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# Strength Training For Basketball Washington Huskies

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individual • Strength training increases an individuals value to the team by: 1. Building a body that is more resistant to injury. 2. Developing motor skills necessary for more efficient movement. 3. Improve multi directional force application for greater sprint speed,

higherStrength

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- Washington

HuskiesBacked by the

NSCA and the

knowledge and

experience of

successful high school,

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professional basketball

strength and

conditioning

professionals, Strength

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is the authoritative

resource for creating

basketball-specific

resistance training

programs to help your

athletes optimize their

strength and

successfully transfer

that strength to the

basketball

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experts to help build  
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athletes Developed  
with the expertise of  
the National Strength  
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Strength Training for  
Basketball shows you  
how to design  
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programs that will  
develop your athletes'  
strength on the  
court—helping them to  
jump higher,  
accelerate faster  
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Training for ...The  
Different Types of  
Basketball Strength  
Training. We can split  
the term 'strength' into  
three separate  
categories. Each is  
important in

basketball... Absolute  
or Maximal Strength  
Absolute strength is  
the maximum force  
that a muscle group  
can exert in a single,  
momentary  
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training, mobility  
exercises should focus  
on the hips and ankles.  
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individuals value to the  
team by: 1. Building a  
body that is more  
resistant to injury. 2.  
Developing motor skills  
necessary for more  
efficient movement. 3.  
Improve multi  
directional force  
application for greater  
sprint speed, higher  
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 your workout through  
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 concentrate on  
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 by doing work that is  
 specific to ...

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 such as jumping,  
 sprinting, shuffling and  
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 Basketball players'  
 physical conditioning is  
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 aerobic capacity,  
 speed, agility,  
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 basketball players.  
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In basketball strength training, mobility exercises should focus on the hips and ankles. When you run or jump, you extend your

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### **The importance of training strength in basketball**

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