Alan Stein
Professional Strength & Conditioning Coach
Specializing in Elite Level Basketball

Alan Stein is the owner of Stronger Team and the Head Strength & Conditioning coach for the nationally renowned, Nike Elite Montrose Christian Mustangs boy’s basketball program. Alan brings a wealth of valuable experience to his training arsenal after years of extensive work with elite high school, college, and NBA players.

His passion, enthusiasm, and innovative training techniques make him one of the nation’s leading experts on productive training for basketball players. Alan is a performance consultant for Nike Basketball as well heavily involved with Nike SPARQ Basketball. He is the head conditioning coach for the annual McDonald’s All American game, the Jordan Brand All American Classic, and the Nike Summer Skills Academies. Alan is a Camp Coach at the prestigious NBA Player’s Association’s Top 100 Camp as well as the Chris Paul CP3 Elite Backcourt Camp. Alan has filmed over a dozen DVD’s on improving performance and is a sought after lecturer at basketball camps and clinics across the world. He has been featured in Winning Hoops, Time Out, Dime, SI.com, SLAMonline.com, American Basketball Quarterly, Stack, Men’s Health, and FIBA Assist Magazine.

"Coach Stein helped me gain nearly 20 pounds my senior year at Montrose and continues to work with me to this day. His added size, strength, and explosiveness has helped me gain has made me a better player on the court. He really helped me make the transition from high school to college and from college to the NBA."  

"His MVP jump program is unbelievable!"  

Kevin Durant

"I have worked with Alan since I was in 10th grade and have been working with him every day to get ready for the NBA draft. His workouts are crazy, intense, but fun. He always pushes me and gets the most out of me. He is the best!"

Michael Beasley
The primary goal of your conditioning program should be to get in peak basketball shape. There is a huge difference between being fit and being in basketball shape. Being able to run 3 miles is great for cross-country but not necessarily for basketball. Basketball is a game of starting and stopping and jumping with varying bouts of very high intensity activity. Your conditioning workouts should mimic this. You should aim for each workout to incorporate drills that include sprinting, cutting, back pedaling, defensive sliding, and jumping. The more game like the drill – the better! You must go all out every rep of every drill in every workout to truly reach your conditioning potential.

There are two reasons why you should participate in a comprehensive conditioning program; the first is for injury prevention. It is important acclimate your body’s muscles and joint structures through the specific motions used in basketball. If your conditioning program only incorporates straight ahead sprinting (a typical track workout), you will not sufficiently prepare the hip, groin, and ankle areas, all of which are high-risk areas for basketball players. The second reason you need to condition is for performance enhancement. A proper conditioning program establishes a solid fitness foundation and will reduce your mental and physical fatigue toward the end of a game.

A good portion of every game is played in a defensive stance and thus a well-designed conditioning workout should reflect this. You must be trained to stay in, and move from, a solid defensive position for several minutes at a time. Sprints are only a part of the overall program! To get into great basketball shape, your conditioning program must be:

**Energy system specific**
Your conditioning drills need to be short to medium in duration (15 seconds to 2 minutes) and very intense with limited rest.

**Movement specific**
Utilize basketball movement patterns: sprinting, back pedaling, defensive sliding, and jumping (limit jumping and emphasize defensive position). Stress changing direction (agility) and the importance of being able to plant off of either foot. Emphasize being in a low and athletic stance at all times with hands up.

**Progressive**
You need to increase intensity, increase volume, and/or decrease rest. Your workouts should get progressively harder!

**Time**: Perform each drill for 3 full reps at full speed  
**Reps**: Perform 3 sets for each drill  
**Rest**: Rest 1:00 between reps and drills
Start in one corner of the court. Sprint to the closest elbow, reverse pivot, and defensive slide to where mid-court and the sideline intersect. Then drop step and sprint to the next elbow, reverse pivot, and defensive slide to the corner baseline. Lastly back pedal (hands held above your head) back to the starting point. Repeat for the desired time or reps.
Full Court Z

Dashed Line: Backpedal
Solid Line: Sprint
Dash-Dot Line: Defensive Slide

Start in one corner of the court. Defensive slide (facing away from the court) up the sideline to mid-court, drop step, and sprint diagonally to the opposite corner (on the same baseline) from where you started. Then back pedal (hands held above your head) to the corner of the far baseline. Then jog the baseline and begin the drill again from this corner.
Full Court X

Dashed Line: Backpedal
Solid Line: Sprint
Dash-Dot Line: Defensive Slide

Start in one corner of the court. Sprint diagonally across the court to the opposite corner, drop step, and defensive slide (facing the court) to the other corner. Sprint diagonally across the court to the opposite corner, drop step, and defensive slide (facing the court) back to where you started.

Please email Alan@StrongerTeam.com with questions or comments.

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Footwear for Basketball Training
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As a basketball player, keeping your feet and ankles as healthy and injury free as possible is of utmost importance. In addition to the obvious, having strong feet and great ankle mobility can drastically lessen knee, hip, and back issues. It all starts with the feet!

When you are playing basketball, whether practice, game, or drill work... you should wear basketball shoes. However, when you are training (strength & conditioning), your goal should be to strengthen your ankles (and feet)... so you should wear an appropriate training shoe. Having a less constrictive shoe will enable you to strengthen all of the stabilizing muscles, tendons, and ligaments in your feet and ankles which will help reduce lower leg and ankle injuries (even shin splints).

Typical running shoes are not ideal because they are meant for straight ahead running and lack lateral movement support. This means you could injure your ankle or foot when making a sharp cut to change direction. And most running shoes are cushioned with a slightly raised heel which makes them a poor choice for deadlifts and squats.

Here are a few sound training shoes:

- Nike Zoom SPARQ Trainer Elite
- Nike Max SPARQ P3
- Nike Air Generate MSL

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In order to truly achieve your potential on the court, it is imperative that you develop healthy eating habits. The following info serves as a "nutritional guide" for putting you on the right path. This guide is very basic in nature. For an in depth look at your eating habits you should contact a Registered Dietician (RD). It is important to understand that there are no evil foods; any food can be incorporated into your diet in moderation. However, to maximize your performance you should try and drastically reduce your intake of refined sugars (cookies, candy, etc.) and saturated fat (butter, fried foods, etc.) and eat plenty of fruits, vegetables, and whole grains.

Optimum basketball performance requires sound nutritional habits. You can get your daily requirements of nutrients through whole food, so don’t rely too heavily on the use of supplements (the only exception to that is the addition of a “weight gain” or protein shake for those of you trying to really increase bodyweight). Steer clear of "performance" enhancing supplements; Creatine, ephedrine, etc. because of the possible side effects.

Weight Gain the Healthy Way
Most basketball players are tall and slender, and are looking to add muscular bodyweight. In order to gain weight, a player must consume more calories than they expend on a daily basis. This means that players looking to put on weight must eat, eat, and eat. Now for the select few looking to lose weight (i.e. reduce body fat), they must do the opposite – consume fewer calories than they expend. This is done by controlling their portion sizes.

To determine how many calories per day a player should consume, multiply their current bodyweight by 25. This will give them a very rough estimate of their daily caloric needs. For example, a 150 lb. basketball player trying to gain muscular body weight requires around 3750 calories a day (150 X 25 = 3750). Depending on a player’s individual metabolism, as well as their daily energy expenditure through physical activity, this number may have to be slightly adjusted. For a more detailed formula for calculating how many calories a player should be consuming on a daily basis, I highly recommend Nancy Clark’s Sports Nutrition Guidebook (Human Kinetics). A reasonable goal is to try and gain one pound per week for an 8-10 week stretch.

It is very important not to overlook the role nutrition plays in acquiring maximum physical development. What you eat on a daily basis helps determine your body fat levels as well as how much energy you have for intense, rigorous workouts, practices and games. Whether you are trying to gain muscle, reduce body fat, or maintain your current stature - it is very important you follow these basic dietary recommendations:

- A balanced diet consists of approximately 55-60% carbs, 15-20% fat and 15-20% protein.
- Eat a variety of healthy foods (fruits, vegetables, whole grains, etc.).
- LIMIT your intake of fat, sugar, and sodium.
- Drink plenty of WATER!
- Eat 5-7 "smaller" meals throughout the day (size of meal depends on actual goal: weight loss vs. gain).
- Quality Food Choices:
  - **Protein:** fish, chicken, tuna, lean red meat, turkey, low fat dairy products
  - **Carbs:** oatmeal, brown rice, whole wheat pasta, sweet potatoes, beans, fruits, veggies
  - **Fat:** fish, nuts, peanut butter
**Realistic Sample Menu:**

Breakfast: 4-6 scrambled eggs with low fat cheese, bowl of oatmeal, and a banana.
Snack: 1 cup of low fat plain yogurt and two whole grain granola bars.
Lunch: 2 turkey sandwiches, apple, milk, and 4 oatmeal cookies.
Snack: 2 peanut butter and jelly sandwiches, and glass of chocolate milk.
Dinner: 2 chicken breasts, sweet potato, steamed vegetables, and a whole wheat roll.
Snack: Handful of almonds

**Fluid Goals**

It is extremely important to be well hydrated, especially during the summer heat. Your performance on the court can decrease dramatically when your body is low on water. You should aim to drink water all day long, don't wait until you are thirsty.

1. Drink 16 oz. of fluid 2 hours before a workout, practice, or game.
2. Drink 8 oz. 15 minutes prior to a workout, practice, or game.
3. Drink during the workout, practice, or game.
4. Drink 24 oz. per pound of bodyweight lost.

**Additional Tips**

- Consume enough calories to add 1lb. of bodyweight per week. If you aren’t gaining weight with what you are currently eating... EAT MORE!
- Try and get most of your calories from regular food and don't look for supplements as a cure all.
- Adopt health eating habits that will last you a lifetime. Don't bother with a quick fix or a temporary diet. If you are on a diet temporarily, you will lose the results once you stop.
- Plan your day, pack snacks, wake up early enough to eat breakfast, etc.
- Eat a diet rich in complex carbohydrates to provide the energy source to fuel your intense training, practices, and games.

**Pre-Game Rules:**

1. Eat lightly before you play. You don’t want a full stomach to weigh you down.
2. Limit eating fatty foods before you play.
3. Drink sufficient amounts of water (see above for fluid requirements).

**Post-Game Rules:**

1. Consume carbohydrate rich foods and beverages (Gatorade) as soon as possible after you play. This will replenish your muscle’s energy stores.
2. Replace fluids that have been lost (see above for fluid requirements).
3. Replace any potassium or sodium that has been lost during competition or training. Fruits, vegetables, and salty foods are excellent for this.

**Recipe for a Super Shake:**

- 1 cup of frozen fruit (strawberries and/or blueberries work well)
- 1 cup of either low fat milk or orange/apple juice
- 1 cup of low fat yogurt
- 1 packet of low sugar oatmeal
- 1 to 2 scoops of protein powder
- Blend and enjoy as a great post workout/practice meal!
10 Golden Rules for Basketball Players:

1. Eat something every 2-3 hours, regardless of hunger levels.
2. Get lean protein at every meal.
3. Eat healthy fats every day. Avoid all hydrogenated (trans) fats and fried foods.
4. Breakfast, pre and post-training/game nutrition are the three most important meals of the day.
5. Eat lean protein before you go to bed. This includes sleep at night, as well as naps during the day.
6. Eat vegetables as often as possible.
7. Drink water all the time. Don’t drink anything with high fructose corn syrup.
8. Try to eat these foods at least 3 times per week:
   - Lean red meat
   - Fish
   - Eggs
   - Low fat plain yogurt
   - Spinach
   - Sweet potatoes
   - Tomatoes
   - Berries
   - Oranges
   - Beans
   - Whole Oats
   - Nuts
   - Avocados
   - Broccoli
9. Use supplements intelligently, not as a crutch or to make up for poor diet. Avoid all performance enhancing supplements; only use for extra protein or calories.
10. Being serious about basketball means being serious about nutrition. Eat like crap, play like crap!

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Strength Training for Basketball Players
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Strength training should be: **Safe, Time Efficient, and Productive.**

**Safety:**
- Perfect exercise technique and form prior to utilizing additional resistance.
- Perform **every** movement in a slow, controlled, and deliberate fashion with special emphasis focused on the eccentric (negative) phase of each lift.
- Work within an appropriate repetition range (6-25 reps/set for most adults).

**Time Efficiency:**
- Use a limited number of sets and exercises each workout (brief yet intense workouts).
- Minimize rest intervals ("circuit") to induce an overall conditioning effect.

**Productivity:**
- Train the entire body equally (include **all** muscle groups) to ensure muscle balance.
- **Train at a high level of intensity (as close to muscular fatigue as possible).**
- Utilize a predetermined method of progression.
- Record all pertinent workout data.

**Program Design**

**Training Frequency:** 2-3 workouts per week

**Training Duration:** 40-60 minutes per workout

**Training Volume:** 1-3 sets per exercise, 10-15 total exercises per workout

**Training Intensity:** Perform each set to a point that no other “quality” repetitions are possible (muscle failure/muscle fatigue)

**Repetition Ranges:** 8-20 repetitions per set (reaching muscle fatigue prior to 6 repetitions means the resistance is “too heavy” and increases orthopedic stress)

**Equipment:** Utilize what is available - free weights, machines, manual resistance, etc.
10 Strength Training Guidelines

1. Perform perfect repetitions every time you strength train.
   • Perform slow and controlled reps with no bouncing!

2. Strength train at high level of intensity.
   • Take every set to the point at which no further reps can be completed.

3. Strength train progressively.
   • You must consistently increase the weight in order to get stronger.

4. Strength train within a predetermined rep range.
   • Aim for 8-12 reps for your upper body and 12-15 for your lower body.

5. Strength train the entire body equally.
   • Muscular balance is important for injury prevention.

6. Strength train using a limited volume of sets and exercises.
   • It’s not how much you do; it’s how hard you do it!

7. Strength train larger muscle groups first.
   • Hit your largest muscle groups early while you are fresh.

8. Allow for adequate recovery between strength training sessions.
   • Do not over train!

9. Keep accurate records of all strength training sessions.
   • Accountability is crucial for success.

10. Use advanced strength training techniques appropriately.
    • Limit overuse of assisted reps and breakdown sets.
Sample Strength Training Routines

Sets: 1-2 sets per exercise  
Reps: Reach muscular fatigue between 8-12 reps  
Rest: Rest 1:00-2:00 minutes between exercises

**Upper body workout #1**  
- Chest fly  
- Bench press  
- Pullover  
- Pull-ups  
- Lateral raise  
- Shoulder press  
- Rear delt raise  
- Seated row  
- Tricep extension  
- Bicep curl

**Upper body workout #2**  
- Pulldown  
- Shoulder press  
- High row  
- Incline press  
- Seated row  
- Chest press  
- Low row  
- Decline press  
- Upright row  
- Dip

**Lower body workout #1**  
- Squat  
- Leg curl  
- Walking lunge  
- Hip adduction (groin)  
- Low back extension  
- Calf raise  
- Abs

**Lower body workout #2**  
- Leg press  
- Straight leg deadlift  
- Step-ups  
- Hip abduction  
- Wall sit  
- Calf raise  
- Abs

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