

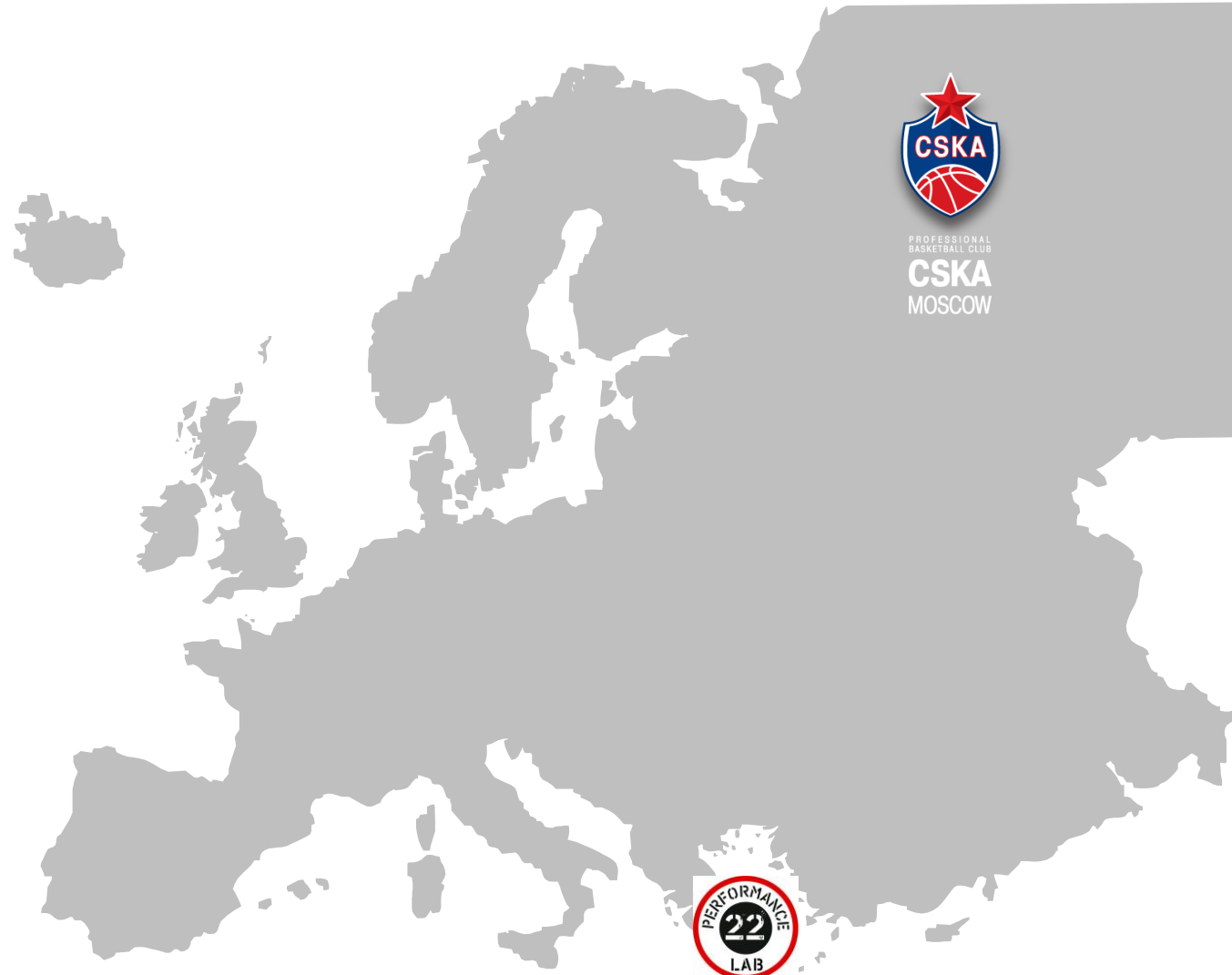
In-Season Strength & Power Training



Kostas Chatzichristos, MEd, CSCS

CSKA Moscow Basketball

Head of Performance







Euroleague Champions 2016/19





Texas Longhorns

2001

EXOS

Exos

2002



Georgia Bulldogs

2003



Olympiacos

2006



Panionios

2004 & 2006-2012



Performance22lab

2012 - present



CSKA Basketball

2014 - present

We play at two different competitions





Moscow

Krasnoyarsk



Moscow

5 hours
4 time zones

Krasnoyarsk



| Nov 15 | Nov 16 | Nov 17 | Nov 18 | Nov 19 | Nov 20 | Nov 21 | Nov 22 | Nov 23 |
|--------|--------|----------|----------|-----------|-----------|----------|--------|-----------|
| Fener | OFF | Practice | Practice | Practice | @Basconia | Travel | @Real | Travel |
| 🏠 | | | | ✈️ (5hrs) | | ✈️ (1hr) | | ✈️ (5hrs) |

| Nov 24 | Nov 25 | Nov 26 | Nov 27 | Nov 28 | Nov 29 | Nov 30 | Dec 1 | Dec 2 |
|----------|-----------|--------|----------|----------|--------|--------|----------|-----------|
| Practice | Nizhni | OFF | Practice | Practice | Barca | | Practice | UNICS |
| | ✈️ (2hrs) | | | | 🏠 | | | ✈️ (5hrs) |



Why Strength?



PERFORMANCE

Speed

Agility

Jumping

Change of Direction

Acceleration



Power

$$P = F \times V$$

Impulse

$$I = F \times \Delta t$$



PERFORMANCE

Speed

Agility

Jumping

Change of Direction

Acceleration



HEALTH

Joint Stability

Muscle Fiber Strength

Tendon Strength

Fatigue

Resistance

... You 'll get hurt

MYTH

... You 'll get hurt

MYTH

... You 'll ruin your
shot

... You 'll get hurt

MYTH

... You ruin your
shot

... You won't grow

... You 'll get hurt

... You 'll get
slow

MYTH


... You ruin your
shot

... You won't grow

CSKA In Season Strength




Limited Time & Energy

| | |
|---|-----------|
|  | 2X / WEEK |
| | |
| | |
| | |
| | |
| | |



Limited Time & Energy

| | |
|---|------------|
|  | 2X / WEEK |
|  | 30 -45 min |
| | |
| | |
| | |



Limited Time & Energy

| | |
|---|--------------------|
|  | 2X / WEEK |
|  | 30 -45 min |
|  | Hard / Medium Days |
| | |
| | |



Limited Time & Energy

| | |
|--|--------------------|
|  | 2X / WEEK |
| | 30 -45 min |
|  | Hard / Medium Days |
|  | Small Groups |
| | |



Limited Time & Energy

| | |
|---|--------------------|
|  | 2X / WEEK |
|  | 30 -45 min |
|  | Hard / Medium Days |
|  | Small Groups |
|  | Two Coaches |



Keys to Success

Consistency

- Never miss a workout



Keys to Success

Intensity

- Go heavy (when you have to)



This is not intensity



Strength Training Principles



Players that
played
>20 mins

Players that
played
<20 mins

Veterans

#1 – KNOW THY PLAYERS !

Injured Players

Youth Players

Post Rehab
Players



#2 – INDIVIDUALIZATION!

Skill

Age

Injury History

Time
Available/Played

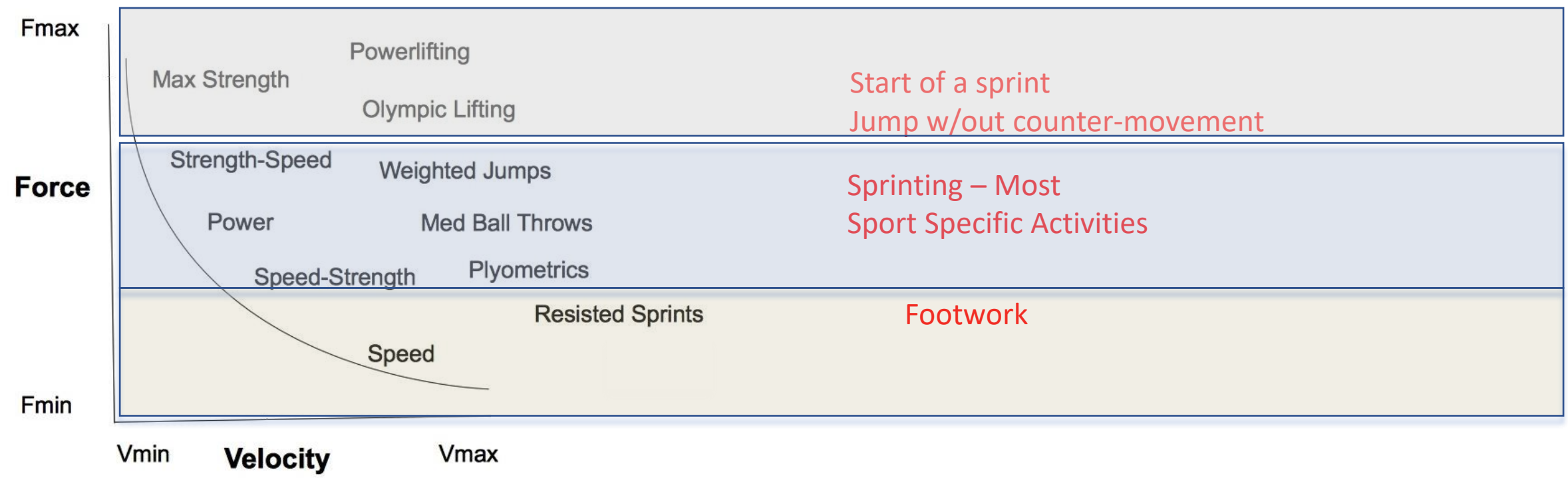
Personal
Needs

| | |
|---|--------------------------|
| 1 | Evaluation |
| 2 | Exercise Balance |
| 3 | 3D Movement |
| 4 | Work at all speed ranges |
| 5 | Two & Single Leg Work |



#4 – WORK THROUGH THE Force Velocity Curve

■



Two Types of Lifting Days

Heavy Day

- Game (-2, -3 days)



Focus on
Strength/Power

Expected Fatigue

Moderate








- Game (-1, +1)



Focus on Power

Minimize
Fatigue/Soreness

Weekly Schedule

| | | | | | | |
|---|---|--|---|---|---|---|
|  |  |  |  |  TURKISH AIRLINES EuroLeague |  |  |
| | +1 | +2 | +3 | | +1 | +2 |
| | DNP Youth Injured | Heavy Day | Pre Practice Work | | DNP Youth Injured | Moderate Day |

HEAVY DAY

Frequency

1x week

Intensity

High/Moderate

Sets

4 – 5

Reps

3 – 6 (80 – 90% RM)

Tempo

According to goal

Exercise Selection

Olympic Lifts – Derivatives
Bar work – Squats / RDL's etc.
Heavy Upper Body

HEAVY DAY

Frequency

1x week

Intensity

High/Moderate

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Bar work – Squats / RDL's etc.
Heavy Upper Body

| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|-----------------------|--|--|--|
| OLYMPIC LIFTS | Hang Pull Hang Clean Snatch Pull etc | | Explosive and Heavy Use GymAware (Velocity Based Training) |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |







| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|-----------------------|---|--|---|
| EXPLOSIVE EXERCISE | Hang Pull Hang Clean Snatch Pull etc | | Explosive and Heavy Use GymAware (VBT) |
| QUAD DOMINANT | Squat Split Squat Dead Lift Step Ups etc | | Slower Tempo Intention to lift explosive |
| | | | |
| | | | |
| | | | |
| | | | |



| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|-----------------------|---|------------------------------------|---|
| EXPLOSIVE EXERCISES | Hang Pull Hang Clean Snatch Pull etc | | Explosive and Heavy Use GymAware (VBT) |
| QUAD DOMINANT | Squat Split Squat Dead Lift Step Ups etc | | Slower Tempo Intention to lift explosively |
| VERTICAL PULL / PUSH | Pullups Suspension Pulls | Push Press Hammer Curl to Press | Paired in “super-sets” |
| | | | |
| | | | |
| | | | |



| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|------------------------|---|------------------------------------|---|
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| QUAD DOMINANT | Squat Split Squat Dead Lift Step Ups etc | | Slower Tempo Intention to lift explosively |
| VERTICAL PULL / PUSH | Pullups Suspension Pulls | Push Press Hammer Curl to Press | Paired in “super-sets” |
| HORIZONTAL PUSH / PULL | DB Row Cable Row | Bench Press DB Chest Press | Paired in “super –sets |
| | | | |
| | | | |

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| VERTICAL PULL / PUSH | Pullups Suspension Pulls | Push Press Hammer Curl to Press | Paired in "super-sets" |
| HORIZONTAL PUSH / PULL | DB Row Cable Row | Bench Press DB Chest Press | Paired in "super –sets" |
| HIP DOMINANT | RDL Variations Swiss Ball Bridge & Curl | | Heavy and slow |
| | | | |



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|------------------------|---|------------------------------------|---|
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| HORIZONTAL PUSH / PULL | DB Row Cable Row | Bench Press DB Chest Press | Paired in "super -sets" |
| HIP DOMINANT | RDL Variations Swiss Ball Bridge & Curl | | Heavy and slow |
| THROWS | Linear/Lateral/Rotational | | Explosive -light |



MODERATE DAY

| | |
|--------------------|---------------------------------|
| Frequency | 1x week |
| Intensity | Moderate |
| Sets | 3 - 4 |
| Reps | 6-8 |
| Tempo | According to goal |
| | Minimize Fatigue! |
| Exercise Selection | Multi-joint Mainly Dumbbells |

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MODERATE DAY

Frequency

1x week

Intensity

Moderate

Sets

3 - 4

Reps

6-8

Tempo

According to goal

Exercise Selection

Minimize Fatigue!

Multi-joint
Mainly Dumbbells

MODERATE DAY

Frequency

1x week

Intensity

Moderate

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Reps

6-8

Tempo

According to goal

Exercise Selection

Minimize Fatigue!

Multi-joint
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6-8

Tempo

According to goal

Minimize Fatigue!

Exercise Selection

Multi-joint
Mainly Dumbbells

| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|-----------------------|---|--|----------------------------------|
| OLYMPIC LIFTS | DB Hang Pull DB Snatch (to Press) Kettlebell One Arm Dead Lifts | | Explosive and Moderate Intensity |
| | | | |
| | | | |
| | | | |
| | | | |







| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|-----------------------|---|--|---|
| OLYMPIC LIFTS | DB Hang Pull DB Snatch (to Press) Kettlebell One Arm Dead Lifts | | Explosive and Moderate |
| QUAD DOMINANT | Lateral Step Up Multi Directional Lunges Step Up to Step Back | | Slower Tempo Intention to lift explosive |
| | | | |
| | | | |
| | | | |
| | | | |







| EXERCISE (MAIN LIFTS) | EXAMPLE | | COMMENT |
|-----------------------|---|---------------------------------------|------------------------|
| OLYMPIC LIFTS | DB Hang Pull DB Snatch (to Press) Kettlebell One Arm Dead Lifts | | Explosive and Moderate |
| | | | |
| VERTICAL PULL / PUSH | Cable Vertical Rows Suspension Pulls | Push Press Hammer Curl to Press | Paired in “super-sets” |
| | | | |
| | | | |
| | | | |





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| VERTICAL PULL / PUSH | Cable Vertical Rows Suspension Pulls | Push Press Hammer Curl to Press | Paired in “super-sets” |
| HORIZONTAL PUSH / PULL | DB Row Cable Row | Push Ups DB Chest Press | Paired in “super –sets |
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| | | | |



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| HIP DOMINANT | Single Leg RDL’s Swiss Ball Bridge & Curl | | Heavy and slow |
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| | | | |
| HIP DOMINANT | Single Leg RDL's Swiss Ball Bridge & Curl | | Heavy and slow |
| THROWS | Linear/Lateral/Rotational | | Explosive -light |

PRE-HAB

Frequency

Every day before practice

Intensity

Light to Moderate

Sets

2 - 3

Reps

8 - 10

Exercise Selection

According to evaluation / monitoring
Foot and Ankle
Mobility / Stability

Build Your Culture

| | |
|---|-----------------------|
|  | TRUST |
|  | ACCOUNTABILITY |
|  | CONSISTENCY |
|  | HONESTY |



THANK YOU



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