

# IPP'S – MAXIMIZING YOUR TIME

When you arrive in the gym you want to ensure that you are making the most of your time. The following document will give you some suggestions on how you can make this happen.

## 1. WARMING UP

**MENTAL PERFORMANCE** – Before you start take some time to do your centred breathing. Focus on being mindful. Can you keep your mind on your breathing? If not, that is ok. Recognize that your mind has drifted and bring it back to your breathing. The main skill we want to develop is the ability to keep your attention on the task at hand. Next remind yourself of your points of emphasis for the day. What is it that you want to accomplish? Visualize yourself accomplishing your points of emphasis for the practice. Where will you direct your attention? This step is important.

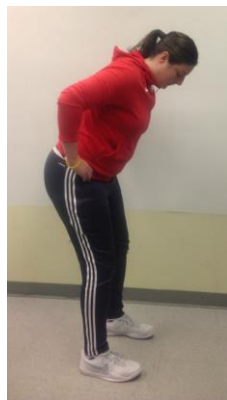
**PREHAB** - The three areas of focus for prehab are hip hinging, core activation and shoulder mobility. You should also focus on any individual areas that have been assigned to you by the therapy staff if you had an injury.

**Hip hinge** – Do 8-10 of repeated ½ squats focusing on proper form.

### ½ Squat



Start in a balanced stance.



With your hands on your hip bone, feel your hips push back first as if you were beginning to sit in a chair.



Keep pushing back. Notice that the shin bones are at 90° to the floor. Note: the head is only down to check the shin angle.



At the end of your squat, your head should be up and shoulder back. Notice that that glutes are behind the heels. You are only doing a ½ squat without holding it at the bottom.



This is what we do not want. Notice the shins are at a 45° to the floor, the eyes are gazing down and the glutes are nearly in line with the heels. The heels are starting to raise off the floor.

**Core activation** – We want to engage the transverse abdominal muscle which is the body’s natural girdle. It is the muscle you feel in your stomach when you cough.

**Dead Bug** – 8-10 reps



Lie on the floor with the knees bent at 90 ° and the arms pointing to the ceiling. Activate the core by rotating the hips until the back is flat.

Keeping the back flat, straighten the left leg and the right arm.

Now alternate, raise the left leg and right arm. The back needs to stay flat.

**Shoulder mobility** – In our daily lives we dominate with the muscles in the front of our body. For this reason attention must be paid to shoulder mobility which is important for basketball players.

**Wall Angel**



Activate the core to flatten your lower back against the wall.

Keeping your core activated slowly move your arms up the wall.

At the top a beginning progression is to bend at the elbow. The ultimate goal is to keep the arms straight.

Notice that the back is flat against the wall. Place a hand in the small of the back. It should not fit if done properly.

Here is what it looks like if the back is not flat.

**WARMING THE BODY** – After doing your prehab you need to warm the body. One of the best ways is to use a *skipping rope*. This method also aids with co-ordination, jumping and landing mechanics and the three points of emphasis from prehab; hip hinge, core activation and shoulder mobility. Other options can be to do your *movement prep* activities such as: jogging, sliding, gallops, carioca, high knees, kick the butt etc. You could also involve the ball. Another option is to do some *light* skill work, passing, dribbling and shooting. Be careful of being too explosive until the body is warm.

**MUSCLE ACTIVATION/INJURY PREVENTION** – Once the body is warm it is time to do the dynamic stretching and balance part of your movement prep routine. This part includes lunges, front, back and sideways, sumo squats, world's greatest stretch, 747's, hops on one foot, bounds side to side etc. A ball can be added, but make sure you are using proper form.

**REACTIVITY OR SPEED AND AGILITY** – The final part of the warm up is some speed and agility work. You can do some short sprints (baseline to foul line) with hockey stops. Another way is to toss the ball off the backboard and push the ball to score at the other end in 4 or 3 dribbles. If you have an agility ball you can also practice catching this ball when it bounces in a variety of directions. If you have a partner you can also practice blind ball tosses. You react to the ball when it comes into view.

**MENTAL CHECK IN** – How is your attention? Are you in the right place?

## 2. SKILL WORK

We will look at skill work through a couple of different lenses:

1. Are you focusing on form or simulating a game-like situation?
2. Are you working on your own or with others in the gym?

**IMPROVING YOUR FORM** – This kind of practice must be very deliberate in what you pay attention to. Your focus should be on making the proper corrections to your form. You need to have a model or a picture in your mind of what it should look like. Taking a video of yourself and comparing it to your model is very helpful. You need quality reps at this time. Your focus is on the process not the outcome.

For example: I am working on increasing the release point of my shot. I want a higher arc. My attention is on getting the ball to be a B.R.A.D. (back rim and down). I do not keep track of how many makes. My focus is on getting the ball to the back rim.

The time spent here does not need to be long. The importance is focus. Form takes time to change. You may want to go back and repeat your form shooting throughout your sessions, whenever you feel your form declining. It is better to have repeated short focus times than one long session.

**IMPROVING SPEED** – Once I have worked on form now I can focus on the speed at which I execute the skill. I want to be able to get to game speed while using my improved form.

**SIMULATING THE GAME** – The focus now shifts to visualizing defenders. I also start to focus more on the outcome. I want to put the ball in the basket. This is where I start to challenge myself with having to make so many shots, so may BRADs etc.

Example: I am working on my shot off the catch and off the dribble. I start a gap away and do a self-toss that I sprint into a catch and shoot. I visualize the defenders hands are down so I shoot. I follow and get my rebound and dribble to an area of the floor where I simulate a ball screen being set. I use this pick and shoot. I follow my own shot and make the rebound if there was a miss. I do this five times in a row and then shoot 2 foul shots. If I miss my foul shots I do a down and back.

We are simulating the storm (The last 5 minutes of the most important game of the year). We want to also be working on our ability to perform when tired.

**MENTAL CHECK IN** – How is your attention? Are you in the right place?

**PARTNER IN THE GYM** – You must decide what this person can do with you. Is this person:

- **Just a passer** – She can pass and rebound the ball for you. Make the passes from realistic angles.
- **A static guide** – She cannot play defence or offence, but can stand in as a body to avoid or a stationary pick. She can help you simulate your form. Just by standing near the rim in a drive line she can help improve your work on extending.
- **A guide** – She can give you a read on offence or defence. This can be as the primary defender (your check) or the help defender, usually at the rim. It is important that the guide mixes up the reads. The more the cue is similar to the game the better the transfer and retention.
- **Simulate actions** – You can play 2 – 0 basketball, simulating pass and cut, picks, post-game, penetration etc. This person will have to be able to move. It is important to work on connections and team decision making (timing and spacing and moving off each other). On the shot defensive transition can be emphasized, rebounding spots or safeties.
- **Compete (1 on 1)** – This is by far one of the best things you can do. Especially if you can find someone who is better than you. A male training partner can be invaluable if there are no females who can challenge you.

**MENTAL CHECK IN** – How is your attention? Are you in the right place?

As with game like shooting you want to go at a high intensity. Build in little challenges. Use foul shots for active rest. Be sure to hydrate.

### 3. COOL DOWN

It is important that you build this part into your routine.

**LIGHT AEROBIC ACTIVITY** – This activity can be light shooting, passing or dribbling. It should be slow and with no explosive movements. It is suggested that you finish with one lap of light jog/walk and hamstring stretching. If you are doing a lot of offensive work, you will need to stretch the hamstrings. The length of your cooldown

should reflect the intensity of your workout. The greater the intensity of your workout the longer and comprehensive the cooldown should be.

**STRETCH** – This is also a time to work on long slow static stretching. If you were doing a lot of shooting passing and dribbling your chest muscles will be very tight. You need to open up the chest. These stretches need to be held for 45 seconds to a minute.

**FOAM ROLLER** – This is also a good time to do foam rolling on any tight spots.

**HYDRATION AND SNACK** – You should have brought a snack that includes some carbs and protein.

**MENTAL PERFORMANCE** – Practice your centered breathing. The key is to keep your mind on your breathing and recognize when it wanders. This is ok, now just bring it back. Visualize your practice and see yourself performing your point of emphasis correctly or in the manner you want. Make note of what you learned and need to work on for the next session. Journaling is a great way to keep track of your progress. Record when you have achieved a new milestone.

### SAMPLE 1 HOUR INDIVIDUAL SHOOTING WORKOUT

Time	Activity
0:00	<b>Mental performance</b> – centre breathing; visualize key elements of your shooting form. See yourself shooting the way you want too.
0:03	<b>Prehab</b> – ½ squats, dead bug, wall angels
0:08	<b>Warm up</b> – skipping rope, movement prep stretches
0:15	<b>Skill work – form work 1</b> – self-toss shooting form from straight on and different angles – focus on form
0:20	<b>Skill work – speed work</b> – self-toss with increased speed. Finish all misses. No hesitation between shots.
0:25	<b>Skill work – form work 2</b> (good time for hydration and a mental check-in) – Fouls shots drink break. Mental check-in. Visualize the next move you are working on. Work on the form of the move or action you are going to work on. For example; Coming off a ball screen into a step back shot.
0:30	<p><b>Skill work – game simulation</b> - Simulate the defence. Work on going at game speed.</p> <p><b>Example 1:</b></p> <p><b>Perimeter player</b> - you visualize the defence high hedging on the ball screen. You pull back and then attack the shoulder of the imaginary defender. You do your step back when you see the defender drop to protect the basket.</p> <p><b>Post player</b> – you visualize catching the ball at the rim after rolling off a pick. You give a fake</p>

	<p>and then pivot to score using your baby hook.</p> <p>Challenge yourself to make 10. Shoot two foul shots. If you make move on, miss run a down and back. Move on to your second set. Visualize the defence playing you another way.</p> <p><b>Example 2:</b></p> <p><b>Perimeter player</b> - You visualize the defence switching. You back up to signal you are isolating the big defender. Use a dribble move into a pull up or step back.</p> <p><b>Post player</b> – you catch the ball fake and pivot for your baby hook. You visualize the defence challenging your shot. You use your double pivot or up and under.</p> <p>Keep repeating the sets with various challenges.</p> <p><b>Example 3:</b></p> <p><b>Perimeter player</b> - You visualize the defence going under the pick. You use a rescreen and dribble back over a second pick.</p> <p><b>Post player</b> – you visualize catching the ball after a short roll to the basket. You either shoot or use fakes to attack the basket at different angles and finishes.</p>
0:45	<b>Cool down</b> – light form shooting, lightly dribble to another basket after making five shots.
0:50	<b>Foam roller / stretch</b>
0:55	<b>Mental performance, snack / hydration</b> – write in your journal what you did, what you learned (how was your attention?) and what you need to focus on next time.