



Athleticism Training Explained

The J's wholistic approach to developing young athletes includes what is commonly referred to as Speed and Agility Training. At The J, we refer to this as Athleticism. While it is true that genetics plays a large role in an individual's athleticism – the notion of he/she being a “natural” athlete - we believe all children can improve their Athleticism.

The NSCA (National Strength and Conditioning Association) defines Athleticism as the ability to repeatedly perform a range of movements with precision and confidence in a variety of environments, which require competent levels of motor skills, strength, power, speed, agility, balance, coordination and endurance.

Athleticism training is included within each practice session of our Triple Threat Basketball Program with the goal of helping young players improve their lateral quickness, first step explosiveness, vertical jump and overall body awareness.

Our coaches utilize the following stages of development when implementing this training.

Stage 1: Mastery of Technique

At this stage, it is important for young athletes to learn the right way to perform the specific movements that will form the building blocks for more effective and efficient application of these movements in the future. Taking the time to learn the right way to perform these movements will also build confidence.

Stage 2: Intensity of Training

Building on the foundation established in Stage 1, young athletes will be challenged to perform specific movements with greater speed and confidence. At this stage, the elements of fun and competition are introduced to push the athlete to advance his or her abilities.

Stage 3: Application of Skills to Meet New Challenges

Variation, more advanced drills and combination of drills are all a part of Stage 3 training. Athletes are challenged to apply their physical skills in new ways to simulate the unpredictability encountered in game play.

The Three Stages of Athleticism Training and the Three Levels of the Triple Threat Program

The three Stages of Athleticism training loosely correspond to the three levels of the Triple Threat Basketball Program. Level 1 (3rd-5th grade) is the time for learning proper techniques in both the skills of the game and the core athletic movements that are so important in a game of movement like basketball. In Level 2 (6th-7th grade), players are divided into groups based upon competence in the basics Athletic movements allowing those that are ready for Stage 2 Training to advance, while making sure those that need to master the techniques can train at Stage 1 until they are ready to advance. Finally, those who are in the Level 3 (8th grade) division of the Program will be divided into Stage 2 and Stage 3 training based upon the individual's level of competency. Players may advance to a higher Stage during the season as determined by their coaches.

Age Appropriate Training Protocols

The J believes strongly that all training and practice drills should be conducted with the child's best interest in mind at all times. There are no short cuts to achieving desired goals in sports training and those that attempt push a child beyond their physical limitations, whether based upon age or level of development risk injury and burnout or both.

The J believes that finding the proper balance between challenging and the age appropriate intensity level is a key to long term success.