

BENEFITS OF PROTEINS AND STRENGTH TRAINING

Up until the age of 16 strength training should only consist of the use of your own body weight (e.g. press ups, sit ups, squat jumps, pull ups, pilates). Free weights and gymnasiums are not advised until post 16 years old.

A protein rich diet (see nutrition section) combined with strength training gives the desired effect of hypertrophy of the muscles that you train hard. There should be no need for nutrition supplements.

You will get more maximum strength in your legs as a base for increased quickness, jumping ability, speed and power. It will make you a quicker and stronger defender and a more explosive offensive player, giving you an extra edge when penetrating to the basket or breaking through a press. Strong and powerful legs are where it all starts for a basketball player.

You will also have stronger arms, shoulders, chest and back for blocking out or wrestling with bigger guys on the low post, or setting screens or pulling down rebounds. You will also have a longer passing and shooting range. You will have a strong torso, the abdominal and deep back muscles will provide stability and balance eg. In your jump shot or when you are blocking a shot or reaching for a rebound or a high pass. You will not be thrown off balance so easily.

An important psychological effect of strength training is that you will *feel* stronger and more powerful and therefore you will *play* stronger, you don't back down. You will choose to go strong into duels.

Greater overall strength also makes you less vulnerable for injuries, thus minimizing time away from practice and games. Your strong physique will enable you to absorb the training, and the joint stability and muscle power will help you to stay fit and healthy.

For your personal strength and conditioning workout please contact your coach.