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Original article

## THE COMBINED WORKOUT IN JUVENILE BASKETBALL EXAMPLE OF PHYSICAL AND TECHNIQUE SPECIAL TRAINING

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### Abstract

*Problem Statement.* The following paper talks about sport practice nowadays in a new view, no more dividing athletic workout and sport specific technical one. The problem is not so easy to solve, and many sport operators are working with their own solving philosophy. What we are going to propose is introducing a very experienced methodology. Our idea is a reasonable mix between athletic and technical workout, sure that is nothing genial to finally resolve the problem.

*The aim.* of the research-So that what we are going to introduce is a plan of combined workout, specific for basketball second level (15-19 years old) juvenile training. Combined means an harmonica and intelligent cohesion, interrelation between physical and technical workout, proposed, in particular periods of the year.

*Objectives.* We are therefore in the categories under nineteen, and sometimes under seventeen years old. This kind of job doesn't remove that such a practice methodology is also used broadly by single athletes and not necessarily only in juvenile sectors that find necessary for some players a kind of additional diversified workout from usual the groupwork for varied motivations, that go from a possible delay on preparation or technical gaps to teach to be competitive in the proper group as well as towards the opponent.

*Method and Template.* Here our following individual proposal has been, in real, performed by single athletes, on his spontaneous application around July, normally absolute or relative athletes rest period. This doesn't remove the following possibility for an athlete, very stimulated, in our case, we can say, autostimulated, to be able to effect a certain of type of diversified and specialized work-out of improvement. However what has to be maintained, in our opinion, is a period of absolute rest of about a pair of weeks, if not four weeks in case of younger athletes, one week more or less, in which the athlete must try to "reload the physical and psychological battery" for the beginning of the new sport season.

*Conclusions.* Good feeling between sport operators and the individuals. Very high improvement both in technical-athetical way and in psychological one.

*Keywords:* workout, specific training, combined job.

### Introduction

Nowadays in sport practice is quite difficult to think, as in an old way of view, to divide athletic workout and sport specific technical one. It's not so easy to solve the problem, and many sport operators are working with their own solving philosophy.

What we are going to propose is introducing a very experienced methodology. Our idea is a reasonable mix between athletic and technical workout, sure that is nothing genial to definitively resolve the problem.

The aim of the methodology

So that what we are going to introduce is a plan of combined workout, specific for basketball second level (15-19 years old) juvenile training (Mc Innes, Carlson, Mc Kenna, 1995). Combined means an harmonica and intelligent cohesion, interrelation between physical and technical workout, proposed, in particular periods of the year. This type of work is usually used by a juvenile evolved team.

Objectives

We are therefore in the categories under

nineteen, and sometimes under seventeen years old. This kind of job doesn't remove that such a work methodology is also used broadly by single athletes and not necessarily only in juvenile sectors, that find necessary for some players a kind of additional diversified workout from usual the groupwork for varied motivations, that go from a possible delay on preparation (for different motivations) to technical gaps to coach for being able to be competitive in the proper group and towards the opponent. Here the following proposal has been performed by an athlete, on his spontaneous application around July, normally for absolute or relative athletes rest period, this doesn't remove the following possibility for an athlete, very stimulated, in our case autostimulated, to be able to effect a certain of type of diversified, specialistic work-out of amelioration. However What has to be maintained, in our opinion, is a period of **absolute** rest of about a pair of weeks, at least, in which the athlete must try to "reload the battery" for the beginning of the new sport season preparation, that normally, for the older juvenile categories, under 17 as well as under 19,

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it's usually fixed around half the month of August, week more or less.

**Methods and referring template**

The combined workout template proposed following also takes in consideration overload training obviously concerning the specific physical part, because we are firmly convinced, from a long time, that to get the best from an athlete, to optimize his performance, this kind of work is not important but fundamental, to built, when and if necessary, and very often it is, to strengthen, model or to compensate, a specific correct body balance (Bosco, Mognoni, Luthanen, 1983; McKinney, 1985, Cavallo, 1993). Strengthen the useful muscular masses of each athlete in spite of his eventual lack, and referring to the most technically specific involved muscles in their own sport specificity. In this paper we're not going to touch the

overload practice in injuries rehabilitation being it a medical discipline. Coming back to the technical part of this presentation and concerning 1 on 0 or 1 on 1 , we'd like to point out, that it will be quite important the intensity of each repetition during the all drill and this impulse has to be the most powerful impulse in order to be useful to practice the fundamental with a maximum range of explosivity (Commetti et al., 2001; Martens, 1987).

Obviously it has to be done when a player is opposed to anyone as well as against one opponent. In conclusion this kind of conduct has to be held in all the proposed exercises, to qualify the entire practice as an optimized practice. At last a recommendation about stretching, take care first on the concentration on his execution, second choose one correct methodology of stretching and follow it in a very sharp way.

**COMBINED PRACTICE PLAN  
(Physical and Technical WORKOUT)**

Athlete: Z.F.  
Year of birth: 199x  
Position: Guard  
Weight: 88 kg  
Height: 194 cm

**WEEKLY PLANNING TEMPLATE**

	<b>Morning</b>	<b>Afternoon</b>
<b>MONDAY</b>	<b>Athletic workout</b>	<b>Athletic workout</b>
<b>TUESDAY</b>	<b>1vs0+ Shooting</b>	<b>Light weights workout + S.A.Q. (speed, agility and quickness) workout for speed and explosive strnght</b>
<b>WEDNESDAY</b>	<b>Rest</b>	<b>Athletic workout + Shooting/Shooting/Shooting</b>
<b>THURSDAY</b>	<b>Rest</b>	<b>Light/slow Jogging</b>
<b>FRIDAY</b>	<b>Heavy Weight workout + SAQ with Athletic workout</b>	<b>1 on 0 / 1 on 1 + Shooting</b>
<b>SATURDAY</b>	<b>Athletic workout</b>	<b>Rest</b>
<b>SUNDAY</b>	<b>Rest</b>	<b>Rest</b>
	<b>Optional: Shooting 1 vs 0</b>	

**MONDAY**  
a.m.: 10' run around the athletic lap (400 mt), average speed 2'45'' each lap  
15' stretching  
1 serie of light running 80 mt, with 30'' rest  
2 repeted series of 200 mt with 1'30'' rest and 3' rest between the series  
10' stretching  
10' run around the athletic lap (400 mt), average speed 2'45'' each lap



p.m.: 10' run around the athletic lap (400 mt), average speed 2'45'' each lap  
 15' stretching  
 2 jump series, A, B, C, with 1'15'' of rest between jumps and 4' between series (A = 1' feet together, B = 1'30'' alternated feet, C = 15'' knees to chest)  
 5 repetitions of one minute multiple exercises, with slidings, jumps and a 5 meters sprint , with 1'30'' rest between repetitions.  
 (Jumps notes, 10 maximal jumps knees to chest)  
 10' run around the athletic lap (400 mt), average speed 2'45'' each lap  
 15' stretching

a.m.: 10' general warm-up  
 10' 1vs0; Cross over startings (hand and opposite foot) ending to the basket (right and left foot) with maximum 1 dribble; with maximal gesture (max possible reaction impulse).  
 3 shooting series with "Mikan Hooks"; 25 shoots each set; 1'15'' rest between series.  
 10' 1vs0; maximal velocity with Step and Go staring (same foot same hand) with max 2 dribbles before shooting (right and left foot).  
 200 shoots always changing position; both catch and shoot and catch and one or two dribbles and shoot

**TUESDAY**

p.m.: overload practice

**ATHLETIC WORKOUT ATTIVATION, WARM-UP**

WORK TYPE	DURATION AND DESCRIPTION	REST
CYCLETTE	10' level 2/3	
ABDOMINALS	5 series of 30 reps (in the floor, flected knees and hands behind the head)	1'45'' between series
DORSAL	4 series of 15 reps ("belly in the floor" flecting the back)	1'15'' between series
<b>OVERLOAD WORKOUT SESSION "A"</b>		
HORIZONTAL BENCH PRESS	4 x 12 with 28 kg	2' between series
INCLINED BENCH PRESS	3 x 8 with 24 kg	1'30'' between series
LEG EXTENSION	5 x 7 with 20 kg	1'30'' between series
LEG CURLS	5 x 7 with 20 kg	1'30'' between series
TRICEPS PULLOVER	3 x 8 with 14 kg	1'15'' between series
TRICEPS PULLOVER-SINGLE	3 x 6 with 6 kg (BENCH, ALTERNATIVE)	1' between series
TRICEPS PULLEY	2 x 8 with 25 kg	1'30'' between series

SAQ workout:  
 10 reps of multiple exercise: 10 jumps c.m., sprint 10 mt, 5 jumps changing front each time; 1' rest between reps  
 7 reps of shuttle run, that is go and back tot. 15 mt  
 15' careful stretching

shoot/shoot/shoot, thirty 300, whereof 100 worth 3 points, 100 worth 2 points and 100 cross-over and layup, both right and left; the last 20 from half court, max speed

**THURSDAY**

a.m.: rest

**WEDNESDAY**

a.m.: rest

p.m.: jogging (3' each lap) for 35' min tot 30' stretching

p.m.: 30' run around the athletic lap (400 mt), average speed 2'30'' each lap

**FRIDAY**

a.m.: overload practice



### ATTIVATION ATHLETIC WORKOUT

WORK TYPE	DURATION AND DESCRIPTION	REST
CYCLETTE	10' level 2/3	
ABDOMINALS	4 series of 30 reps (in the floor, flected knees and hands behind the head)	1'45'' between series
DORSAL	4 series of 15 reps ("belly in the floor" flecting the back)	1'15'' between series

### OVERLOAD WORKOUT SESSION "B"

BICEPS SCOTT BENCH	4 x 7 with 14 kg	1'30'' between series
BICEPS CURLS concentration	4 x 10 with 8 kg	1'30'' between series
LAT MACHINE back	3 x 7 with 35 kg	1'30'' between series
LAT MACHINE front	3 x 7 with 30 kg	1'30'' between series
SLOW BACK	3 x 8 with 12 kg	1' between series
LAT LIFTING	3 x 7 with 6 kg (stand up)	1' between series
FRONT LIFTING	2 x 8 with 5 kg (stand up)	1' between series
WRIST CURLS	3 x 8 with 8 / 10 kg with forearm supported	1' between series

#### SAQ workout

10 reps of multiple exercise: 10 jumps c.m., 10 mt sprint, 12 defensive slides (3 right and 3 left) to finish with 7 jumps with spin changing front each time; 1' rest between reps

7 reps of shuttle run, that is go and back tot. 15 mt, with 10' skip for each reps

15' of careful stretching

p.m.: 10' general warm-up  
10' 1vs0, cross and homologous starts, with finish after max 2 dribbles, either with layup or shoot 3 points  
10' 1vs1 from dangerous position  
Shot: 200 shots from a personal but varied position, with technical solution chosen at the moment

1'30'' alternated feet, C = 15'' knees to chest

5 reps of multiple exercises, with 1'30'' rest between reps  
(10 maximal jumps and than 30 mt sprint and at the end 5 maximal jumps knees to chest)

5' of active recovery: slow jogging  
20 little-sprints, 5mt each, 5 each set, than 30'' rest and go again; final recovery 5'

10' run around the athletic lap (400 mt), average speed 2'45'' each lap  
15' stretching

p.m.: rest

#### SUNDAY

a.m.: rest, or optional shooting session

p.m.: rest

#### SATURDAY

a.m.: 10' run around the athletic lap (400 mt), average speed 2'30'' each lap

15' stretching

2 jump series, A, B, C, with 1'15'' of rest between jumps and 4' between series (A = 1' feet together, B =

#### **Conclusions**

The combined workout between technical and physical performance today, in high-level juvenile sport and not only, is no longer exclusively performed during the pre-season but also during athletes rest period, individually speaking, during championship breaks, and anytime we have the possibility, and may



continue in restricted forms throughout the all sport season. It has to be inserted with balance and intelligence to let it work in a positive way.

The subject, anyway, is still controversial however, and, in my opinion, many more scientific experiences will have to be done on the court, to optimize the training parameters, the limits of the possible load capacity for teams or single player.

Anyway is in our opinion the Combined Workout, and the multiple proposal offered by a lot of important sport operators, tell us that probably this is the good way to follow up to reach the best performances first from the individual and then from the team.

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