

workout plan for basketball players

workout plan for basketball players is a critical component of achieving peak performance on the court. This comprehensive guide delves into the essential elements required to design an effective training regimen that addresses the multifaceted demands of the game. From building explosive power for jumps and sprints to enhancing agility for quick cuts and defensive maneuvers, a well-rounded plan is paramount. We will explore the key training modalities, including strength, conditioning, agility, flexibility, and recovery, providing actionable insights for athletes of all levels. Understanding the specific needs of basketball, such as anaerobic capacity and injury prevention, will form the foundation of our discussion. Prepare to elevate your game with a strategic approach to your physical development.

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The Importance of a Structured Workout Plan for Basketball Players

A structured **workout plan for basketball players** is not merely about lifting weights or running laps; it's about strategically developing the physical attributes necessary to excel in a dynamic and demanding sport. Basketball requires a unique blend of strength, speed, agility, endurance, and mental fortitude. Without a deliberate training program, athletes risk developing imbalances, increasing their susceptibility to injuries, and ultimately failing to reach their full potential. A well-designed plan ensures that training efforts are focused, efficient, and aligned with the specific physiological demands of the game.

The modern game of basketball is faster and more physical than ever before. Players are expected to possess explosive power for jumping, sustained stamina for full-court sprints, and the ability to change direction rapidly on both offense and defense. A comprehensive **workout plan for basketball players** must therefore incorporate exercises that target these specific athletic qualities. Ignoring any one of these pillars can lead to significant performance gaps. For instance, a player might be strong but lack the cardiovascular endurance to maintain their intensity throughout a full game, or possess excellent speed but be prone to ankle sprains due to insufficient ankle stability training.

Key Components of a Basketball Workout Plan

A truly effective **workout plan for basketball players** must be multifaceted, addressing all the crucial physical and physiological aspects of the sport. It's not enough to focus on one area while neglecting others. A holistic

approach ensures that an athlete develops into a well-rounded player, capable of performing at a high level consistently and safely. The core components generally include strength training, cardiovascular conditioning, agility and speed work, flexibility and mobility, and crucial recovery strategies.

Each of these components plays a distinct yet interconnected role in an athlete's development. Strength training builds the foundation for power and resilience. Cardiovascular conditioning provides the stamina needed to endure the rigors of a game. Agility and speed drills enhance quickness and responsiveness on the court. Flexibility and mobility are vital for injury prevention and optimal movement patterns. Finally, effective recovery allows the body to adapt and improve, preventing burnout and chronic fatigue.

Strength Training for Basketball Players

Strength training is foundational for any basketball player seeking to improve their performance. It directly contributes to increased vertical jump height, the ability to finish through contact, and the power needed for explosive first steps. A well-designed strength program should focus on compound movements that engage multiple muscle groups simultaneously, mimicking the functional demands of basketball. This approach is far more effective than isolating individual muscles.

Key muscle groups to target include the legs, core, and upper body. Lower body strength is critical for jumping, sprinting, and defensive stances. Exercises like squats, deadlifts, lunges, and calf raises are essential. Core strength is paramount for stability, balance, and transferring power from the lower body to the upper body during shooting and passing. Planks, Russian twists, and medicine ball throws are excellent for core development. Upper body strength supports shooting mechanics, rebounding, and defense. Push-ups, pull-ups, overhead presses, and rows should be incorporated into the routine.

Lower Body Strength and Power Exercises

Explosive power in basketball originates from the lower body. Developing strength and power in the legs and glutes is directly correlated with vertical leap, sprint speed, and the ability to decelerate and change direction effectively. This requires a combination of heavy lifting for strength and plyometric exercises for explosive power.

- Squats (Back Squats, Front Squats, Goblet Squats)
- Deadlifts (Conventional, Romanian Deadlifts)
- Lunges (Forward, Backward, Lateral)
- Glute Bridges and Hip Thrusts
- Calf Raises (Standing, Seated)
- Box Jumps
- Jump Squats
- Broad Jumps

Core Strength and Stability

The core acts as the powerhouse for almost every movement on the basketball court. A strong and stable core allows for efficient transfer of energy from the lower body to the upper body, crucial for shooting, passing, and dribbling. It also provides balance and stability, preventing injuries during quick movements and contact.

- Planks (Front, Side)
- Russian Twists
- Leg Raises
- Bicycle Crunches
- Medicine Ball Slams
- Medicine Ball Rotational Throws
- Wood Chops

Upper Body Strength for Basketball

While the lower body and core are often prioritized, upper body strength is vital for shooting, passing, rebounding, and defense. It allows players to maintain balance, absorb contact, and control the ball effectively. A balanced upper body program should address pushing and pulling movements.

- Push-ups (Various variations: incline, decline, plyometric)
- Pull-ups and Chin-ups
- Bench Press (Dumbbell or Barbell)
- Overhead Press (Dumbbell or Barbell)
- Dumbbell Rows
- Lat Pulldowns
- Dips

Cardiovascular Conditioning for Basketball

Basketball is a sport characterized by intermittent bursts of high-intensity activity interspersed with periods of lower intensity. A successful **workout plan for basketball players** must therefore develop both anaerobic and aerobic capacities. This means training the body to sustain high-intensity efforts for extended periods and to recover quickly between sprints and explosive movements.

Interval training is particularly effective for basketball conditioning because it mimics the stop-and-start nature of the game. This involves alternating between periods of intense work and recovery. Long, slow distance

running, while beneficial for general fitness, is less specific to the demands of basketball compared to high-intensity interval training (HIIT) and sport-specific conditioning drills.

Interval Training Protocols

Interval training is paramount for developing the specific type of cardiovascular fitness needed for basketball. It helps build both the ability to sustain high-intensity efforts and the capacity to recover quickly, crucial for repeated sprints and explosive actions during a game.

- **Sprint Intervals:** Short, all-out sprints (10-30 seconds) followed by equal or longer recovery periods. This builds anaerobic power and speed endurance.
- **Tempo Runs:** Sustained runs at a challenging but sub-maximal pace (e.g., 80-85% of max heart rate) for 3-5 minutes, with short recovery. This improves lactate threshold.
- **Fartlek Training:** Unstructured "speed play" where players vary their pace and intensity based on how they feel, incorporating bursts of speed and periods of jogging.

Game-Specific Conditioning Drills

Beyond general interval training, drills that closely replicate the movements and demands of a basketball game are essential. These drills not only improve cardiovascular fitness but also enhance agility, ball-handling, and decision-making under fatigue.

- **Suicides/Line Drills:** Sprinting to and from various lines on the court, simulating full-court sprints and defensive slides.
- **Full-Court Dribble Drills:** Dribbling at speed down the court and back, incorporating changes of direction.
- **Defensive Slide Drills:** Maintaining a low defensive stance while sliding laterally across the court for extended periods.
- **Shuttle Runs:** Short sprints between designated points, emphasizing quick acceleration and deceleration.

Agility and Footwork Drills

Agility and footwork are the cornerstones of effective defense, offense, and overall court movement. Basketball demands constant changes of direction, quick reactions, and precise foot placement. A dedicated focus on agility drills within a **workout plan for basketball players** is non-negotiable for improving lateral quickness, acceleration, deceleration, and balance.

These drills help players become more elusive on offense, allowing them to create space for shots or drives, and more tenacious on defense, enabling them to stay in front of their man and react to offensive plays. They train the neuromuscular system to execute quick, efficient movements, which is

crucial for staying competitive throughout an entire game.

Lateral Quickness and Change of Direction Drills

The ability to move quickly side-to-side and change direction explosively is a hallmark of great basketball players. These drills focus on developing the muscle activation patterns and proprioception needed for rapid, controlled movements.

- **Ladder Drills:** Various footwork patterns performed quickly within an agility ladder to improve foot speed and coordination.
- **Cone Drills:** Drills such as the T-test, Pro Agility (5-10-5), and L-drill that involve sprinting, shuffling, and backpedaling around cones.
- **Defensive Slides:** Practicing quick, low-stance slides across the court, focusing on controlled stopping and starting.
- **Carioca Drills:** A sideways movement drill that improves coordination and hip mobility for quicker changes of direction.

First-Step Quickness and Explosiveness

The initial step in any offensive or defensive move is often the most critical. Developing explosive first-step quickness allows players to beat their defender off the dribble, close out on shooters, or recover defensively. This involves training the muscles to generate maximum force in the shortest amount of time.

- **Dot Drills:** Quick feet and explosive jumps between marked dots on the floor, emphasizing rapid footwork and vertical propulsion.
- **Resisted Sprints:** Sprinting with a resistance band or sled to increase the force required for acceleration, building explosive power.
- **Jump-Cut Drills:** Practicing explosive cuts after a jump stop, simulating moves to the basket or to create space.
- **Reaction Drills:** Drills where players must react to visual or auditory cues by sprinting or changing direction immediately.

Flexibility and Injury Prevention

While strength and conditioning are vital, neglecting flexibility and injury prevention can severely hinder a basketball player's career. A comprehensive **workout plan for basketball players** must include dedicated time for stretching, mobility work, and exercises that strengthen stabilizing muscles to mitigate the high risk of common basketball injuries.

Basketball involves a lot of jumping, landing, cutting, and forceful movements, which place significant stress on joints like the ankles, knees, and hips, as well as muscles in the back and shoulders. Regular flexibility work improves range of motion, allowing for more efficient movement patterns and reducing the likelihood of muscle strains or tears. Strengthening smaller

stabilizing muscles, particularly around the ankles, knees, and shoulders, provides crucial support and resilience against sudden impacts and awkward movements.

Static and Dynamic Stretching

Both static and dynamic stretching have their place in a basketball player's training regimen. Dynamic stretching is ideal as a warm-up, preparing muscles for activity, while static stretching is best performed post-workout to improve flexibility and aid recovery.

- **Dynamic Stretches (Warm-up):** Arm circles, leg swings (forward, backward, lateral), torso twists, high knees, butt kicks, walking lunges with a twist.
- **Static Stretches (Cool-down):** Hamstring stretch, quadriceps stretch, calf stretch, hip flexor stretch, shoulder and chest stretches, triceps stretch. Hold each stretch for 20-30 seconds.

Mobility and Prehab Exercises

Mobility work focuses on improving the range of motion in the joints, which is crucial for fluid movement and injury prevention. Prehabilitation (prehab) exercises are designed to strengthen vulnerable areas and address potential weaknesses before they lead to injury.

- **Ankle Mobility:** Ankle circles, alphabet tracing with the foot, calf raises with eccentric lowering.
- **Hip Mobility:** Hip circles, pigeon pose, fire hydrants, 90/90 hip switches.
- **Thoracic Spine Mobility:** Cat-cow stretch, thread-the-needle, foam rolling.
- **Shoulder Prehab:** External and internal rotations with resistance bands, face pulls, Y-T-W-L raises.
- **Knee Stability:** Single-leg squats, balance exercises on unstable surfaces, Nordic hamstring curls.

Nutrition and Hydration for Performance

Optimal nutrition and hydration are often overlooked but are absolutely critical components of any effective **workout plan for basketball players**. The body needs the right fuel to perform at its peak, recover efficiently, and prevent injuries. Proper fueling supports energy levels during training and games, aids muscle repair and growth, and maintains hydration for optimal cognitive and physical function.

A balanced diet rich in complex carbohydrates, lean proteins, healthy fats, vitamins, and minerals is essential. Carbohydrates are the primary source of energy for high-intensity activities like basketball. Protein is vital for muscle repair and growth. Healthy fats support hormone production and overall

health. Hydration is paramount, as even mild dehydration can significantly impair performance, leading to fatigue, decreased concentration, and increased risk of heat-related illnesses.

Macronutrient Breakdown for Athletes

Understanding the role of each macronutrient is key to designing a diet that supports the demands of basketball training and competition. The right balance ensures sustained energy, muscle recovery, and overall health.

- **Carbohydrates:** The primary fuel source. Focus on complex carbohydrates like whole grains, fruits, and vegetables for sustained energy. Aim for 50-60% of daily caloric intake.
- **Protein:** Essential for muscle repair, growth, and recovery. Lean sources like chicken, fish, lean beef, eggs, dairy, and plant-based options like beans and tofu. Aim for 1.2-1.7 grams per kilogram of body weight.
- **Fats:** Important for hormone production, nutrient absorption, and energy. Focus on unsaturated fats from avocados, nuts, seeds, and olive oil. Aim for 20-30% of daily caloric intake.

Hydration Strategies for Basketball Players

Dehydration can have a swift and significant negative impact on a basketball player's performance and health. Implementing a consistent hydration strategy before, during, and after training and games is non-negotiable.

- **Pre-Hydration:** Drink 16-20 ounces of water 2-3 hours before activity and another 8 ounces 15-20 minutes before.
- **During Activity:** Drink 7-10 ounces of fluid every 10-20 minutes, especially during intense play or in hot conditions. Electrolyte drinks may be beneficial for prolonged or intense sessions.
- **Post-Hydration:** Replenish fluid losses by drinking 16-24 ounces of water for every pound of body weight lost during exercise.

Recovery Strategies for Athletes

Recovery is not an afterthought; it is an integral and essential part of any effective **workout plan for basketball players**. Without adequate recovery, the body cannot repair the micro-tears in muscle fibers that occur during training, leading to decreased performance, increased risk of injury, and overtraining. Proper recovery allows the body to adapt to training stimuli and become stronger.

Effective recovery strategies encompass a range of practices, including sleep, nutrition, active recovery, and various therapeutic techniques. Prioritizing these elements ensures that athletes can consistently train hard and effectively, making continuous progress towards their performance goals.

The Importance of Sleep and Rest

Sleep is perhaps the most critical element of recovery. During sleep, the body releases growth hormone, repairs tissues, consolidates memories, and replenishes energy stores. Chronic sleep deprivation significantly impairs physical and cognitive function.

- **Aim for 7–9 hours of quality sleep per night.**
- **Establish a consistent sleep schedule, even on weekends.**
- **Create a dark, quiet, and cool sleep environment.**
- **Limit screen time before bed.**

Active Recovery and Other Techniques

Active recovery involves low-intensity activities that promote blood flow and help clear metabolic waste products from muscles without causing further fatigue. Other therapeutic techniques can further enhance the recovery process.

- **Light Cardio:** Gentle cycling, swimming, or jogging on rest days.
- **Foam Rolling:** Self-myofascial release to target tight muscles and improve blood flow.
- **Massage Therapy:** Professional sports massages can help alleviate muscle soreness and improve flexibility.
- **Stretching and Mobility:** As outlined in the flexibility section, static stretching and mobility exercises aid in muscle recovery.
- **Ice Baths/Contrast Showers:** May help reduce inflammation and muscle soreness, though research is mixed.

Sample Weekly Workout Schedule

This is a sample weekly **workout plan for basketball players**, designed to be a template that can be adjusted based on individual needs, training phase, and game schedule. It emphasizes a balance of strength, conditioning, agility, and recovery.

The schedule assumes 5–6 training days per week with at least one full rest day. It's important to listen to your body and adjust intensity or volume as needed. This sample is for the in-season or off-season training period; in-season training might involve lower volume and higher intensity to maintain strength and power while prioritizing game readiness.

1. **Monday:** Lower Body Strength (Squats, Deadlifts, Lunges, Plyometrics) + Light Cardio
2. **Tuesday:** Basketball Skills & Drills + Agility Work (Cone Drills, Ladder Drills)

3. **Wednesday:** Upper Body Strength (Bench Press, Rows, Overhead Press, Pull-ups) + Core Work
4. **Thursday:** High-Intensity Interval Conditioning (HIIT) + Flexibility & Mobility
5. **Friday:** Full Court Conditioning Drills + Game Simulation Scrimmage (if applicable) or Skill Focus
6. **Saturday:** Active Recovery (light jog, swim, foam rolling) or Complete Rest
7. **Sunday:** Complete Rest

Integrating the Workout Plan into Your Basketball Season

A successful **workout plan for basketball players** is not static; it must evolve and adapt throughout the year. The training intensity, volume, and focus will differ significantly between the off-season, pre-season, and in-season periods. The goal is to peak physically for key competitions while managing fatigue and preventing injuries.

During the off-season, the emphasis is often on building a solid foundation of strength and aerobic capacity. The pre-season focuses on translating that strength into sport-specific power, speed, and agility, with increased basketball-specific drills. The in-season requires a maintenance approach, prioritizing recovery, game readiness, and avoiding overtraining, with strength training often reduced in volume but maintained in intensity.

Off-Season Training Focus

The off-season is the ideal time to build the physical foundation. It allows for higher training volumes and a focus on addressing weaknesses without the immediate pressure of competitive games.

- Emphasis on building maximal strength.
- Higher training volume for conditioning development.
- Focus on correcting muscle imbalances and improving flexibility.
- Introduction of more complex compound lifts and plyometrics.

Pre-Season Transition

As the competitive season approaches, training shifts to become more specific and intense, aiming to convert foundational strength into explosive basketball-specific power and endurance.

- Increased focus on sport-specific speed, agility, and quickness drills.

- Transitioning from maximal strength to power development.
- Incorporation of basketball-specific conditioning drills and scrimmages.
- Gradual reduction in overall training volume to avoid burnout before the season starts.

In-Season Maintenance

During the season, the primary goals are to maintain strength and power, ensure recovery between games, and minimize the risk of injury. Training volume is significantly reduced.

- Lower training volume, higher intensity sessions.
- Focus on strength maintenance rather than significant gains.
- Prioritize recovery between games.
- Flexibility and mobility work remain critical.
- Listen to your body and adjust training based on game load and fatigue.

FAQ

Q: What are the most important components of a workout plan for basketball players?

A: The most important components include strength training (for power and resilience), cardiovascular conditioning (for stamina), agility and speed drills (for quickness and movement), flexibility and injury prevention, and adequate recovery.

Q: How often should a basketball player strength train?

A: During the off-season or pre-season, 2-3 strength training sessions per week are common. During the in-season, 1-2 sessions per week focused on maintenance are usually sufficient, depending on game schedule and fatigue levels.

Q: What type of conditioning is best for basketball players?

A: High-intensity interval training (HIIT) and game-specific conditioning drills that mimic the stop-and-start nature of basketball are most effective. This includes sprint intervals, suicides, and shuttle runs.

Q: How can basketball players improve their vertical jump?

A: Improving vertical jump involves a combination of lower body strength training (squats, deadlifts), plyometric exercises (box jumps, jump squats), and power development exercises. Proper technique and recovery are also crucial.

Q: Is flexibility important for basketball players?

A: Yes, flexibility is vital for injury prevention, improving range of motion for shooting and defensive movements, and enhancing overall athleticism. Dynamic stretching should be part of the warm-up, and static stretching is beneficial for cool-downs.

Q: How much water should a basketball player drink?

A: Players should aim to drink 16-20 ounces of water 2-3 hours before activity and continue to hydrate regularly throughout the day, especially during and after training and games. Monitoring urine color (pale yellow is good) is a useful indicator.

Q: When is the best time to focus on building maximal strength in a workout plan for basketball players?

A: The off-season is the ideal period for building maximal strength, as training volumes can be higher and there is less immediate pressure from competition.

Q: How should a workout plan for basketball players change between the off-season and the in-season?

A: During the off-season, the focus is on building a strong foundation with higher volumes. In-season training shifts to maintenance, with reduced volume and a higher priority on recovery and game readiness.

Q: Are rest days necessary in a basketball player's workout plan?

A: Absolutely. Rest days are crucial for muscle repair, energy replenishment, and preventing overtraining. They allow the body to adapt and become stronger.

Q: What role does nutrition play in a basketball player's performance and recovery?

A: Nutrition provides the energy for training and games, fuels muscle repair and growth, and supports overall health. Adequate protein, carbohydrates, healthy fats, and hydration are essential for optimal performance and recovery.

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Now American football players can maintain peak performance year-round with the easy-to-follow training programmes found in *Strength Training for Football*.

workout plan for basketball players: *Strength Training Essentials - 7 Day Workout Plan* M. Usman, John Davidson, 2015-05-11 Table of Contents Getting Started Chapter # 1: Introduction Chapter # 2: Specificity Chapter # 3: Overload Chapter # 4: Progressive Overload 7 Day Workout Chapter # 1: Introduction Chapter # 2: Monday Chapter # 3: Wednesday Chapter # 4: Friday Chapter # 5: Sunday Conclusion Author Bio References Publisher Introduction As the name suggests, strength training is a type of exercise or training routine that focuses on increased levels of strength in muscles to enhance one's performance level, as well as prevent chances of injury. One of the primary goals of strength training is to make a person strong enough to withstand high levels of competition and enhance his/her level of confidence. A plentiful amount of commitment can make a person jump higher, run swifter, and swim faster. This type of training can be done in a lot of ways, either in the form of a group, or individually, or setting time limits. A person usually starts out with lower weights in combination with high repetitions, then with the passage of time, advances to higher weights with lower repetitions.

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increased comprehension of programs and exercises * Caters to everyone from pregnant women to older men with lower back pain

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Sport Training and Performance, Second Edition, is organized into five parts. The first part examines physiological adaptation and the effects of various modes of training on biochemical, hormonal, muscular, cardiovascular, neural, and immunological adaptations. The second part covers principles of exercise training and prescription. The third part discusses nutrition, hydration status, sport supplementation, and performance-enhancing drugs. The fourth part focuses on environmental factors and their influence on sport performance. The fifth and final part is focused on how certain medical and health conditions influence sport performance. Updates in this second edition focus on cutting-edge knowledge in sport science and sports medicine, including the latest information on physiological adaptations to exercise; current trends for training for power, speed, and agility; eye-opening discussions on sport supplementation and performance-enhancing drugs; data on training with medical conditions such as diabetes and exercise-induced bronchospasm; and groundbreaking information on training in heat and cold and at altitude. In addition, new chapters offer a practical approach to the yearly training program and sudden death in sport. The second edition also incorporates the following features to enhance practical application and facilitate students' learning:

- A new web resource includes 80 drills and 41 video demonstrations that help readers understand how to implement the various exercises.
- Chapter objectives provide an overview of key content in each chapter.
- Chapter review questions help students assess their learning.
- In Practice sidebars bring chapter content to life in a practical manner and help students better understand the material.

Students and instructors will benefit from the new web resource, which features 80 drills and detailed instruction on performing each drill. The drills can be used for a dynamic warm-up or to enhance speed and agility. Most drills are accompanied by at least one photo showing how to perform a key movement of the drill. Forty of the drills are accompanied by a video of the drill being performed in its entirety, and a dynamic warm-up routine video features 10 warm-up exercises. Physiological Aspects of Sport Training and Performance, Second Edition, provides a strong basis for understanding adaptation to exercise and appreciating how changes in program variables can alter training adaptations. All the information in this text is presented in an attractive, reader-friendly format that is conducive to learning. The text serves as both a key educational tool and a primary reference for exercise prescription for athletes.

workout plan for basketball players: Coaching Basketball Technical and Tactical Skills American Sport Education Program, 2007 Covers other key areas of coaching including season and practice planning.

workout plan for basketball players: Sooley John Grisham, 2022-02-22 #1 NEW YORK TIMES BEST SELLER • John Grisham takes you to a different kind of court in his first basketball novel. Samuel "Sooley" Sooleymon is a raw, young talent with big hoop dreams—and even bigger challenges off the court. "Hard to put down ... the pages turn quickly ... building to a climax that won't leave readers doubting whether this is a John Grisham novel." —Associated Press In the summer of his seventeenth year, Samuel Sooleymon gets the chance of a lifetime: a trip to the United States with his South Sudanese teammates to play in a showcase basketball tournament. He has never been away from home, nor has he ever been on an airplane. The opportunity to be scouted by dozens of college coaches is a dream come true. Samuel is an amazing athlete, with speed, quickness, and an astonishing vertical leap. The rest of his game, though, needs work, and the American coaches are less than impressed. During the tournament, Samuel receives devastating news from home: A civil war is raging across South Sudan, and rebel troops have ransacked his village. His father is dead, his sister is missing, and his mother and two younger brothers are in a refugee camp. Samuel desperately wants to go home, but it's just not possible. Partly out of sympathy, the coach of North Carolina Central offers him a scholarship. Samuel moves to Durham, enrolls in classes, joins the team, and prepares to sit out his freshman season. There is plenty of more mature talent and he isn't immediately needed. But Samuel has something no other player has: a fierce determination to succeed so he can bring his family to America. He works tirelessly on his game, shooting baskets every morning at dawn by himself in the gym, and soon he's dominating everyone in practice. With the Central team losing and suffering injury after injury, Sooley, as he is

nicknamed, is called off the bench. And the legend begins. But how far can Sooley take his team? And will success allow him to save his family? Gripping and moving, Sooley showcases John Grisham's unparalleled storytelling powers in a whole new light. This is Grisham at the top of his game. Don't miss John Grisham's new book, *THE EXCHANGE: AFTER THE FIRM*!

workout plan for basketball players: *No Meat Athlete* Matt Frazier, Matthew Ruscigno, 2018-09-18 A vegan ultramarathoner "provides the roadmap to wellness and performance no matter where the journey takes you" (Scott Jurek, world-renowned Ultramarathon champion and New York Times bestselling author). Veganism is taking off in the sports world. The lifestyle has been adopted by Olympians, body builders, and boxers, as well as top athletes in the NBA and NFL. Hollywood is on board, too. James Cameron (director of *Avatar* and *Titanic*) has produced a film on the topic called *The Gamechangers*, which follows vegan athletes, including Arnold Schwarzenegger, US Olympian Kendrick James Farris, and surfer Tia Blanco. In *No Meat Athlete*, author, blogger, and hundred-mile ultramarathoner Matt Frazier will show you the many benefits to embracing a plant-based athletic lifestyle, including: ·Weight loss, which often leads to increased speed ·Easier digestion and faster recovery after workouts ·Improved energy levels to help not only athletic performance, but your daily life ·Reduced impact on the planet In this revised and updated edition, you'll also find new recipes, advice, and an all-new twelve-week strength training plan designed to improve your overall fitness. Section I of the book provides practical advice for transitioning to a plant-based lifestyle, while ensuring you are getting all the nutrition you need. In Section II, Matt delivers training manuals of his own design for runners of all ability levels and ambitions, including tips for creating healthy habits, improving performance, and avoiding injuries. *No Meat Athlete* is your road map to top-notch performance, the plant-based way! "Matt Frazier presents the tools and information . . . in a way that is downright approachable, leaving his readers energized with a sense of possibility." —Brendan Brazier, Ultramarathon champion, professional Ironman triathlete, and author of *Thrive*

workout plan for basketball players: *NBA Coaches Playbook* National Basketball Coaches Association (NBCA), 2008-09-09 At a time when more high school and college coaches and players are studying the pro game to get an edge, top coaches from the National Basketball Association have assembled their knowledge in one authoritative coaching manual. *NBA Coaches Playbook* provides a collection of proven methods and strategies for maximizing player and team performance. Many top current college coaches, such as Duke's Mike Krzyzewski, Louisville's Rick Pitino, and Auburn's Nell Fortner, attest to the benefits gleaned from the pro level. And now that information is available at your fingertips—be it from Phoenix Suns coach Mike D'Antoni on the fast break, Phil Jackson and Tex Winter on the triangle offense, or Pete Carril and Eddie Jordan on the Princeton Offense. In all, 28 successful coaches with more than 750 years of coaching experience all over the world share their wisdom on topics for which they are considered the experts. Coaches reading *NBA Coaches Playbook* are guaranteed to find the technical and tactical insights invaluable to their own teaching and game planning. Each chapter offers technical teaching points, practice drills, tactical nuances, or game management tools that can provide a coaching edge. The special plays section, featuring many of the book's 450-plus Xs and Os diagrams, will be especially popular among coaches seeking the out-of-bounds and last-second plays that work when the game is on the line. *NBA Coaches Playbook* gives coaches the ability to access top-level instruction and then use that knowledge in their own system to achieve greater success each season.

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