



**MAXIMUM SPORTS
CONDITIONING**



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BASKETBALL TRAINING PHILOSOPHY

Maximum's philosophy on training basketball players stems from the sport-specific actions they need to build, and the tools that college coaches and professional scouts use to judge the ability and potential of guards, forwards & centers.

These are:

- Ability to shoot, pass, rebound, and defend
- Ability to change directions quickly
- Ability to jump quickly
- Ability to accelerate and decelerate quickly
- Ability to see the floor

Based on these skills, basketball players must develop **joint stability, balance, and connective tissue strength** through the ankle, knee, back and shoulders (to support and stabilize explosive jumping, sprinting, changing direction and decelerating), **posterior chain strength and power** (to develop strength through glutes, hips, and legs for jumping ability and speed), **reactive ability, quickness, and lateral speed** (for first-step quickness and defensive ability), and **core strength** (to stabilize lower lumbar spine, and to aid in control of large motor movements)

Although each position has its unique demands, all basketball players must improve these essential basic motor abilities. A basketball player's ability to run is most often judged by his times from baseline to opposite free-throw line. His ability to change directions quickly is most often judged by his time around the 'key' (from baseline- run forward to free-throw, shuffle across, backward to baseline, shuffle across, then repeat in the opposite direction).