Building Our Web

The progressive approach to athlete development utilized with the men's basketball program

First Step To Any Recipe:

What are the ingredients

3.03

2.88

2.86

2.76

2.68

2.54

2.53

2.5

2.40

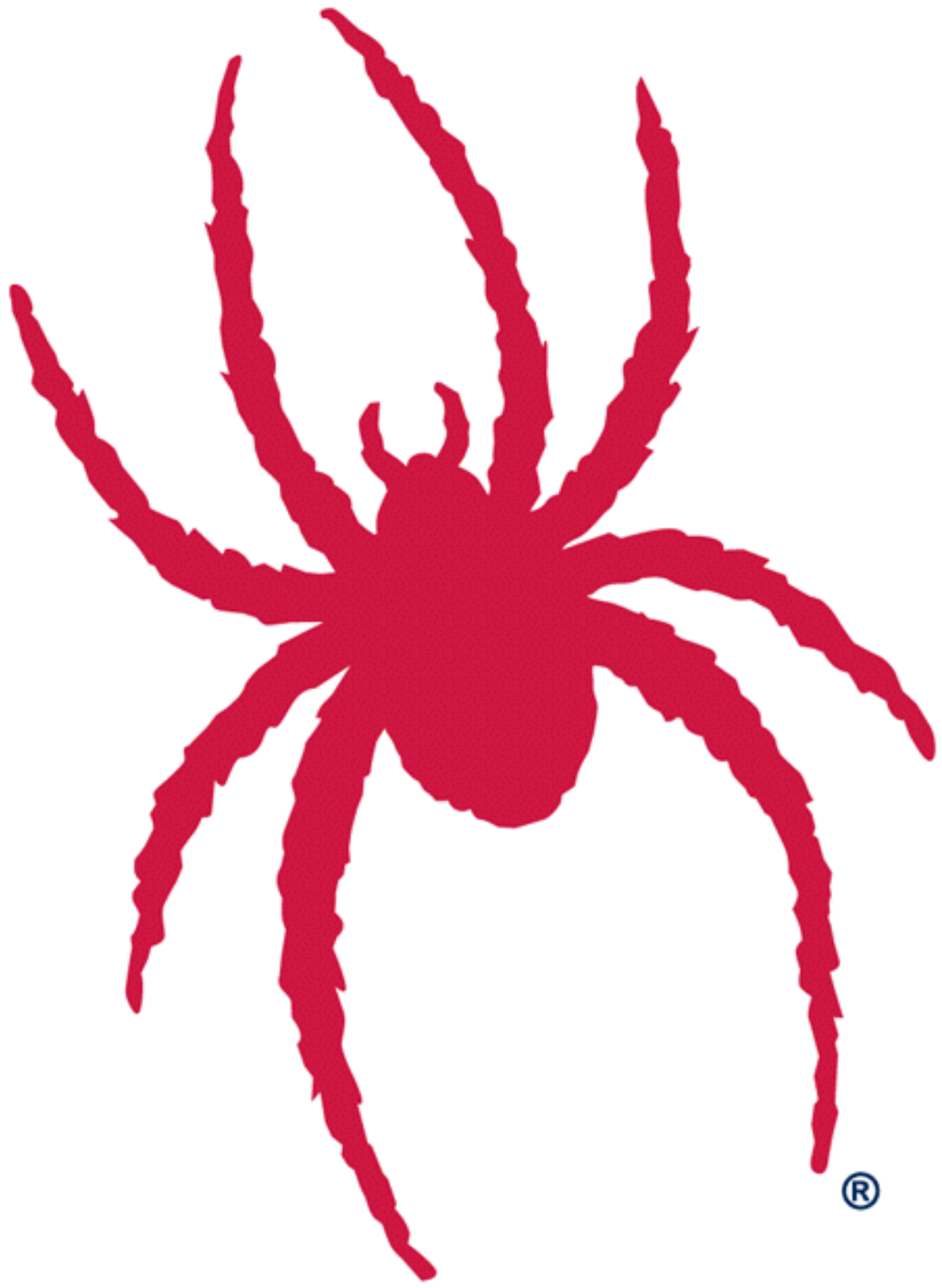
2.27

2.27

2.26

2.22

2.17



Who’s the Chef?

Who are the people who actually have built this idea

INCREASING THE POWER OUTPUT OF TAKE-OFF MOVEMENT

Case 1°: Specific movement with a relatively low level of external resistance

Classic Shock Method exercises → **Depth Jumps**

Combined plyometrics → **Vertical jump with barbell**

Multiple-impact Plyometrics

Barbell and kettlebell jumps

Long coupling time jumping exercises

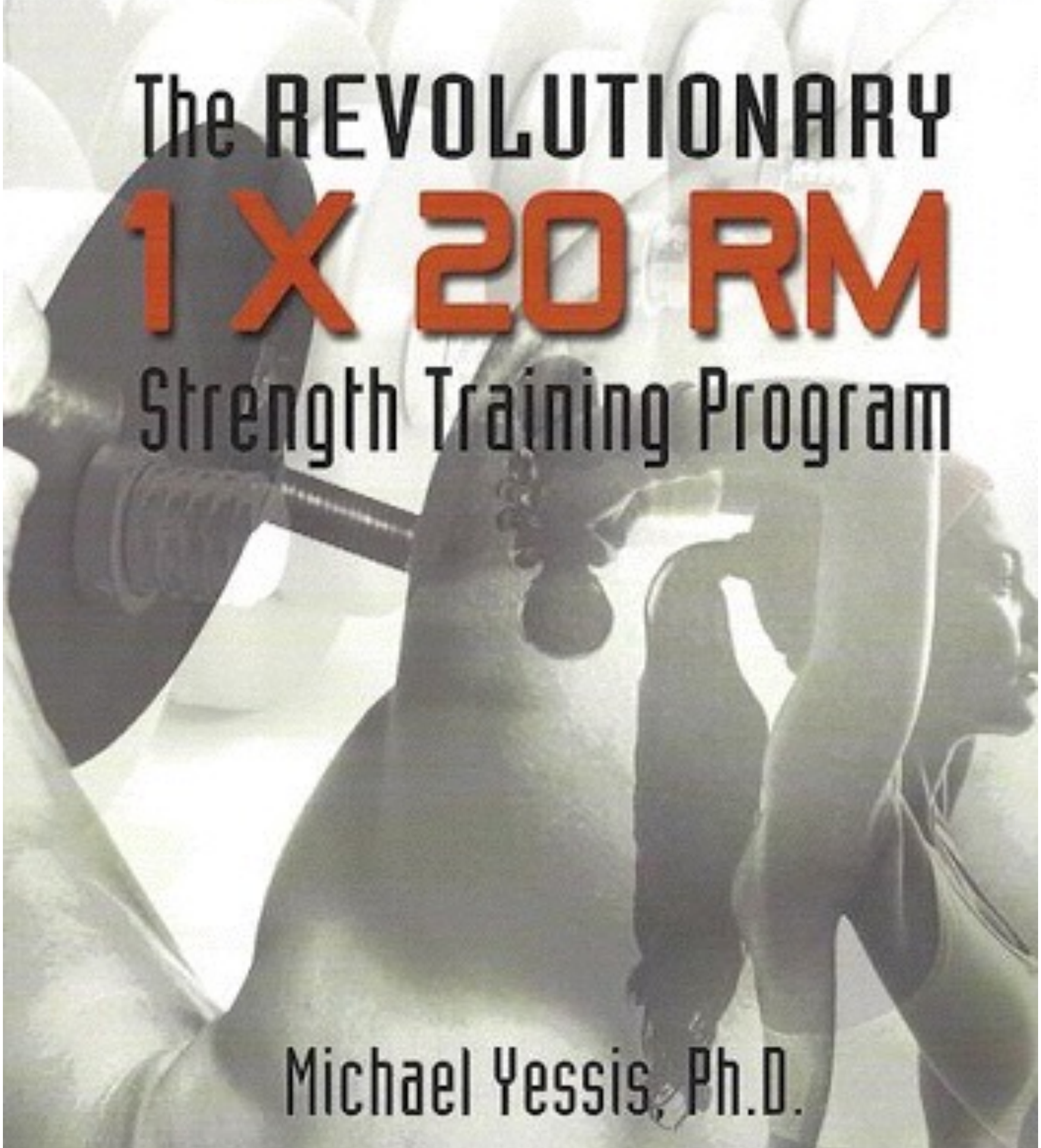
Short coupling time jumping and bounding exercises


SPIDERS
SPIDERS

The REVOLUTIONARY

1 X 20 RM

Strength Training Program



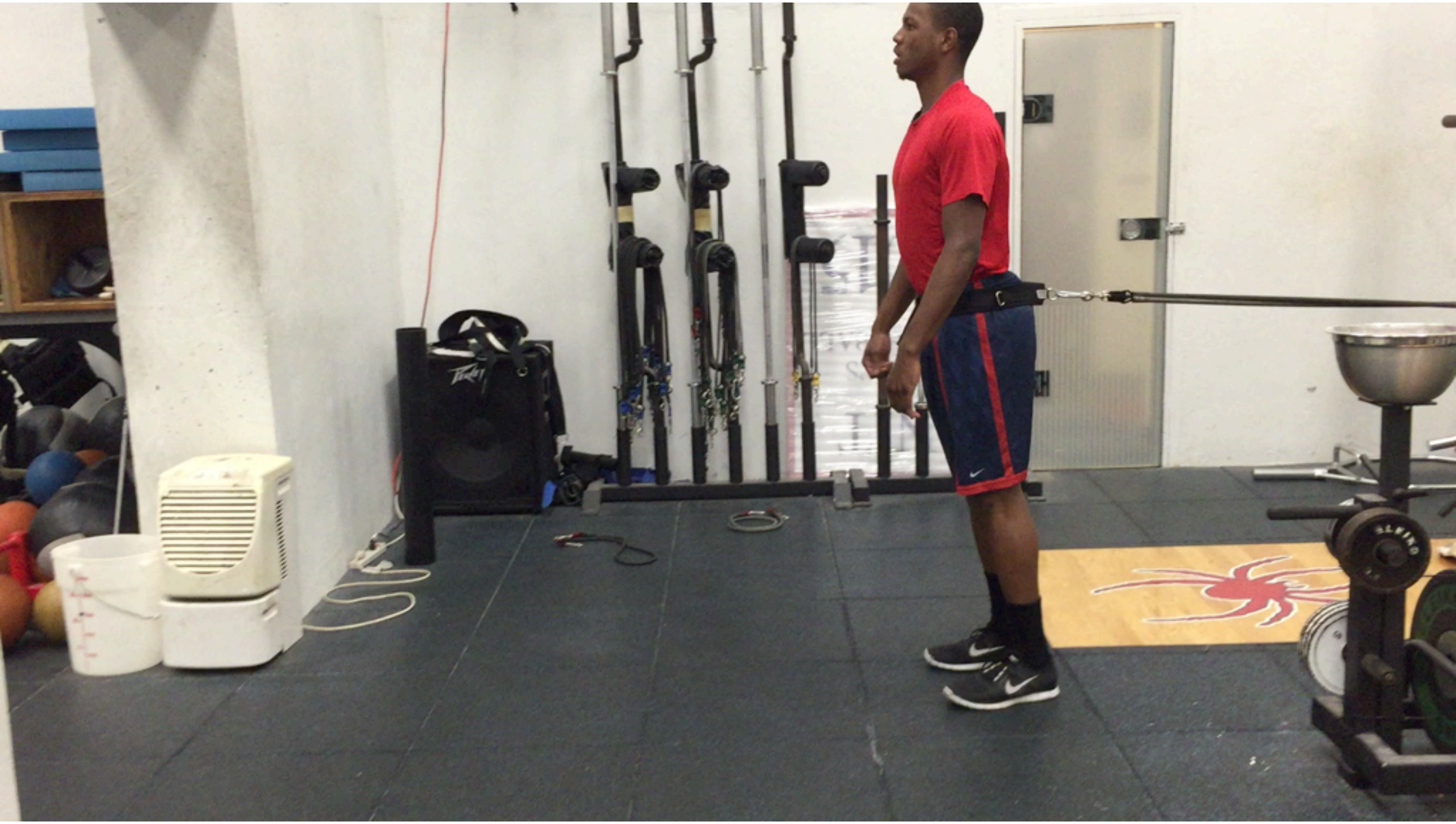
Michael Yessis, Ph.D.

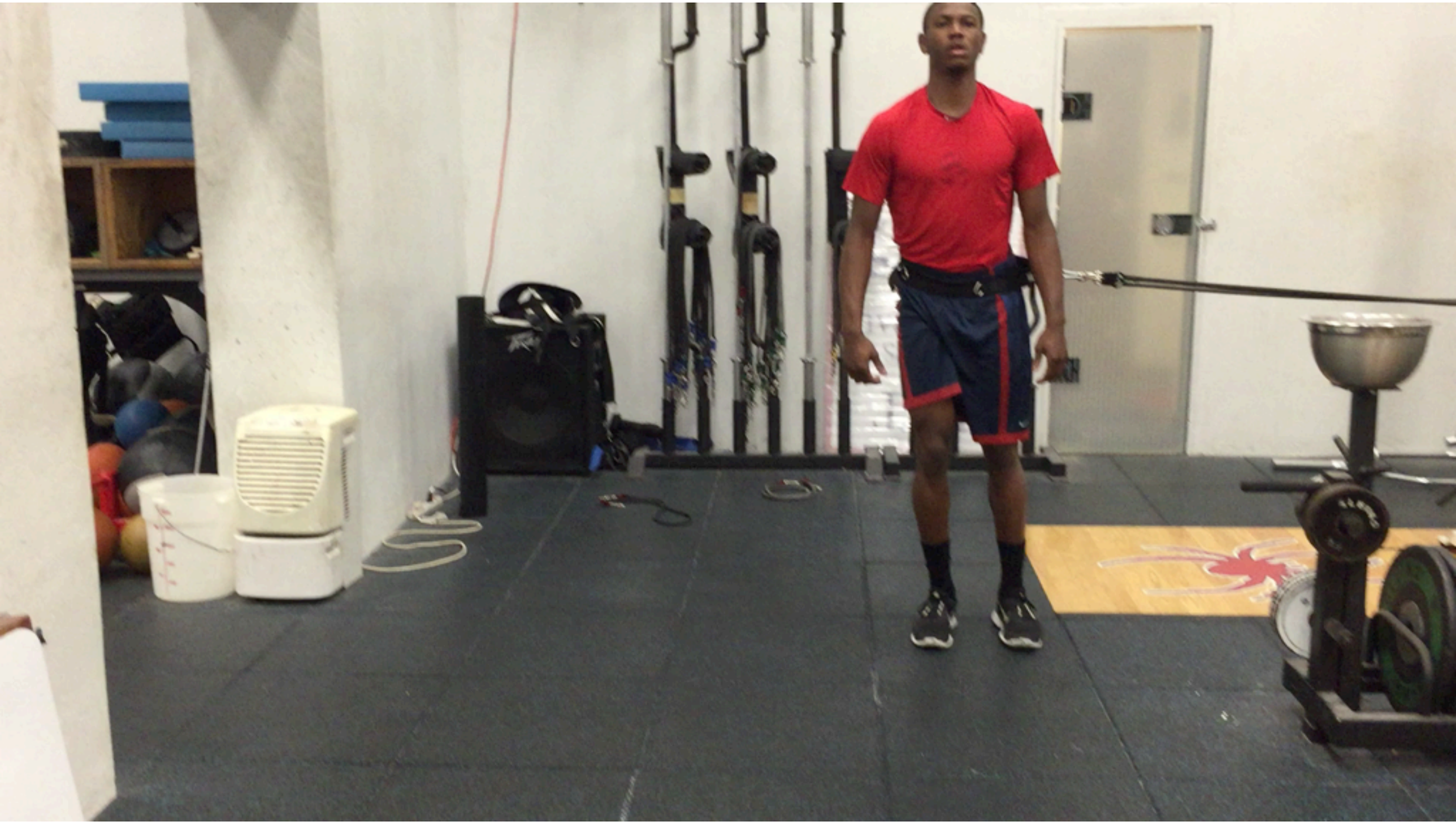
Numbers So Far

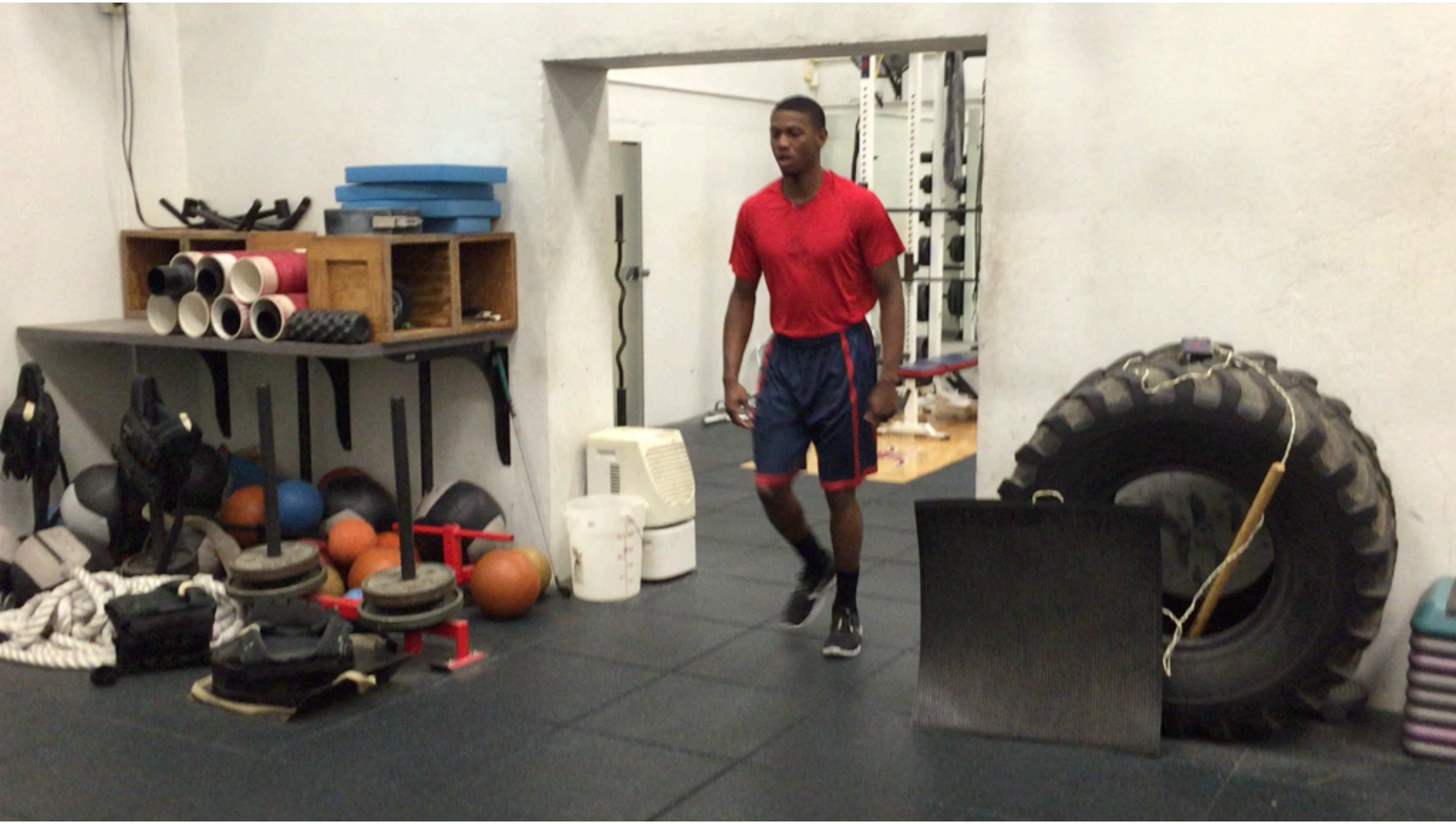
- VJ-1st=3-4 Inches, 2nd 1-2”
- Sprint-1st 5%, 2nd 4% (Roughly)
- Through 2 “cycles” average strength increases
  - Squat 75 pounds
  - Bench 35 pounds
  - All but one (19/20) >95%-new PR at end of season

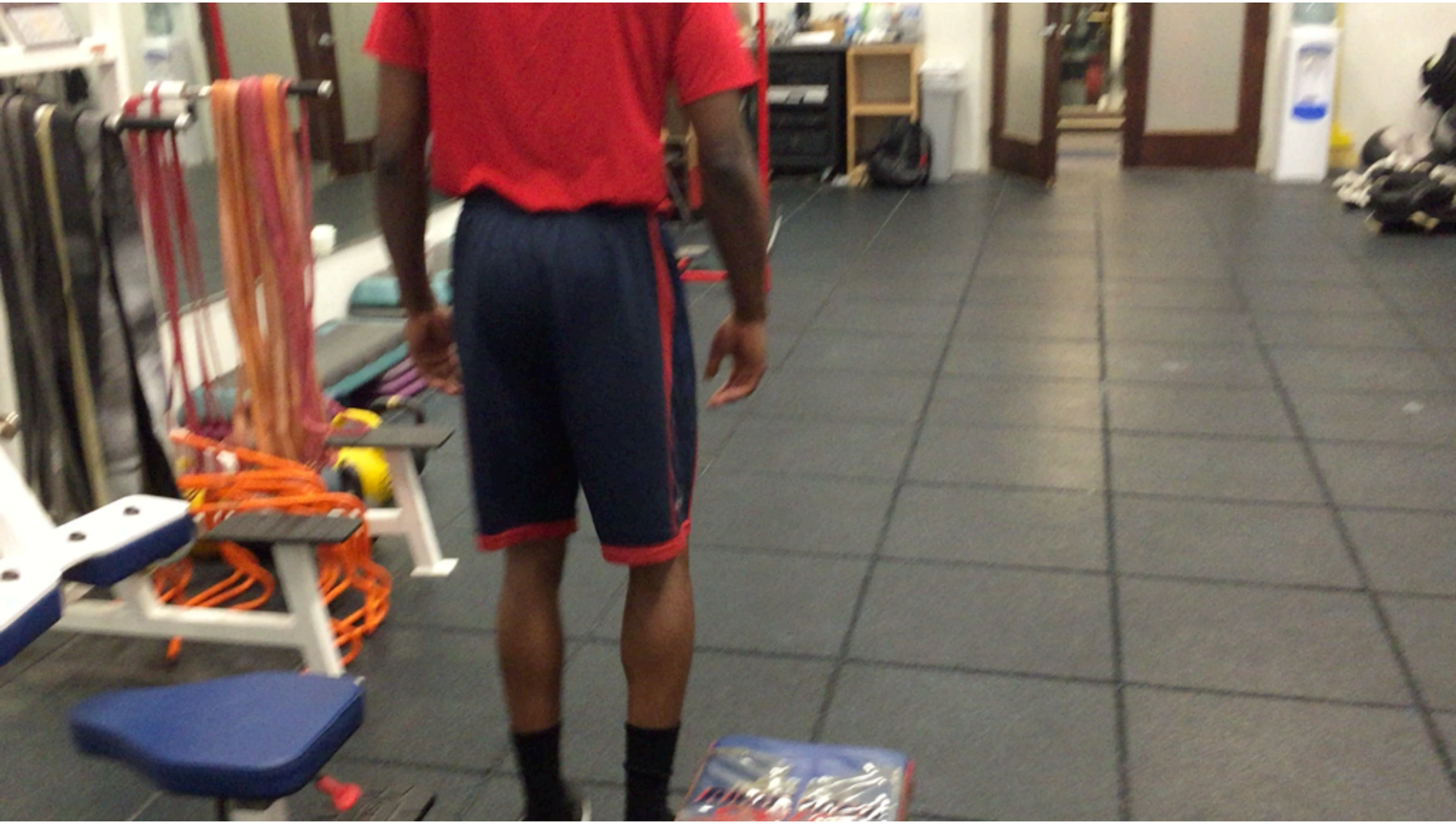
	Load	Category of Jumps	Primary Muscle Groups Trained (According to specific	Motor Goal	Method According to Motor Goal	Emphasis/Training Target	Types of Jumps/Plyometrics Used	Examples
Jump Exercises	Bodyweight only	Short Coupling	Ankle Joint	Relaxed, Minimize energetic cost	Extensive Methods	Elastic energy recoil	Multiple-impact jumps (submaximal)	Springy Runs, Low box jumps, Low hurdle hops, RRLL
		Long Coupling	Hip and Knee Joints	Relaxed, Minimize energetic cost	Extensive Methods	Correct contract/relax agonist/antagonist pattern (coordination of movement); Stretch reflex potentaition	Multiple-impact jumps (submaximal)	High box, higher hurdles, submax repeat squat jumps, submax repeat split jumps, 2 foot lateral bounces, power skips
	Bodyweight or Additional Load	Explosive Isometrics	Hip and Knee Joints	Development of isometric tension followed by maximal jump	Intensive Methods	Explosive strength, starting strength	Iso Jumps	Iso squat jumps, iso lateral jumps, iso broad jumps, iso forward bounds, iso SL broad jumps
Plyometrics		Long Coupling	Hip and Knee Joints	As high or a far as possible (maximal power output)	Intensive Methods	Increase power output of takeoff movements	Multiple-impact plyometrics (maximal)	Repeat squat jumps, repeat split jumps, lateral bounds, clock
		Short Coupling	Ankle Joint	Maximal effort, minimum contact time (as fast as possible)	Intensive Methods	Decrease time of force employment	Multiple-impact plyometrics (maximal)	Plyo ankle hops
Jump Exercises	Additional Load	Jump Exercises with weights	Hip, Knee, Ankle	Maximal power output	Intensive Methods	CNS Stimulation	Single or Combined-impact plyometrics (maximal)	Weighted squat jumps
Plyometrics	Bodyweight only	Shock Method (Depth Jumps,etc.)	Hip, Knee, Ankle	Maximal power output (as high as possible)	Intensive Methods	CNS Stimulation	Single or Combined-impact plyometrics (maximal)	Depth Jumps

*Chart via Matt Thome, Michigan Tech

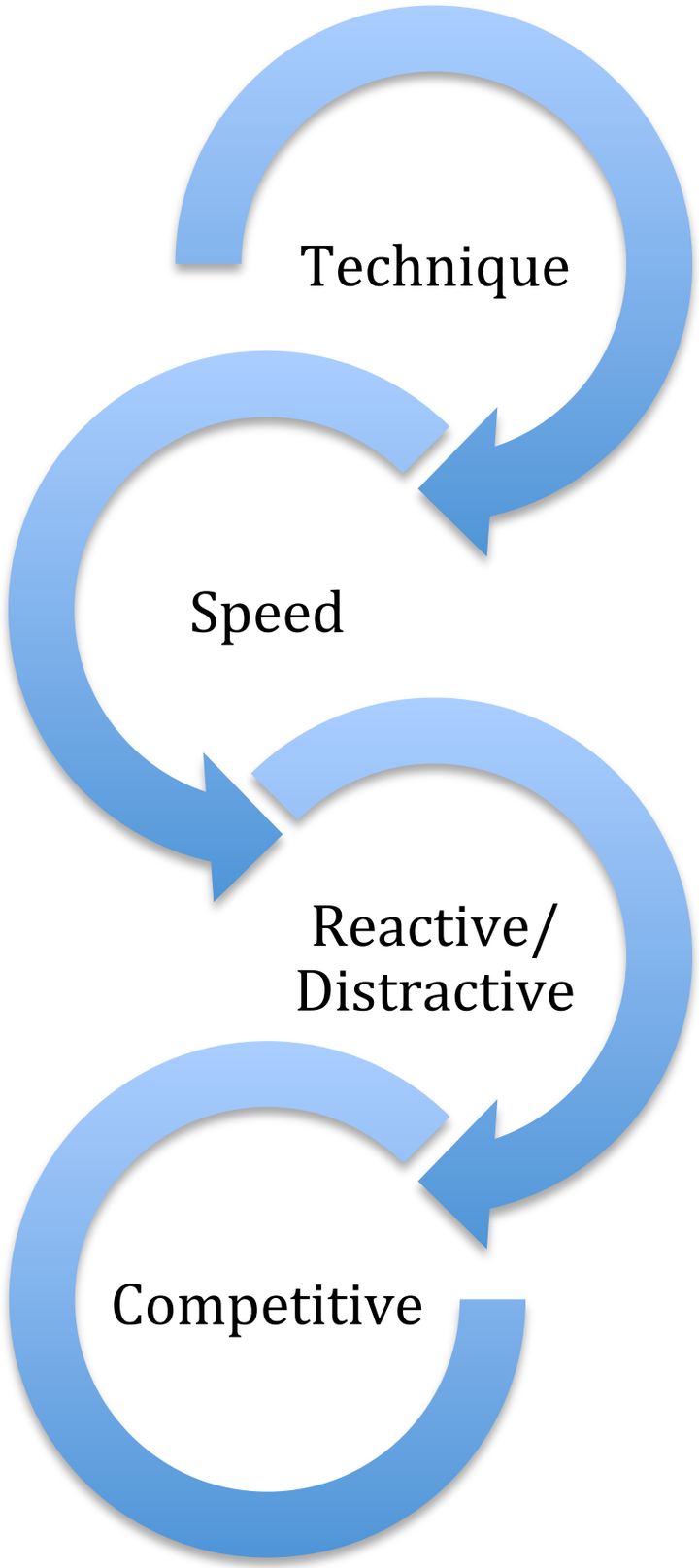








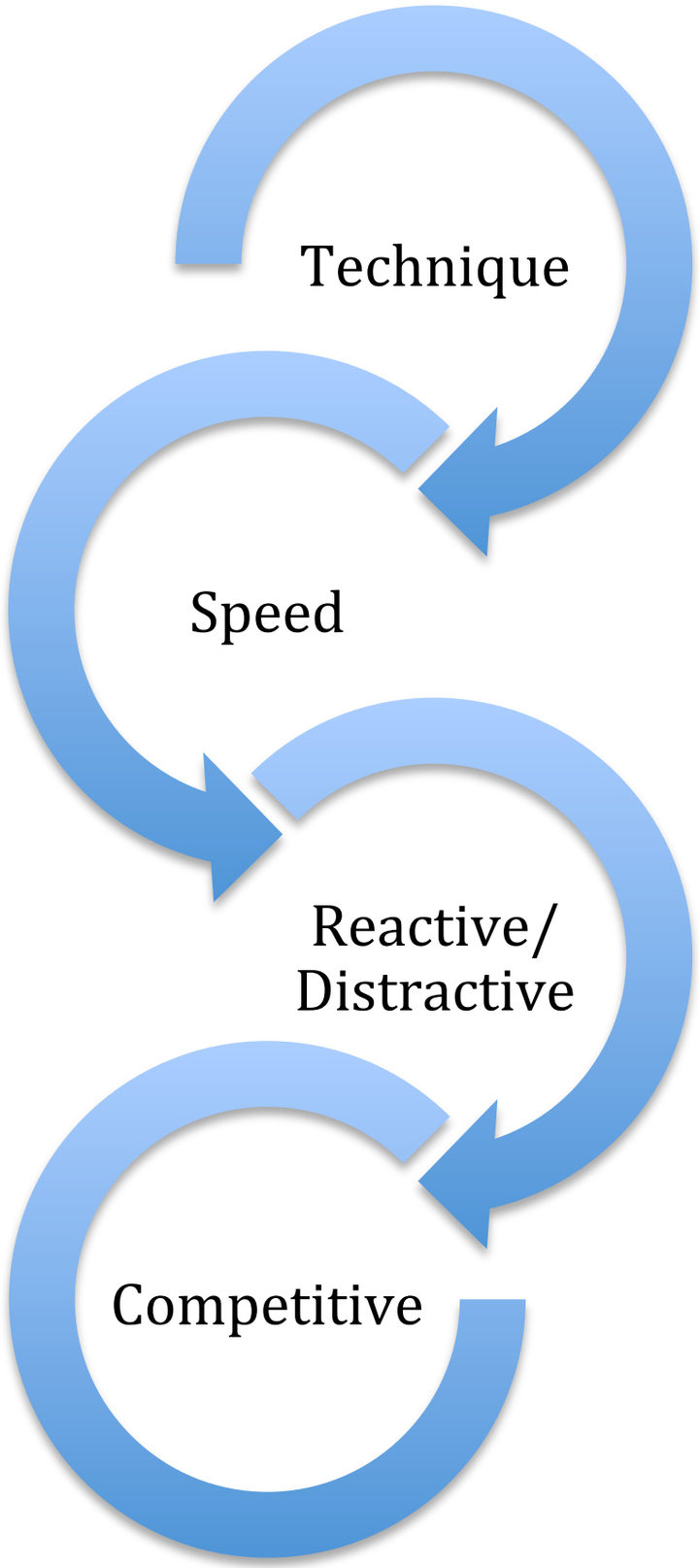

BE FUEL
BE LOST


Technique
Speed
Reactive/
Distractive
Competitive


UNIVERSITY OF RICHMOND
ROBINS CENTER

2014 - 1009 (30)
2015 - 1432 (41)

2014 - 2159 (65) 51%
2015 - 1892 (54) 40%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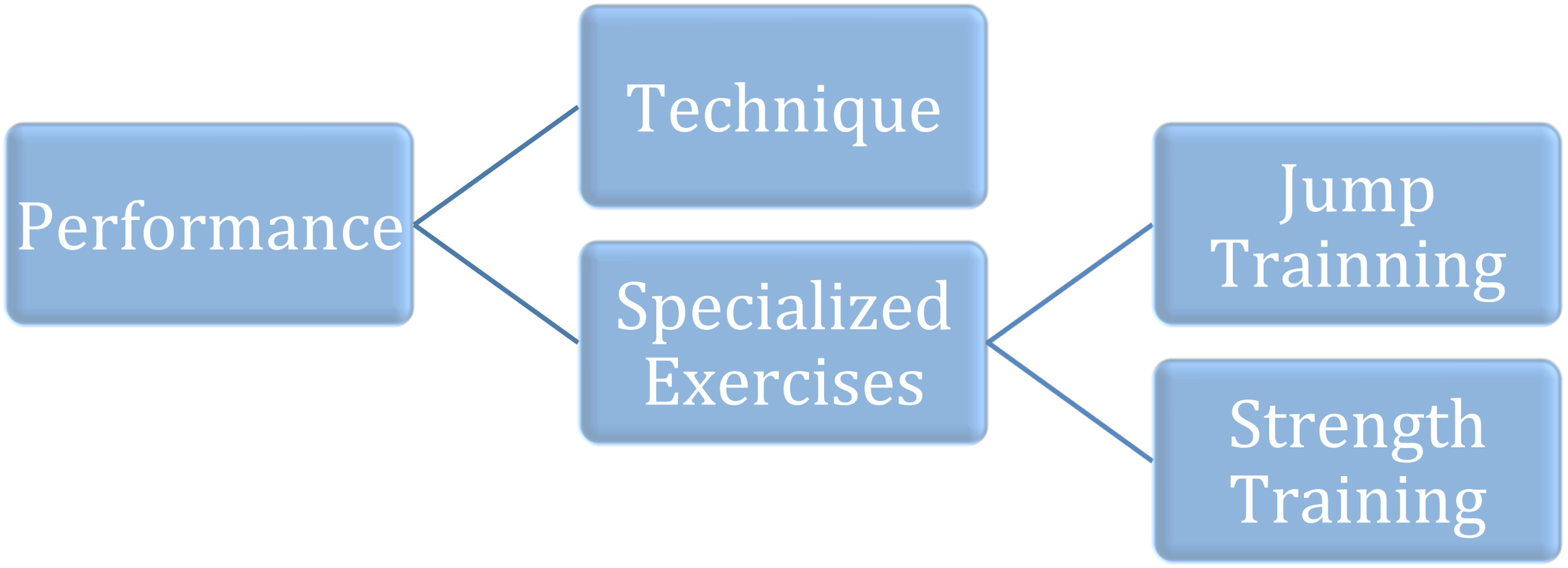
Performance
Technique
Specialized Exercises
Jump Trainning
Strength Training

Daily Alterations

- Yes I'm lucky to have some pretty sweet toys.
  - Daily readiness reading taken at breakfast w/Omegawave
  - Daily questionnaire answered at breakfast
  - Put into an "IF" statement including:
    - Readiness, CNS, MET, ? Averages/Changes, RHR, Tension Index

Monitoring “The Dose”

- This sets guys into “groups” 1-4
  - 1=PUSH IT
  - 2=Repeat It
  - 3=Back It Down
  - 4=Go Home/Q work
- NOT A DIETY
- Need to understand this is (as always has been) JUST ADVICE!
  - If they’re “going” let them go!
  - If they aren’t, slow them down!
  - Just know there may, or may not, be a cost!

CAUTION: CHEMOTHERAPY
HANDLE WITH GLOVES. DISPOSE OF PROPERLY
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COUGH SUPPRESSANT / EXPECTORANT / NASAL DECONGESTANT
CF
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