

Basketball Strength & Conditioning: **Pre-Season Conditioning and In-Season Training**

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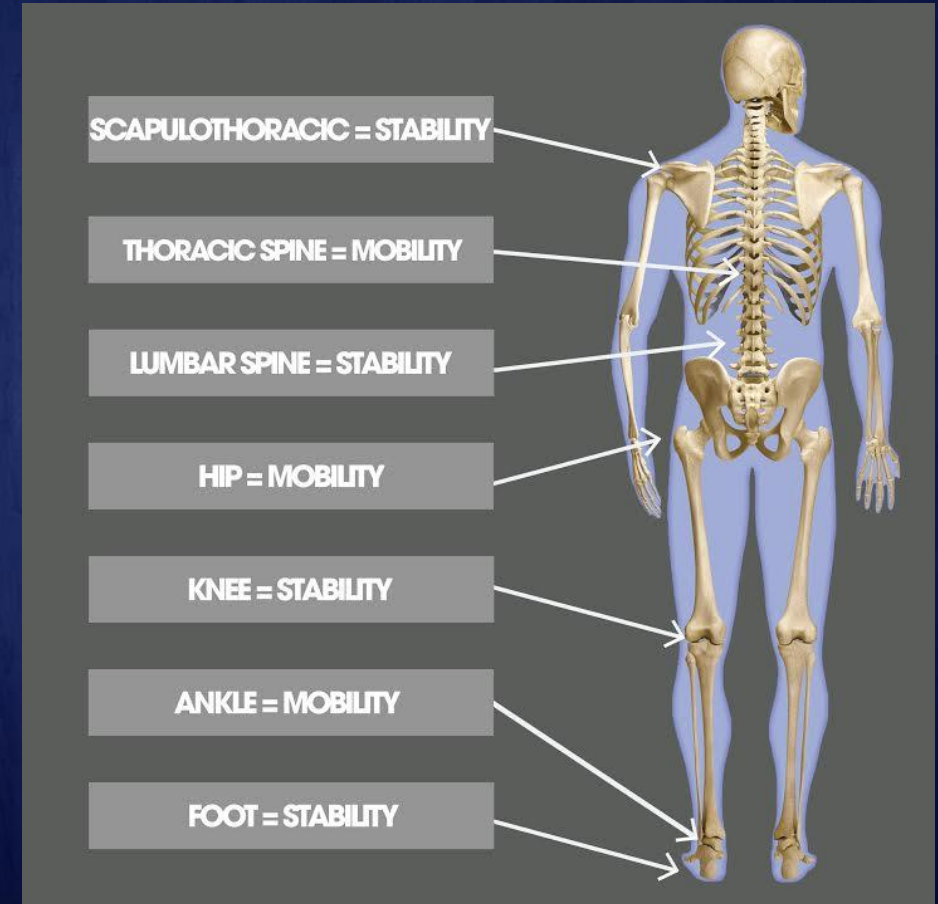


CAMP SANDERSON



WARM-UP COMPONENTS

- Raise core body temperature up/get blood flowing
- Foam Roll (optional)
- Ankle
- Hip (multi plane)
- T-spine
- Glute Activation
- Core Activation



MOBILITY AND DEFENSE



WARM-UP (no equipment 1 of 3)

Walking Series:

- Hammies
- Quads w/
opposite hand up
- Figure Fours
- Grouchos



WARM-UP (no equipment 2 of 3)

In Place:

- Adductors
- Hip Flexors
- Windmills
- Knee Drivers



WARM-UP (no equipment 3 of 3)

Activation:

- Glute Bridge
- Push-up Plank
- Side Plank (hand)



Glute Bridge



Push-up Plank



Side Plank



WARM-UP (w/ equipment 1 of 4)

Kneeling Series:

- 5-Way Hip Mobility
- 90-90 Hip Mobility

Pre Practice

- Make it more dynamic, 3s holds

Post Practice

- Longer holds, 10-15s



5-Way Hip Mobility



90-90 Hip Mobility

WARM-UP (w/ equipment 2 of 4)

Kneeling Series:

- Quad / Hip Flexor Mobility
- Knee Drivers



Quad-Hip Flexor Stretch



Knee Drivers



WARM-UP (w/ equipment 3 of 4)

Glute Activation:

- Band Slides
- Glute Bridge w/ band



Band Slides

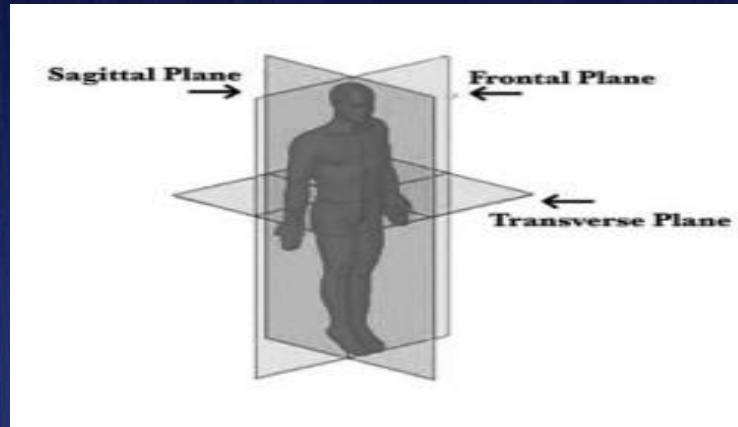


Glute Bridge w/ Band

WARM-UP (w/ equipment 4 of 4)

Core Activation:

- Band Pallof Press
- Band Lifts



Band Pallof Press



Band Lifts



PRE-SEASON CONDITIONING

Key Concepts

- Specific to the energy demands of the sport (SAID Principle)
- Build a progression.
- Multi-directional movements
- Encourage your athletes to play open gym and compete (the best way to get in shape)

S. Specific
A. Adaptations to
I. Imposed
D. Demands

The body will adapt to the demands placed on it, no more and no less



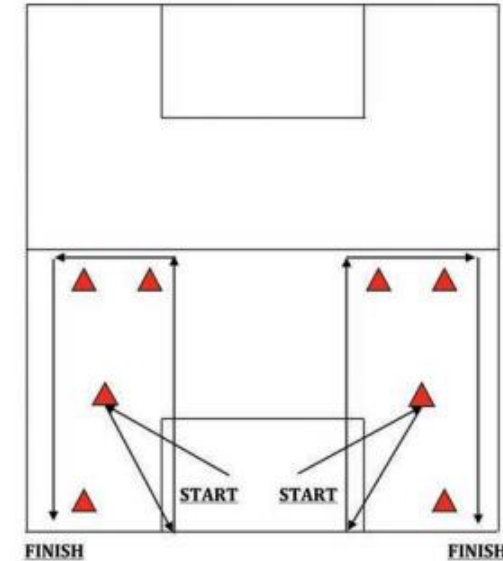
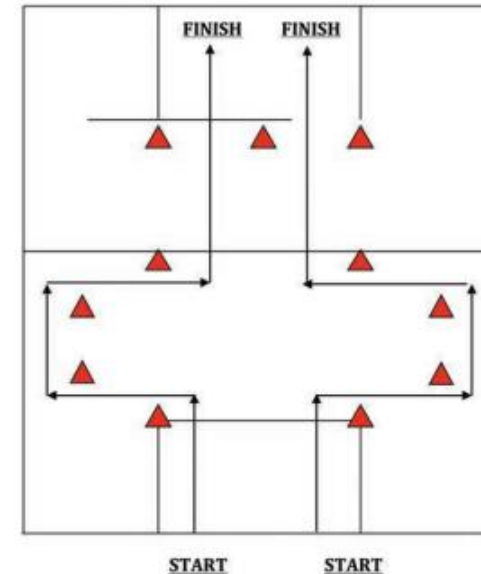
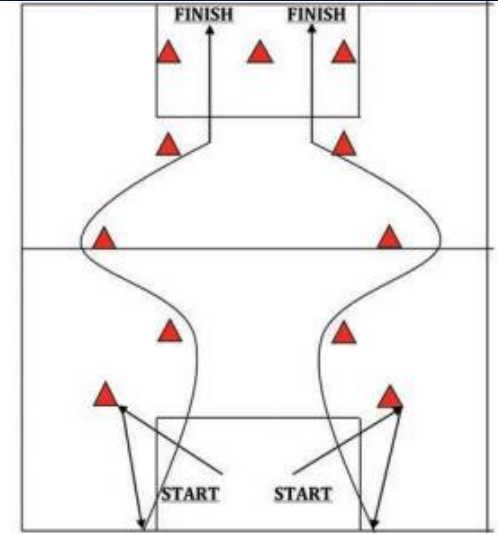
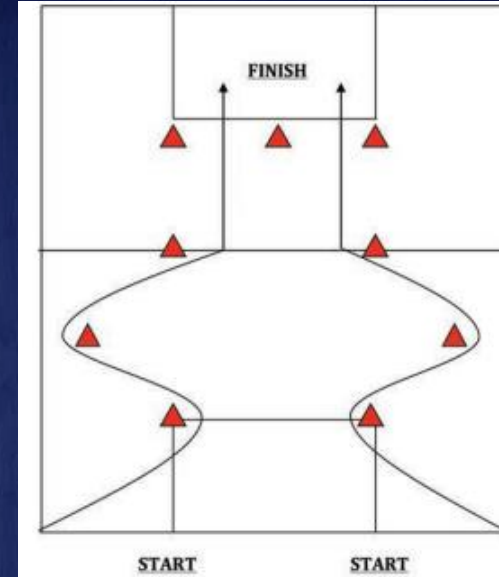
PRE-SEASON-MULTI DIRECTIONAL MOVEMENT

REACTIVE/UNPLANNED



PRE-SEASON-MULTI DIRECTIONAL MOVEMENT

NON-REACTIVE/PLANNED



PRE-SEASON CONDITIONING

CONDITIONING TESTS

- **CELTICS CONDITIONING TEST**
 - 3 MIN. CONTINUOUS RUN FROM BASELINE TO BASELINE
 - RECORD MAXIMUM LENGTHS ACHIEVED
 - GIVE $\frac{1}{4}$ CREDIT IF THEY FINISH ON THE FREE THROW LINE
 - GIVE $\frac{1}{2}$ CREDIT IF THEY FINISH AT HALF COURT
 - GIVE $\frac{3}{4}$ CREDIT IF THEY FINISH AT THE OPPOSITE FREE THROW LINE
 - ESTABLISH BASELINE, CHALLENGE THEM TO GO BEYOND IT



PRE-SEASON CONDITIONING

CONDITIONING TESTS

- GAUNTLET

- 17 LENGTHS SIDELINE TO SIDELINE
- 1 MIN REST
- 17 LENGTHS SIDELINE TO SIDELINE
- 1 MIN REST
- 8 LENGTHS SIDELINE TO SIDELINE



IN-SEASON TRAINING

Why Train In-Season?

- Strength and power are *perishable*.
 - If you don't use it you lose it!
- Stronger athletes are more durable and they are able to sustain the forces and collisions that occur during competition
- Maintaining strength and power improves performance
 - If we didn't train, we wouldn't be able to play at our best when it matters most



IN-SEASON TRAINING

In-Season Lift Components

- Before Practice:
 - Explosive Movements
 - Lower Body Strength
 - *Optional Ab/Trunk (Core)
- After Practice:
 - Upper Body Push/Pull
 - Posterior Chain
 - * Optional Ab/Trunk (Core)
 - Auxillary/Injury Prevention

Dynamic Warm-Up

- Foam Roll, Individualized Mobility Plans

Explosive Movements

- Olympic Lifts, Speed Squats, Box Jumps

Lower Body Strength

- Squats, Deadlifts, Lunges, Step-Ups

Posterior Chain

- Romanian Deadlifts (RDEs), Hypers, Glute/Ham Raises

Upper Body

- *Push:* Bench Press, Incline Press, Military Press
- *Pull:* Rows, Chin-Ups, Lat Pull-Downs

Ab/Trunk

- *Sagittal Plane:* Sit-Ups, Planks
- *Frontal Plane:* Side Planks, Overhead Side Bends
- *Transverse Plane:* Chopping Movements

Injury Prevention

- Scap Routines
- Ankle Strength
- Balance Drills
- Landing Mechanics

Cool Down

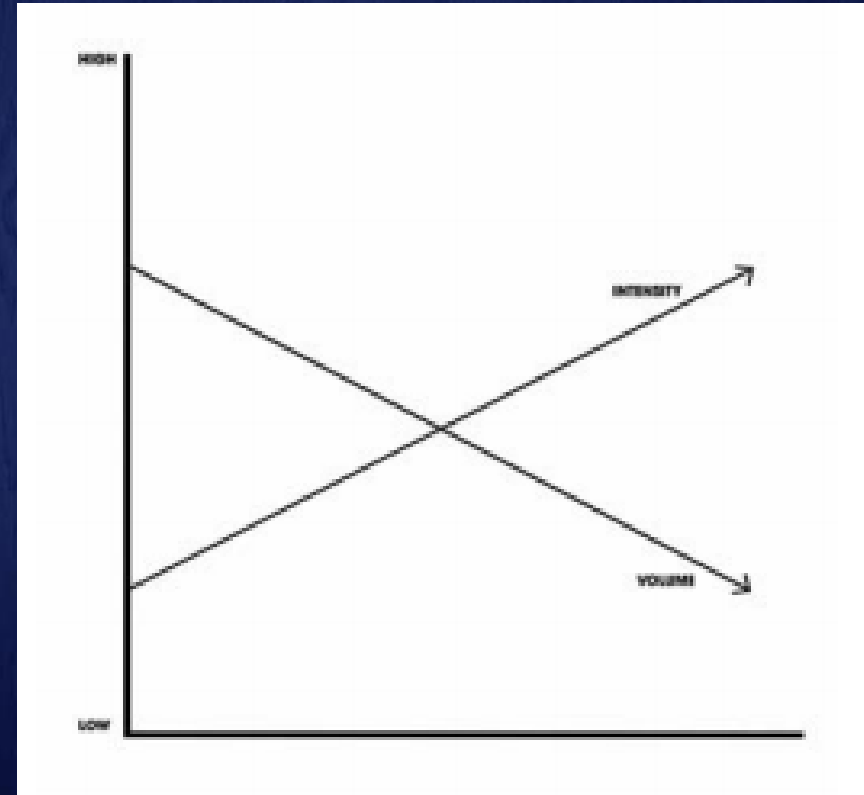
- Mobility/Flexibility



IN-SEASON TRAINING

Volume and Intensity Suggestions

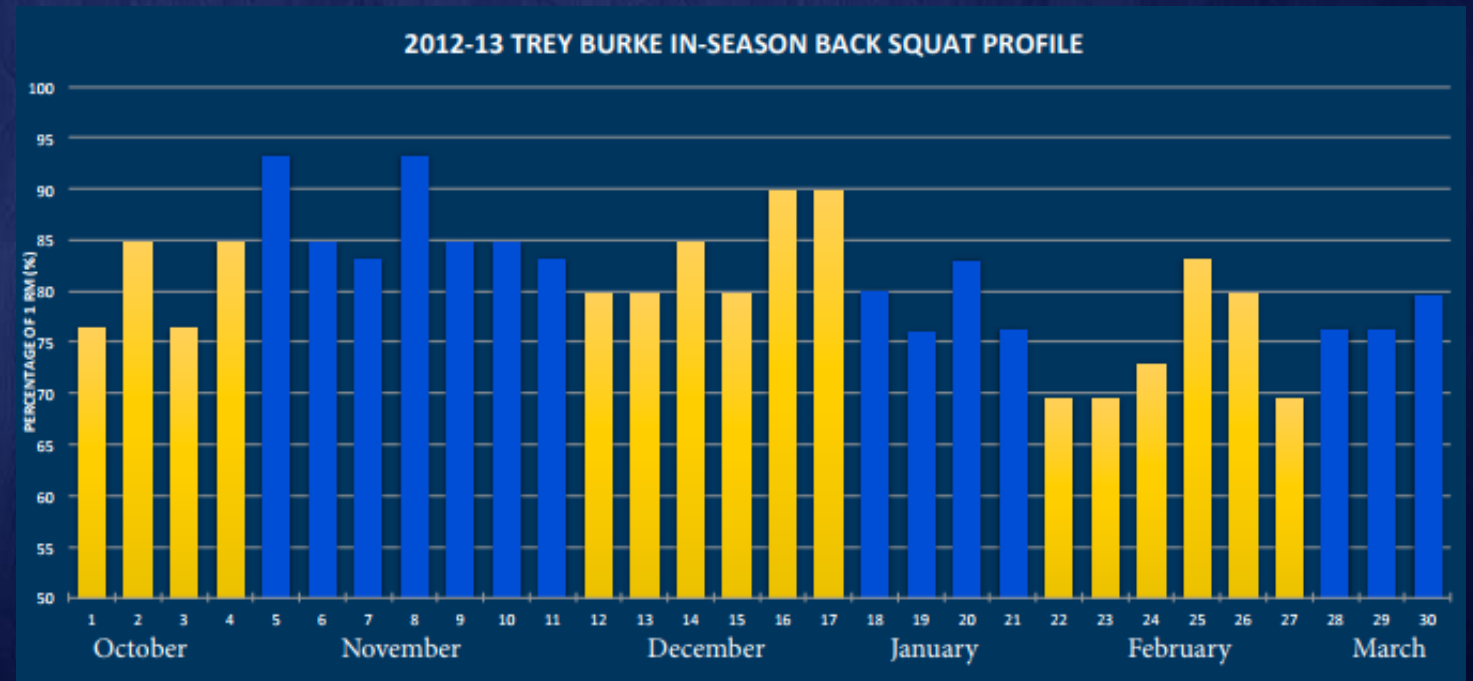
- **Olympic Lifts: 1-4 reps**
(Ex: Clean/Snatch/Pulls)
- **Strength Movements: 1-4 reps**
(Ex: Back Squat / Trap Bar Deadlift)
- **Auxiliary Movements: 4-8 reps**
(Ex: Military Press / Lat Pull-down / Reverse Hyper)



IN-SEASON TRAINING

Trey Burke: 2013 National Player of the Year

- Averaged 80% of back squat max over the course of the season.
- Squatted 30 times over the six-month season



QUESTIONS?

