



The
Ultimate Guide to
**WEIGHT
TRAINING**
for
BASKETBALL

fourth edition



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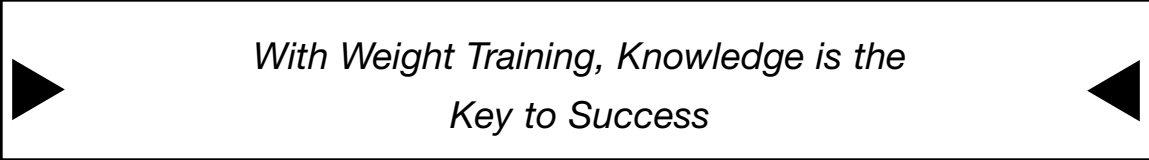
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Part I



**Basketball
Specific
Training**



*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

Basketball is a sport of speed, quickness, strength, and power. To play basketball competitively, you need to be strong, powerful, agile, flexible, and have good stamina and muscular endurance. Each of these qualities can be enhanced through a proper basketball-specific weight-training program. This book focuses on how to develop your body in every area that is most important to basketball. It also provides you with daily basketball-specific programs designed for the off-season, preseason, and in-season to maximize your playing potential.

There are two requirements needed to be a good basketball player: basketball specific skills and proper conditioning. An important note must be made clear. Weight training will not directly improve your basketball skills. However, it will make your entire body stronger and more powerful, which will increase your vertical, your speed, and your quickness. It will also decrease your vulnerability to injury and increase your muscular endurance and stamina so you can play hard all four quarters. All of these factors will increase your basketball playing potential. If you train properly for basketball, you will experience all of these benefits without sacrificing your technique on the court. In fact, proper weight training can enhance your technique by improving your flexibility and increasing your range of motion. This book not only contains a year-round basketball-specific training program, but also includes over 50 additional 4-week programs so you can find exactly what you need.

Improper Training Training improperly increases the risk of an injury occurring, and it can also set you further away from your goals. The goal of weight training for basketball is not to build stiff, bulky muscles; it is to improve your game by increasing your vertical, speed, quickness, power, flexibility, muscular endurance, and balance. You want to build your muscles and improve flexibility in areas that are important to improving your performance on the court.

NEGATIVE EFFECTS OF EXCESSIVE BODY FAT

Aside from damaging your balance, excess body fat will negatively affect your speed and endurance, and will make you more injury prone. Carrying around unneeded fat wears down the muscles and fatigues the body. By carrying around this extra weight, your body will use up the energy you need to play, causing muscular and mental fatigue that can affect your game dramatically. One benefit of weight training is that it builds muscle mass, which increases the resting metabolism and reduces body fat.

Sometimes weight training alone is not enough to help you lose all of your unwanted fat, so it may be in your best interest to participate in a prolonged low-level aerobic activity such as walking, jogging, or riding the bike to complement your resistance training.

A NOTE TO COACHES

Basketball is an anaerobic sport, requiring many short bursts of speed and no prolonged low-level running. Having players do a lot of long-distance running during practice is not as beneficial as having them do sprints, which will build up their fast-twitch muscle fibers. A light jog to start out a practice is a good warm-up for players, but anything more than that may be a waste of practice time.

If you want to take your training to the next level, you may want to consider subscribing to SportsWorkout.com's Basketball-Specific e-Training Program where you will be matched up with your very own professional trainer for one-on-one training and 24/7 consultation. Your trainer will tailor workout programs and meal plans for you based on your specific needs and goals. See the back of this book for more information on this service.