

CATHEDRAL BASKETBALL



STRENGTH & CONDITIONING PROGRAM OVERVIEW



The foundation of our individual development strategy is strength & conditioning training. Coach Middlebrooks firmly believes that strength and conditioning, coupled with a great nutrition program, is at the heart of injury prevention as well as gaining a mental & physical competitive edge on our competition. It also helps our student-athletes pass the “look test” that is unspoken but very important in college recruitment.

Developing and improving speed, power, agility, explosiveness, reaction time, quickness flexibility, coordination, endurance and core strength all fall under the umbrella of strength and conditioning. Our strength and conditioning program is designed to “build elite level athletes” to play the game! (not to develop powerlifters, Olympic weightlifters, or body-builders). We do not coach weightlifters, WE TRAIN ATHLETES! In the sport of weightlifting, it’s all about how much weight you lift - the person who lifts the most weight wins. In strength and conditioning, it’s all about being prepared to win on game day. That’s what WE DO - prepare the Phantoms to win!

While our nutrition program is separate from our strength & conditioning program, it is important to mention here that we maintain a nutrition bar as well as have training tables as often as possible to “fuel the athletes” and equip them to meet the demands of training.

Our training method in the weightroom is designed to consistently improve our players speed, power, agility, explosiveness, reaction and quickness. This is done by building lean muscle and firing the muscle fibers that support the various movements of basketball players. We are focused on developing the movements & associated strength necessary to be a superior athlete on the basketball court. We also have found that injury prevention and minimization is an organic result of our work in the weightroom.

Our plyometric training compliments our weightroom work, helping to improve our players speed, power, agility, explosiveness, reaction and quickness. We use Vertimax machines to execute the plyometric workouts. Used by the NFL, NBA, MLB, NHL and college athletes across the US, VertiMax has become the world’s leading plyometric training equipment.

Our conditioning training is anaerobic focused, with aerobic elements for balanced conditioning. Although multiple body systems need conditioning, the anaerobic energy system is the one predominantly used in basketball. Different from the aerobic system, which powers long distance runs, the anaerobic system is best developed with interval training (i.e., high intensity exercise for short periods of time with short breaks between sets).

Not many sports require the extreme conditioning that basketball does. Basketball is a start-stop sport, meaning you’re moving fast for short periods of time and resting during fouls shots, timeouts and out-of-bounds plays. Conditioning must be built around reducing recovery time during rest.

