger, believe it or not. Instead of using wobbly, unstable surfaces, you should focus on getting stronger in unilateral positions. It's going to give a much better result and transfer to sports and life. Using this two-foot jump in a one-foot landing will also help give you the car control needed to plant, cut and change directions on the court. Jumping on the box and stitching up a big landing is going to have a serious translation to have your game. Below are two examples of this exercise. Loaded lateral boundaries lateral boundaries are a staple in a speed, agility and quickness program, and they are especially great for developing lateral explosiveness. Adding some tape or bungee resistance is going to take your limits to the next level and deliver amazing results. If you can't use bands because of training alone, you can load the movement with a counter-action medicine ball. Border is also ideal for improving body awareness and balance, which can also come in handy on the court. Be sure to work these boundaries, and move all the proposed exercises, forward in your programming. The X-Factor There's one thing that's going to make all the above exercises and basketball movements a whole lot easier and effective — a strong core! To change direction, jump or carry out any athletic movement at a high level, you're going to need a solid center of mass. This core stability will help you transfer energy during your jumpsuits, cuts and chips. It will also help you stay healthy and resilient during your career. The X-Factor exercise to put it all together is the Dead Bug, which provides core stability, motor control and breathing enrichment. Learn how to do a deadlock below. Let's get one thing clear, though. There are many ways to create a powerful performing body, and everyone has a prerequisite of mastering the fundamentals of strength training. In other words, crawl before walking. Once you're ready to employ these advanced techniques, program them accordingly and let the profits begin! READ MORE: MORE: MORE:

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