

Personal Training by Robert J. Bovee

Researched & Written by Robert J. Bovee Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

Cross Training and Your Basketball Game

Basketball demands strength, endurance, and flexibility from its participants. Unfortunately, most people overlook the importance of cross training and its impact on a wide range of athletic endeavors. In particular, cross training can be used to enhance one's performance on the court.

The first issue to tackle is that of endurance. As one becomes tired from running up and down the floor, a dramatic decrease in the quality of that person's game can usually be seen. As fatigue sets in, defensive quickness suffers as does the quality of shots taken on offense. Don't let fatigue hold you back. Begin a regiment of twenty or thirty minute cardiovascular workouts three or four times per week. Choose an activity which will keep you interested and consistent. Consistent effort will pay big dividends on the court.

The next issue is that of strength, flexibility, and agility. Boxing opponents out, shooting, and making moves to the basket demand maximum levels of strength, flexibility, and agility. Strength can be improved through resistance training while flexibility and agility can be improved through proper stretching and resistance movements. With a little effort in these areas, one can expect to see positive effects both on and off the court.

Cross training means developing a well rounded body. Concentrating on one area specifically is as dangerous as doing absolutely nothing. The goal of cross training is to create balance and to improve athletic performance. Equal segments of endurance training coupled with resistance training and stretching will help you play better longer.

Cross training will also increase your resistance to injury. Strong, flexible, balanced muscles will greatly reduce the chances of suffering a season ending injury. A weak or unbalanced body is only begging to be injured and once an injury occurs, a long period of rehabilitation can become involved. Cross training will also help rehabilitation if an injury does occur. An already strong body will recover quicker than a weak one.

For more information, please contact Robert J. Bovee at (585) 330-0614.