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Basketball coaching resources for all levels

## Thoughts on Conditioning.....

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We did some conditioning today. No practice, just conditioning for about 30 minutes. All coaches want and encourage their players to begin the season in great condition. Let's be honest, it rarely happens. High school coaches have the shortest amount of time to get their team in great condition, and having the football players coming directly to basketball could make it longer. Football shape and basketball shape are different.

College coaches probably have the most time with their players to ensure they are in great condition. With the rule changes, where practice starts earlier and they are allowed time before practice to condition, college teams should, and usually are, in great condition by the beginning of November when they start playing games.

Most NBA players come into camp in great shape. A few don't. Teams have one week to practice before they begin exhibition play. Some teams require players to pass a mandatory conditioning test before they are allowed to practice. Some don't. All teams do some sort of conditioning in the 4 weeks prior to the beginning of the regular season. Once the season starts, very little team conditioning occurs. The Strength/Conditioning coaches are responsible for the conditioning of the players from this point forward. Since we play so many games, players 1-9 can keep up their conditioning, however, players 10-14 must be committed to keep in game shape. We have these players play 3 on 3, 4 on 4, and full court work with the S/C and assistant coaches. Practices are neither long enough or rigorous enough to maintain conditioning, therefore the extra work for these players is very important.

It has always been my opinion that any team conditioning be done with a ball, and skill work incorporated. As a young HS coach, I "put them on the line", as most do. After a few years, and possibly some maturity, I included skill work with balls into team conditioning.

The best resource I have found through the years comes from a good friend, Mark Grabow, long time coach with the GS Warriors. His book, "On Court 100" is the best. He has developed team conditioning drills both with and without balls.

Making conditioning seem as much like the game as possible is important. Use balls, shooting, running, competition, 5 on 0 offense and transition defense as much as possible. Think back to when you played. Was there anything worse than running lines or sprints?

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