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# A Case Study With Incoming College Basketball Players

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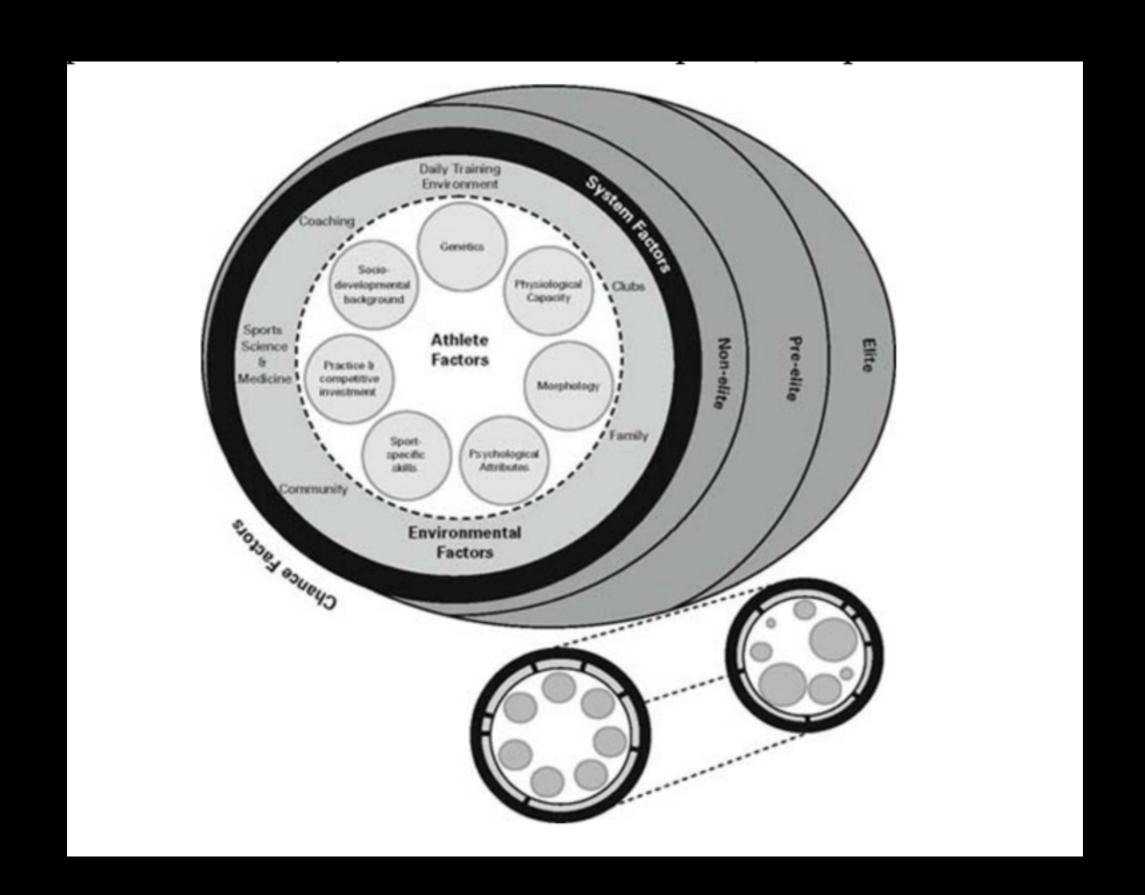
#### What This Presentation Is

- Hopefully a new direction
- Going to talk about:
  - Why we do what we do…
  - What we do/did
  - Results achieved
  - What I liked/disliked
  - Changes/new directions

### What I was working with...

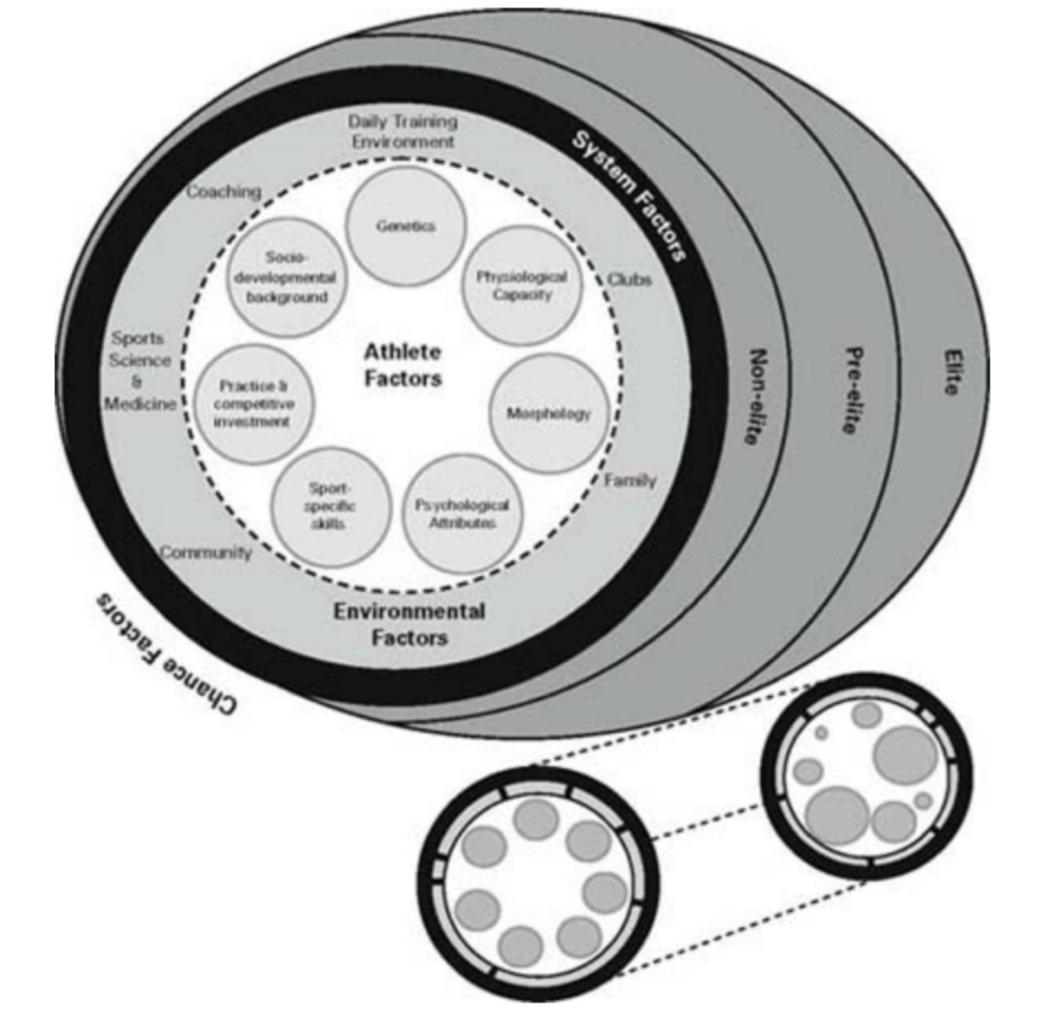
- N=5 at Start, 3 at Finish
- 1 Walk On, 1 Transfer (Red Shirt) 3 Scholarship
- 1 Player > 20 Min/Game
- 1 Player >3 Min/Game
- 3 Players DNP
- 2 White Kids, 3 African Americans at Start
- 1 White Kid, 2 African Americans at End
- Let's call them "Middle Level Athlete's" at Best.

### Developing Sport Expertise: Researchers and Coaches Put Theory Into Practice



### Where We Started

	Foul Line To Foul Line Pre	Lane Slide R Pre	Lane Slide L Pre	Standing Vert Pre	Vert Height Pre	4 Jump Pre	Max Vert Pre	Squat 1 RM Pre	Bench 1 RM Pre
1	2.88	3.79	3.31	25.00	120	0.23	35	275	205
2	2.73	3.13	3.21	25.50	119	0.27	36	285	165
3	2.89	3.32	3.40	29.50	124.5	0.27	38	335	230
4	2.73	3.30	3.26	25.50	125	0.29	29	285	200
5	2.80	3.27	3.30	24.50	127	0.28	29	315	235



### What we do...



# The REVOLUTIONARY Strength Training Program

Michael Yessis, Ph.D.



### Ok, so that means...

- 1x20, 1x14, 1x14 1x8, 1x8 (1x10)
- Jumps follow "the progression" from her father.
- Monitor dose
  - "Give them what they need not what they can handle"-HK
  - "You don't get Chemo for a cold"-YJ
  - "No, you're wrong, do this"-Doc
  - "How do you know you're not doing too much if you've never done too little"-Matt Thome
  - Empty the clip before you reload the gun...

# What we did...

Manday Wada anday Falday		Week 1				Week 2		Week 3		
Monday Wednesday Friday		М	W	F	М	W	F	М	W	F
Warm Up										
AED w/Skips	H-A-O-C-HP-RDL									
Springy Run, Bouncing Run, 45 Degree Bounce										
Build Ups	High Knee-Acc									
Cutting Technique				3						
Lift				3			0		0	
Specialized Exercises										
Dorsi Flexion/Inversion/Eversion	x20 Each			3 3						
Abduction/Adduction-Figure 4 Stretch	x5 x:05/x20	×	×	×	×					
Sprinter Stretch/Paw Back	x5 x:05/x20									
Linear Hami/Knee Drive	x5 x:05/x20									
Jump Work	no niedynee									
Power Skips	x8	2x	2x	2x	1x	x	×	×	×	×
Iso Squat Jumps	x8	×	x	1x	1x	1x	1x	1x	×	×
Iso Lateral Jumps	x5 Each	×	x	×	1x	1x	1x	1x	1x	1x
Repeated Squat Jumps	x8	×	x	×	×	1x	1x	1x	1x	1x
Low Box Jumps	x5 Each	×	x	×	×	x	1x	1x	1x	1x
Hurdle Hops	x8	×	×	×	×	×	×	×	1x	1x
Back Squat										
Warm Up 1 (Squat Stretch/Boot Strap/Pulse/Squat)	x5/x3x:03 E									
Warm Up 2 (Rev Good AM/SL RDL/SLSA Row/Swing)	x5/x3x:03 E									
Back Squat	x20						-			
Bench Press	x20									
Glute Ham Raise	x20									
EZ Bar Pull Over	x20			1						
Good Morning	x20									
at Pull Down	x20			3 3						
Barbell Row	x20									
Standing Calf Raise	x20									
Full Side Raises	x20			1						
Seated Calf Raises	x20									
EZ Bar Curis	x20									
Single Leg Calf Raises	x20									
Push Downs	x20									
Full Front Raises	x20									
Wrist Circuit with Strength Bar	x20 Each			2						
Rev Crunch/RTT/GH Sit Up/Russian Twist	Up To 50 Each			8 8						
Back Raises (Hold @ Top)	x20									
Back Raise Twists	x20			1						

Tuesday/Thursday	Phase 1	T	R	Т	R	Т	R
Warm Up							
Cardiac Out Put /AD Warm Up	30 Minutes			3			
Tempo's	Time 1:00 HR 2:00 HR	20	20	22	22	22	22
Stretching Sheet							

Manday Wadnesday Eriday			Week 1			Week 2	
Monday Wednesday Friday		M	W	F	М	W	F
Warm Up	A 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1						
AED w/Skips	H-A-O-C-HP-RDL						
Springy Run, Bouncing Run, 45 Degree Bounce				7			
Build Ups	High Knee-Acc						
Cutting Technique				§			
Lift				8 8		3	9
Specialized Exercises							
Dorsi Flexion/Inversion/Eversion	x14 Each						
Sprinter Stretch/Paw Back	x5 x:05/x14						
Linear Hami/Knee Drive	x5 x:05/x14						
Figure 4 Stretch/AB-Adduction	x5 x:05/x14			9 3			
Jump Work							
Repeated Squat Jumps	x8	1x	1x	1x	1x	×	×
Low Box Jumps	x8	1x	1x	1x	1x	1x	1x
Hurdle Hops	x8	1x	1x	1x	1x	1x	1x
SE Broad Jump	x8	1x	1x	1x	1x	1x	1x
Hurdle Bounces	x8	×	x	1x	1x	1x	1x
2 Foot Lateral Hops	x5 Each	×	x	×	×	1x	1x
Back Squat							
Warm Up 1 (Squat Stretch/Boot Strap/Pulse/Squat)	x5/x3x:03 E						
Warm Up 2 (Rev Good AM/SL RDL/SLSA Row/Swing)	x5/x3x:03 E			§ 6			
Back Squat	x14						
Bench Press	x14						
Glute Ham Raise	x14						
EZ Bar Pull Over	x14			3			
Good Morning	x14						
Lat Pull Down	x14			3			
Barbell Row	x14			1			
Standing Calf Raise	x14						
Full Side Raises	x14						
Seated Calf Raises	x14						
EZ Bar Curis	x14	1		8 8		3 3	12
Single Leg Calf Raises	x14						
Push Downs	x14			2 0			
Full Front Raises	x14	1		1			
Wrist Circuit with Strength Bar	x14 Each						
Rev Crunch/RTT/GH Sit Up/Russian Twist	Up To 50 Each	12 1		1			1
Back Raises (Hold @ Top)	x14						
Back Raise Twists	x14			3			

Tuesday/Thursday	Phase 1	Т	R	Т	R
Warm Up					
Cardiac Out Put /AD Warm Up	30 Minutes				
Tempo's	Reps Time 1:00 HR 2:00 HR	24	24	24	26
Stretching Sheet				9 1	

Monday Thursday	Summer	M	R	M	R
Warm Up					
AED w/Skips	H-A-O-C-HP-RDL				
Springy Run, Bouncing Run, 45 Degree Bounce					
Build Ups	High Knee-Acc				
Cutting Technique	Togs to the same				
Lift					
Specialized Exercises					-
Dorsi Flexion/Inversion/Eversion	x14 Each				
Sprinter Stretch/Paw Back	x5 x:05/x14	-			
Linear Hami/Knee Drive	x5 x:05/x14				
Lunge Stretches/Lunges	x5 x:05/x14				
Jump Work	25 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2				
Broad Jumps	xii	1x	×	×	×
High Box Jumps	x5 Each	2×	1x	×	×
Bounds	xS	1x	1x	1x	1x
Combined Method Squat Jumps	x8	2×	1x	*	×
Side Bounds	x8	1x	1x	1x	1x
Star Bounds	x8	×	1x	1×	1×
Depth Jumps	x8	1x	1x	2x	2x
Back Squat			1000		
Warm Up 1 (Squat Stretch/Boot Strap/Pulse/Squat)	x5/x3x:03 E				
Warm Up 2 (Rev Good AM/SL RDL/SLSA Row/Swing)	x5/x3x:03 E				
Back Squat	x8				-
Back Squat	x14				
Glute Ham Raise	x8/x14		2		
Good Morning	x8/x14				
Explosive Standing Calf (2 Ct Hold At Top)	x10		.0		
Explosive Seated Calf Raise (2 Ct Hold At Top)	×10				
Explosive Single Leg Calf Raise (2 Ct Hold At Top)	x10 Each				
Back Raises (Hold @ Top)	x8/14				
Back Raise Twists	x8/14		/		

Tuesday/Thursday	Phase 1	T	R	T	R
Warm Up					
Cardiac Out Put /AD Warm Up	30 Minutes				
Tempo's	Reps Time 1:00 HR 2:00 HR	28	30	30	30
Stretching Sheet					

Monday Thursday	Summer	M	R	M	R	Tuesday Friday	0	Т	F	Т	I
Narm Up						MB Warm Up					Ī
AED w/Skips	H-A-O-C-HP-RDL					MB Abs	V Up/A V U/Rot/Suitcase/Sit Throw				Ī
Springy Run, Bouncing Run, 45 Degree Bounce						Superman Progression	10/10/10/10/10				Ī
Build Ups	High Knee-Acc					Side Planks	2x10 Each				Ī
Cutting Technique						Bridges	10 2/10 R/10 L/10 2				Ī
Lift		0.00				Lift					Ī
Specialized Exercises						Throws	- S				Ī
Dorsi Flexion/Inversion/Eversion	x14 Each					Wall-Chest, Over Head, Side, Hip, Slam	x10 Each				Ι
Sprinter Stretch/Paw Back	x5 x:05/x14					Partner Standing-Chest, Over Head, Side, Hip, Slam	x30 Each				Ι
Linear Hami/Knee Drive	x5 x:05/x14		100			Bench Press	x8			9	Ι
Lunge Stretches/Lunges	x5 x:05/x14					DB Bench Press	x14	- 1			Ι
Jump Work						Close Grip Board Work	x8 Each				Ι
Broad Jumps	x8	1x	×	×	×	EZ Bar Pull Over	x14				1
High Box Jumps	xS Each	2x	1x	×	×	Pull Ups	x8				Ι
Bounds	×S	1x	1x	1x	1x	Barbell Row	x14				1
Combined Method Squat Jumps	x8	1x	1×	×	×	Standing DB Press	x8				1
Side Bounds	хB	1x	1x	1x	1x	Full Side Raises	x8/14			7	1
Star Bounds	x8	×	1x	1×	1×	Full Front Raises	x8/14				Į
Depth Jumps	xS	1x	1x	2x	2x	Tricep Extensions	x14				1
Back Squat			0 0			Wrist Circuit with Strength Bar	x14			2	Ţ
Warm Up 1 (Squat Stretch/Boot Strap/Pulse/Squat)	x5/x3x:03 E			1	1	Rev Crunch/RTT/GH Sit Up/Russian Twist	Up To 50 Each				I

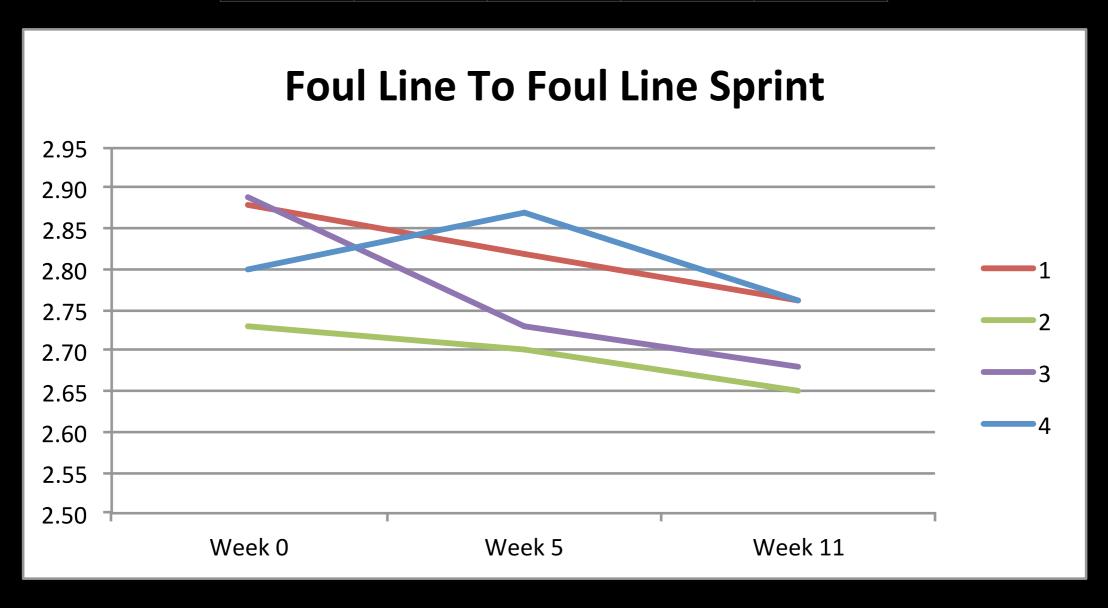
Monday Thursday	Summer	M	R	M	R	M	R
Warm Up							
AED wiSkips	H-A-O-C-HP-ROL	-					
Springy Run, Bouncing Run, 45 Degree, SLJ, Bounds							
Build Ups	High Knee-Acc						
Cutting Technique							
Lift							
Specialized Exercises							
Dorsi Flexion/Inversion/Eversion	x14 Each						
Sprinter Stretch/Paw Back	x5 x:05/x8						
Linear Hami/Knee Drive	x5 x:05/x8						
Lunge Stretches/Lunges	x5 x:05/x8						
Jump Work							
Side Bounds	x8	1x	2x	2x	2x	2x	2x
Star Bounds	x8	1×	24	2x	2x	2×	2×
Clock Bounds	x8	1x	2x	2x	2x	2x	2x
Depth Jumps	18	žx .	24	2x	žu	2x	2×
Back Squat	2012/13/20		-				
Warm Up 1 (Squat Stretch/Boot Strap/Pulse/Squat)	x5/x3x:03 E						
Warm Up 2 (Rev Good AM/SL RDL/SLSA Row/Swing)	x5/x3x03 E						
Back Squat	x8						
Glute Ham Raise	x8						
Good Morning	1/S						
Explosive Standing Calf (2 Ct Hold At Top)	×10						
Explosive Seated Calf Raise (2 Ct Hold At Top)	x10						
Explosive Single Leg Calf Raise (2 Ct Hold At Top)	x10 Each						
Back Raises (Hold (2 Top)	18						
Back Raise Twists	Up To 50						

Tuesday/Thursday	Phase 1	T	R	T	R	Т	R
Warm Up							
Cardiac Out Put /AD Warm Up	30 Minutes						
Tempo's	Reps Time 1:00 HR 2:00 HR	28	30	30	30	30	30
Stretching Sheet							

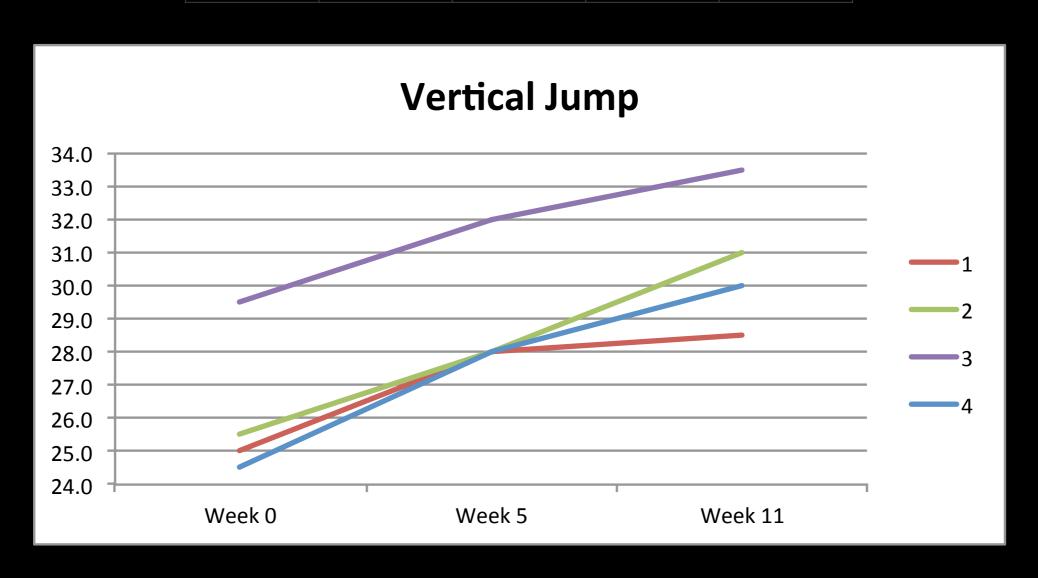
Tuesday Friday		T	F	T	F	T	F
MB Warm Up	V Up/A V U/Rot/Sultcase/Sit Throw						
Superman Progression Side Planks	10/10/10/10/10 2x10 Each						
Bridges	10 3/10 R/10 L/10 2	_	_		_		$\vdash$
Lift							_
Throws Wall-Chest, Over Head, Side, Hip, Slam Partner Standing-Chest, Over Head, Side, Hip, Slam	x10 Each x10 Each						
Bench Press	xi						
OB Bench Press	xB						
Close Grip Board Work	x8 Each						
EZ Bar Pull Over	xil						
Pull Ups	x8						
Barbell Row	sil						
Standing DB Press	x8						
Full Side Raises	48						
Full Front Raises	sti						
Tricep Extensions	u8						
Wrist Circuit with Strength Bar	sili						
Rev Crunch/RTT/GH Sit Up/Russian Twist	Up To SO Each						

# What we saw...

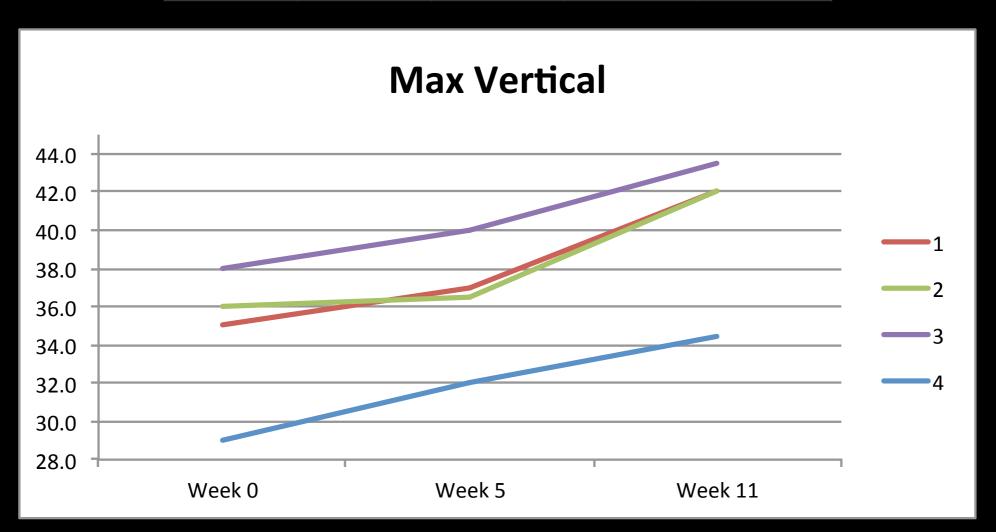
Foul 2 Foul	Week 0	Week 5	Week 11	Change
1	2.88	2.82	2.76	-0.12
2	2.73	2.70	2.65	-0.08
3	2.89	2.73	2.68	-0.21
4	2.80	2.87	2.76	-0.04
Ave	2.83	2.78	2.71	-0.11



Vert	Week 0	Week 5	Week 11	Change
1	25.0	28.0	28.5	3.50
2	25.5	28.0	31.0	5.50
3	29.5	32.0	33.5	4.00
4	24.5	28.0	30.0	5.50
Ave	26.1	29.00	30.75	4.63



Max Vert	Week 0	Week 5	Week 11	Change
1	35.0	37.0	42	7.00
2	36.0	36.5	42	6.00
3	38.0	40.0	43.5	5.50
4	29.0	32.0	34.5	5.50
Ave	34.5	36.38	40.50	6.00



Strength Tests	Squat 1	Squat 2	Bench 1	Bench 2
1	315	390	235	250
2	275	345	205	225
3	285	325	165	185

# Where we are going...

- Need more emphasis on movement work
- Break down of exercises
- "Steps" to check where we are
- Increase the "aerobic conditioning"
- Look more at "Metabolic Index" for fitness
- Find correlation's-ways to evaluate what matters...Catapult?
- Improve "Sales Tactics"





Maxes	ВР	SQ	DL	AUX	% Regulator	
Current Max	#N/A	#N/A	#N/A	#N/A	95%	
Training Max	#N/A	#N/A	#N/A	#N/A		

Sport	Here
Training Phase	

		Week 1		Week 2		Week 3				
Exercise	Reps	М	W	F	М	W	F	М	W	F
	Warm Up									
Carries/Squat and RDL Stretches										
Ankle/Kitchen Sink										
Planks/Supermans/Scap Push Ups/Bridges										
Overs/Rows/Unders										
	ecialized Exer	rcises								
Dorsi Flexion/Inversion/Eversion	x20 Each									
Abduction/Adduction-Figure 4 Stretch	x5 x:05/x20									
Sprinter Stretch/Paw Back										
Linear Hami/Knee Drive	x5 x:05/x20									
	Jump Work	1								
Power Skips	x8	2x	2x	2x	1x	×	×	×	x	×
Iso Squat Jumps	x8	×	×	1x	1x	1x	1x	1x	x	×
Iso Lateral Jumps	x5 Each	×	×	×	1x	1x	1x	1x	1x	1x
Repeated Squat Jumps	x8	х	×	×	х	1x	1x	1x	1x	1x
Low Box Jumps	x5 Each	х	×	х	х	×	1x	1x	1x	1x
Hurdle Hops	x8	×	×	×	×	×	×	×	1x	1x
	Lift									
Exercise	Reps	М	W	F	М	W	F	М	W	F
Back Squat										
Warm Up 1 (Down Dog/Pigeon)	x5/x3x:03 E									
Warm Up 2 (Hip Flexor Stretch)	x5/x3x:03 E									
Back Squat										
Bench Press	x20									
Glute Ham Raise	x20									
Pull Over	x20									
Hip Hinge Pro	x20									
Lat Pull Down	x20									
Row	x20									
Calf Raise	x20									
Full Side Raises	x20									
DB Curls	x20									
Triceps	x20									
Upper Back	×20									
Full Front Raises	×20									
Wrist Circuit with Strength Bar	x20 Each									
Rev Crunch/RTT/GH Sit Up/Russian Twist	Up To 50 Each									
Back Raises (Hold @ Top)	x20									
Back Raise Twists	x20									

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## What do you think?

- Let's actually talk about this...
- I gave you what we did, what we saw, and where we are going. Now you tell me, what do you think...



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