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We Are Basketball

IMPROVE YOUR... SPECIFIC TRAINING

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Throughout this publication, all references made to a player, coach, referee, etc., in the male gender also apply to the female gender. It must be understood that this is done for practical reasons only.

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STANDARD QUALITY GLOBAL CONNECTION

IMPROVE YOUR...

SPECIFIC TRAINING

HOW TO IMPROVE YOUR SPECIFIC TRAINING

In the contemporary world of sports officials, basketball referees are considered as athletes and therefore are required to train the different physical abilities to enhance their on-court performances. Most of these physical abilities are similar to other general sports training, but as a specific discipline, officiating has its own characteristics. For that reason, this document presents to you some ideas to improve your specific training workouts that will contribute to a better performance on the court.

SPECIFIC SPRINTS

There are some types of sprints which are really specific for a basketball referee. Non-looking sprints is one of these. They are sprints that simulate a real sprint from a basketball referee when the referee is running, with their head turned to the side so that they can continue to look always at the court and the play.

During a game, referees have to often change direction and sprint to the other side of the court. The action to commence this run starts with a 'power step' and is followed by a 'baseline blast' (that is, running from Trail to the baseline with a turn-around 2-step stop giving you full balance immediately and allowing you to be ready to officiate in in the Lead position). This 'baseline blast' is a really specific move for a basketball referee and most of the time, is started with a 'power step'.

During training, it is important to simulate as close as possible the actual on court activities. Regardless of the type of sprint training you do, please also consider sprint training whilst you have a whistle in your mouth. It may look weird, but it is what you do when you are officiating a game.

As a general guide, the distances for sprint training should be between 20 and 60 meters and it is important that your recovery should be COMPLETE prior to the next repetition.

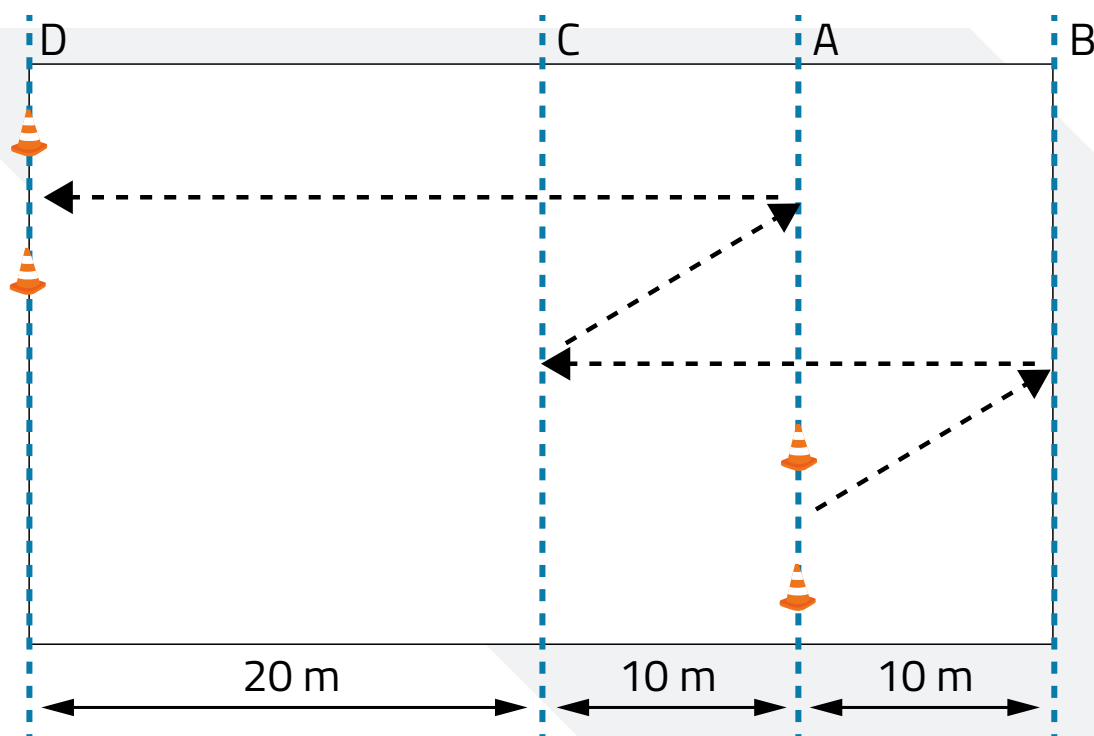
Below you can find a sample workout, where you can use the different types of sprints in different sessions or even combining them in the same session (non-looking sprints, running with the whistle, power step + baseline blast).

Specific Speed Sample Workout	
1) 15' warm up	4) 2 repetitions x 40m
2) 5' active stretching	5) 3 repetitions x 30m
Speed sets	6) 4 repetitions x 20m
Full recovery (around 1 minute)	7) 5 repetitions x 10m
3) 1 repetition x 50m	8) 10' cool down + stretching

SPECIFIC REPEAT SPRINT ABILITY (RSA)

As we mentioned before, RSA (Repeat Sprint Ability), is the ability of your body to recover after a short burst of speed and the ability to perform subsequent sprints. In basketball most of the time we can sprint in more than one direction; a team steals the ball, recover the possession and the referee has to turn back (power step) and sprint in the other direction (baseline blast). As result of this, we need to train in the most specific and realistic way. This can involve training the RSA at least in 2 directions whilst maintaining an incomplete recovery. This is called RSA with change of direction (CoD). It is scientifically proven that repeated sprints improvement is higher using change of direction in well trained athletes (Sanchez et al., 2019).

In basketball it is important to finish the last sprint (from A to D) whilst maintaining a good balance and a good technical position.



Example from Sanchez et al., 2019.

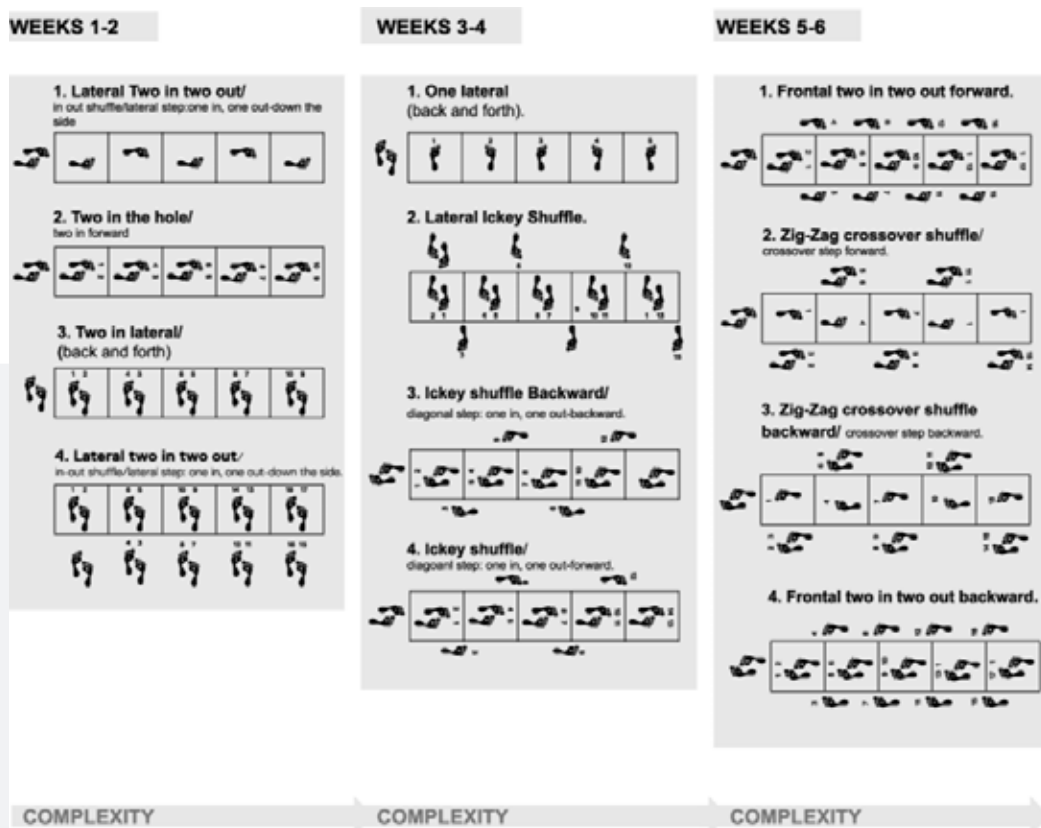
Specific RSA with COD - Sample Workout

- | | |
|--|--|
| 1) 15' warm up | 3) 2 repetitions x 20m x 10m x 15m x 10m |
| 2) 5' active stretching | 4) 4 repetitions x 15m x 10m x 5m x 10m |
| Speed sets | 5) 6 repetitions x 10m x 5m x 3m x 5m |
| Incomplete recovery (walking to the other end) | 6) 10' cool down + stretching |

AGILITY TRAINING (FOOTWORK)

Agility is the ability of the body to change direction quickly and accurately without losing balance and speed. For a basketball referee, agility is one of the key abilities to move effectively on the court.

One of the ways to improve the agility for a basketball referee is through footwork training; ladder drills and jumping rope, to name a few. Footwork is the way that a basketball referee moves their feet on the basketball court in short movements. Footwork will help you work on your agility, balance, speed and quickness by training the most useful movement patterns in basketball. Proper footwork promotes balance, quickness, and readiness to react on the court. Please see below an example of a 6 week scientifically tested programme which can improve your agility (footwork), by following the progression proposed by Padron-Cabo et al. (2019)



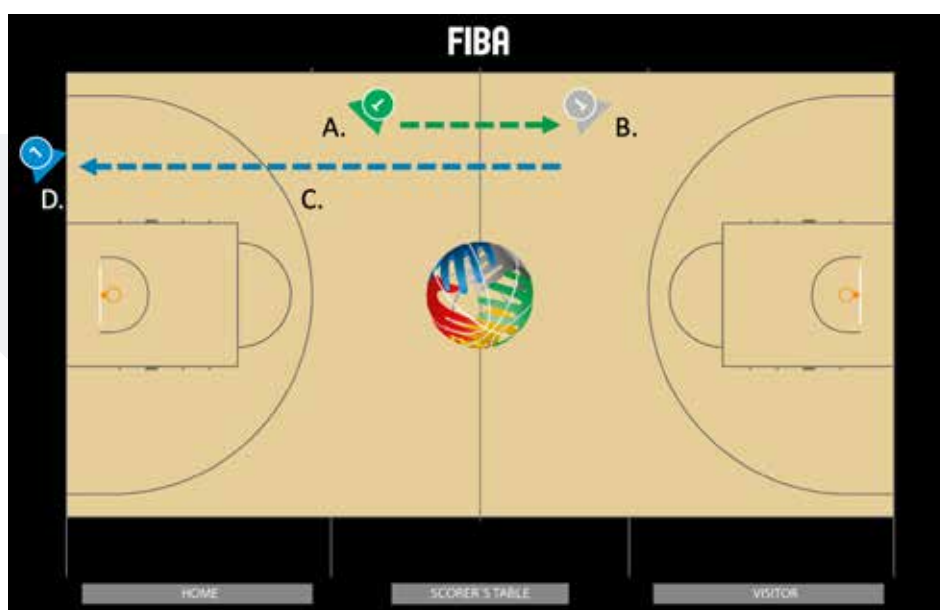
Footwork progression (Padron-Cabo et al., 2019)

REFEREES ON COURT DRILL

As we mentioned before, the sum of the different parts (non-looking sprints + CoD + power step + baseline blast) give us the real action that the referees reproduce on the court during the game. Therefore, please see below a sample workout that includes all these parts.

The referee starts in position a) sprints to the position b) turns around using the power step; sprints again to the other side c) and finishes with a baseline blast d).

In order to train this specific on court drill, we can it repeat several times in the same workout. Consider also training non-looking sprints, with the whistle in your mouth to make it even more specific and realistic.



Referees on court drill

Referees on court drill- Sample Workout

- | | |
|-------------------------|--|
| 1) 15' warm up | Incomplete recovery (walking to the other end) |
| 2) 5' active stretching | 3) 3 set x 5 repetitions x 5m + 20m |
| Speed sets | 4) 10' cool down + stretching |

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