

Out Train

Out Work

Out Eat

Out Sleep

The competition



Conference Champions

2016-17

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2017, 2018

Gentleman,

I want to take this time to congratulate you on the completion of the 2019-20 basketball season. I know in terms of wins and losses the season did not go the way we had hoped, but want to commend you on your effort this year. You do not have to win a championship to be considered a champion. It takes a tremendous amount of courage and determination to continue to fight and work hard when facing the amount of adversity we did this past season.

Our major goal this year was to grow and learn and hopefully you were able to do just that. Learning what it takes to compete at a high level of high school basketball. Learning how to handle adversity, work as a team and handle your successes and failures like a man are all lessons we learned this past season. I hope you have taken some time to reflect on this past season and identify areas in which you did well and areas in which growth is needed.

One of the major values we preach is thankfulness and I am truly thankful for my association with you. I thank you for allowing me to coach you and be with you on a daily basis and for the effort you gave this season.

As we move forward this offseason, many will venture to other sports, activities, work, and other obligations. As you move away from our program I hope the values of passion, servanthood, thankfulness, unity and humility are all values you carry with you and live your life by. Remember, my door is always open!

Coach Sodemann

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THE MAN IN THE ARENA

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

Theodore Roosevelt

Excerpt from the speech "Citizenship In A Republic"
delivered at The Sorbonne
Paris, France
April 23, 1910

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Purpose of this packet

This packet was created as a resource to help you navigate your own development this improvement season. Opportunities for improvement will be provided by our coaching staff but the real development of basketball players is made on their own time when no one else is around. A few thoughts on development:

“If you want something you have never had, you must be willing to do something you have never done.” -Thomas Jefferson

“To win a Championship you must first make yourself worthy. There have been many players and teams who have been worthy that have not won a championship. But there has never been a player or team who has won a championship who has not been worthy.” - Coach K

“If you want something bad enough you will find a way, if not, you will find an excuse.”

The question for you becomes, what am I willing to do to become worthy?

In this packet you will find:

1. Summer lifting schedule (greyshirt days will be highlighted)
 - a. Monday, Wednesday, Thursday: 8-10am
2. Summer skill sessions (TBA)
3. Individual workout ideas for your own time
4. Nutrition information
5. Sleep/recovery information

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Post Season (End of the season to spring break): Recovery

After a 4-5 month grind, your body needs time to heal and recover. Focus on the following activities:

1. Work hard in school, stay on top of homework
2. Stretch daily
3. Align yourself with a summer team if you want to play. Tryouts are usually at the end of March.

Off-season (Spring break to end of school): Baseline strength building

After spring break, we will begin lifting on Tuesday/Thursday after school. The goal is to gain basic strength and prepare your body for the summer off season.

1. Run track
2. Lift Tuesday/Thursday after school
3. Shoot Wednesday mornings at 6:15am
4. FT Fridays 6:30am

Summer (June/July): Individual improvement

All school lifting program (Monday/Wednesday/Thursday) 8-10am. Meet on the turf.

Skill development: M, W, TH: 3:30-4:45pm

August (End of summer to beginning of school): prepare on your own

1. Play a fall sport
2. Recover
3. Prepare for school

Preseason (September-October): Get ready for the season

1. Fall conditioning Tuesday/Thursday after school
2. Run on own 1 day a weekend
3. Shoot Wednesday mornings 6:15am
4. FT Fridays 6:30am

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Individual skill goals

Below are benchmarks you should be able to reach by tryouts next season.

1. Mile run
 - a. Varsity/JV- 6:30
 - b. Freshman- 6:45
2. Ball handling
 - a. **Around the waist**-50 right hand touches in 30 seconds (10 times around then switch directions)
 - b. **Pretzel** (1 hand in front, 1 behind) 40 right hand touches in 30 seconds
 - c. **2 in front, 2 behind** (*40 front touches in 30 seconds*)
 - d. **Behind the back dribble** (*50 right hand touches in 30 seconds*)
3. Dribbling
 - a. Pure sweat 1 minute drill (each time you change hands = 1 pt; goal = 60). Ball stays below knee level the entire minute.
 - i. Mini in-out crossover
 - ii. Mini in-out between legs
 - iii. Mini in-out behind the back
4. Shooting
 - a. Groove your shot: 15 ft straight on (20 makes in two minutes) - All players
 - b. Guards - *30 3pt makes in 3 minutes*
 - c. Bigs
 - i. Mikans- *10 makes in 15 seconds (2x)*
 - ii. Block to block power layups-*15 makes in 30 seconds (x2)*

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LIBERTY EAGLE INDIVIDUAL BASKETBALL WORKOUT

Date: _____

WORKOUT #1

- 30 seconds – Mikan – 20 makes _____
- 5 minutes – 50 - Mid Range makes _____
- 5 minutes – 35 - 3 point makes _____
- 1 minute – 10 - Catch and Shoot makes _____
- 1 minute – 10 – Off the dribble makes _____
- 30 seconds – Mikan – 20 makes _____
- 1 minute – 10 – Curl makes _____
- 1 minute – 10 – Baseline makes _____
- 1 minute – 10 Wing makes _____
- 1 minute – Around the world 10 makes _____

TOTAL TIME – 17:00/TOTAL MAKES – 185 _____

WORKOUT #2

- 30 seconds – 2-ball form/wall drill _____
- 30 seconds – 5 bank shots makes _____
- 1 minute – 5 cone layups makes _____
- 1 minute – 5 cones shooting makes _____
- 10 minutes – 100 2 – point makes _____
- 5 minutes – 30 3 - point makes _____
- 2 minutes – 15 reverse pivots – wing makes _____
- 2 minutes – 20 rebound/tip-in – makes _____

TOTAL TIME – 22:00/TOTAL MAKES _____

WORKOUT #3

- 1 minute – 10 sweet spot _____
- 1 minute – 10 bank shots _____
- 2 minutes – 10 3 – point makes _____
- 5 minutes – 25 2 pt. & 25 3 pt. _____
- 5 minutes – 50 2 point straight makes _____
- 1 minute – 10 transition makes 2 pointers _____
- 1 minute – 10 transition makes 3 pointers _____
- 2 minutes – 15 wing rips/shoot 2 pointers _____

TOTAL TIME – 18:00/TOTAL MAKES – 140 _____

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LIBERTY EAGLE SUMMER BASKETBALL WORKOUT

Date: _____

RED WORKOUT

	<u>FGM</u>	<u>FT</u>
● 30 seconds – (20) 2 pt makes- Mikan	_____	_____
● 4 minutes – (40) 2 pt makes- mid range	_____	_____
● 5 minutes – (35) 3 pt makes	_____	_____
● 2 minutes – (10) 2pt makes- touch sideline	_____	_____
● 2 minutes – (10) 2pt makes-box drill, reverse pivot (1 drib pullup)	_____	_____
● 3 minutes – (10) 3 pt makes- transition pullup	_____	_____

TOTAL TIME – 16:30

TOTAL MAKES

125 /FT__/12

BLUE WORKOUT

	<u>FGM</u>	<u>FT</u>
● 30 seconds – (10) X-out layup makes	_____	_____
● 2 minutes – (10) 2pt makes- touch baseline (straight cut to elbow)	_____	_____
● 3 minutes – (10) 2pt makes- baseline to baseline	_____	_____
● 3 minutes – (10) 2 pt makes- transition (shot fake, 1 dribble)	_____	_____
● 8 minutes – (75) 2 pt makes- mid range, catch and shoot	_____	_____
● 2 minutes – (10) 3 pt makes- top of key. Groove your shot	_____	_____

TOTAL TIME – 18:30

TOTAL MAKES

125 /FT__/12

Shoot 2 FT's in between each drill.

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Sample Meal Ideas

5:00 a.m. Breakfast- Protein, Carb and fruit

Protein-Eggs, peanut butter

Carb-Oatmeal, rice, whole grain bagel

Fruit- Banana, blueberry, strawberry

7:15 a.m. Snack- Protein and fruit

Protein- Greek Yogurt, cottage cheese, shake, nuts, boiled egg

Fruit- Banana, apple, orange

9:30 a.m. Snack- Protein and fruit

Protein- Greek Yogurt, cottage cheese, shake, nuts, boiled egg

Fruit- Banana, apple, orange

11:30 a.m. Lunch- Protein and vegetable

Protein- chicken, turkey, fish

Vegetable- As many as you want to eat (steamable bags??)

Ex. steamable medley bag

1:30 p.m. Snack- Protein and fruit

Protein- Greek Yogurt, cottage cheese, shake, nuts, boiled egg

Fruit- Banana, apple, orange

3:30 p.m. Snack- Protein and Vegetable

Protein- Greek Yogurt, cottage cheese, shake, nuts, boiled egg

Vegetable- As many colors of vegetables in a day

Ex. Raw carrots?

6:30 p.m. Dinner- Protein and vegetable

Protein- chicken, turkey, fish

Vegetable- Different from snack/lunch

Ex. Broccoli, green beans, sweet potato

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Snack-Protein

Protein- Greek Yogurt, cottage cheese, shake, nuts,

-Try and limit to one protein shake a day

-If you're hungry, drink water, eat MORE PROTEIN AND VEGETABLES

-At least 1 gallon on water/day

-Eat 1g protein for every pound of body weight

5:00 a.m. Breakfast- 3-4 eggs (24g protein), 1 cup of whole-grain oatmeal (10g protein) with chopped up fruit

7:15 a.m. Snack- Protein Shake 30g_≤protein (30g protein)

9:30 a.m. Snack- 8 oz Plain Greek Yogurt with added fresh blueberries (23g protein)

11:30 a.m. Lunch- Chicken breast (40g protein) and steamable vegetables

1:30 p.m. Snack- Banana and Peanut butter (15g protein)

3:30 p.m. Snack- ½ cup of Almonds (15g protein) and an apple

6:30 p.m. Dinner- Ground Turkey, sweet potato and broccoli (25g protein)

Snack- 8 oz Cottage Cheese (25g protein)

**About 207g protein & 2,400
calories**

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Calculating My Caloric Needs

The **BMR formula** uses the variables of height, weight, age and gender to calculate the Basal Metabolic Rate (BMR). This is more accurate than calculating calorie needs based on body weight alone. The only factor it omits is lean body mass and thus the ratio of muscle-to-body fat. Therefore, this equation will be very accurate except for those with very low fat mass (will underestimate calorie needs) and those with very high fat mass (will overestimate calorie needs).

English BMR Formula

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Calculate:

Use either formula above and calculate your BMR

Harris Benedict Formula

BMR x activity factor = caloric needs

Amount of physical activity	Activity Factor
sedentary (little or no exercise)	1.2
lightly active (light exercise 1-3 days/week)	1.375
moderately active (moderate exercise 3-5 days/week)	1.55
active (hard exercise/sports 6-7 days a week)	1.725
extra active (very hard exercise/sports & physical job or 2x training)	1.9

Calculate:

Take the number you got for your BMR and multiply it by an activity factor above. That will give you an estimate for your daily calorie needs.

- If your goal is to add weight, add 500 calories to your daily calorie needs
- if your goal is to lose weight, add 500 calories to your daily calorie needs

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Deciding on a macronutrient distribution

Below pick a percentage that you want your diet to be for each macronutrient

For example: 55%, 15% and 30% and a daily calorie diet of 2,500 calories

Carbohydrates 55% Fat 20%
Protein 20%

How many grams of carbohydrates do you need in your daily diet?

Total calories x percentage = _____ calories / 4 cal per g = _____ grams

$2,500 \times .55 = 1,500$ calories divided by 4 = 343 grams

How many grams of protein do you need in your daily diet?

Total calories x percentage = _____ calories / 4 cal per g = _____ grams

How many grams of fat do you need in your daily diet?

Total calories x percentage = _____ calories / 9 cal per g = _____ grams

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Rest is the final component in the fitness formula. It is often overlooked because we have been led to believe that more exercise is better. The key to **maximum gains** is the proper amount of **quality exercise and adequate rest**. Exercise does metabolic damage to the body. This damage is repaired during the recovery phase. Gains in strength are made during the resting phase. Perform quality work when you run and lift. After warming up make every exercise you do in the weight room count. Do not waste a set on non-productive exercise. Good eating habits are essential. Try to eat meals and snacks at approximately the same time every day. Develop normal and regular sleep patterns. A lack of a normal daily routine can disrupt the systems in the body used to help the recovery process. The ability to increase strength, speed and conditioning levels, is dependent upon quality work, sound nutrition, your genetic makeup, and the proper amount of rest.

"More and more, sleep is being recognized as the most obvious, accessible and natural performance enhancer in the NFL - the kind of secret weapon that players have always dreamed about." - Sports Illustrated

"SLEEP IS THE MOST POTENT PERFORMANCE-ENHANCING ACTIVITY THAT WE KNOW OF." - Jeffrey Kahn, Sports Performance Scientist

Optimal skill learning in athletes is dependent on quality sleep within the first 24 hours after training because that is when the human brain learns. It's practice, with sleep, that makes perfect. *Role of sleep in performance and recovery of athletes, a review article*

THE EFFECTS OF MORE SLEEP ON ATHLETIC PERFORMANCE

- BASKETBALL PLAYERS:** improved foul shot accuracy by 9%, 3-point shot accuracy by 9.2%, court sprint time by .7 seconds
- SWIMMERS:** improved 15-meter sprint times by .51 seconds (8%), reaction time off starting blocks by .15 seconds (17%). American records broken
- BASEBALL PLAYERS:** faster reaction times by 122ms (a fastball takes 400ms) and decreased fatigue by 40%
- TENNIS PLAYERS:** improved hitting accuracy by 42% and sprint times by 8%
- FOOTBALL PLAYERS:** improved 40-yard dash and 20-yard shuffle times by .1 seconds, field-goal accuracy by 20%. Fewer mental errors by 50%
- After sleep education, 100% of **STUDENT ATHLETES** got more sleep and 89% experienced improved athletic performance
- ALL:** One night of sleep improves motor-learning task speed by 20% and accuracy by 39%
- 10TH GRADE STUDENTS:** significantly improved reaction time with 1 day/week later school start time
- 4TH - 6TH GRADE STUDENTS:** significantly improved reaction time and memory tests with 35 more minutes of sleep

THE EFFECTS OF LESS SLEEP ON ATHLETIC PERFORMANCE

- ALL:** student athletes sleeping < 8 hours = ~70% more likely to get injured
- ALL:** Sleep duration = strongest predictor of injury (not practice hours, # sports played, strength training, gender, or coaching style)
- ALL:** Sleeping 6 hours/night lowers reaction time by 18%
- TENNIS PLAYERS:** significantly decreased serving accuracy after one night of less sleep. Caffeine did not change result
- BASKETBALL:** significantly decreased shooting accuracy and fewer points scored, rebounds, steals, and blocks significantly increased # of technical fouls
- TRACK AND FIELD:** significantly decreased reaction times, increased false starts and lapses in attention
- WEIGHT-LIFTERS:** lifted significantly less weight during biceps curl, bench press, leg press, and dead lift
- BASEBALL:** 7 yrs. of data showed visiting team's sleep loss due to travel resulted in home team scoring 1.24 more runs
- YOUNG ADULTS:** ~ 5 hours of sleep/night for 2 nights = a 3X increase in lapses of attention and reaction times
- ADULTS:** 19 hours awake = decrease in reaction time & eye-hand coordination similar to performance when well rested but legally intoxicated
- ALL:** sleeping 4 hours/night for 6 nights = ~ 35% decrease in glucose metabolism, which is similar to patients with type-2 diabetes

"I really can't say it enough. I don't think people really pay enough attention to how important sleep is." - Michael Phelps

sleep for success
A total of 101 studies reviewed based on 18,900 athletes.
 For more details and study references for this infographic, please visit
www.sleepforsuccesswestport.com

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Goals with sleep:

1. No cell phone or TV 30 minutes until bedtime
 - a. Plug in phone across your room
 - b. Remove tv from your bedroom
2. Same bedtime within 1 hour every night (even on weekends)
3. Get 7 hours of sleep a night






Rest and recovery also includes stretching. Stretching your muscles before bed allows blood flow into your muscles allowing for maximum recovery. Perform this 5 minute stretch/strength protocol before bed EVERY day.

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1	60 sec.	plank	
2	30 sec.	Side plank (each side)	
3	60 sec.	50 hip thrusts	
4	60 sec.	Straddle Stretch	
5	30 sec.	Pigeon Stretch (each side)	

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