

D1 SPORTS TRAINING WACO

D1 SPORTS TRAINING WACO OFFERS SPECIALIZED ATHLETIC TRAINING PROGRAMS DESIGNED TO HELP ATHLETES OF ALL AGES AND SKILL LEVELS ENHANCE THEIR PERFORMANCE. THIS COMPREHENSIVE TRAINING FACILITY IN WACO, TEXAS, FOCUSES ON DEVELOPING STRENGTH, SPEED, AGILITY, AND OVERALL ATHLETICISM THROUGH SCIENTIFICALLY BACKED METHODS AND EXPERT COACHING. WHETHER TRAINING FOR HIGH SCHOOL SPORTS, COLLEGE RECRUITMENT, OR PERSONAL FITNESS GOALS, D1 SPORTS TRAINING WACO PROVIDES TAILORED PROGRAMS THAT CATER TO INDIVIDUAL NEEDS. THE FACILITY IS EQUIPPED WITH STATE-OF-THE-ART EQUIPMENT AND STAFFED BY CERTIFIED TRAINERS WHO EMPHASIZE INJURY PREVENTION AND LONG-TERM ATHLETIC DEVELOPMENT. THIS ARTICLE EXPLORES THE VARIOUS ASPECTS OF D1 SPORTS TRAINING IN WACO, INCLUDING ITS TRAINING PROGRAMS, FACILITY FEATURES, COACHING STAFF, AND THE BENEFITS OF ENROLLING. POTENTIAL CLIENTS WILL GAIN INSIGHT INTO WHY D1 IS A LEADING CHOICE FOR SPORTS PERFORMANCE TRAINING IN THE WACO AREA.

- OVERVIEW OF D1 SPORTS TRAINING WACO
- TRAINING PROGRAMS OFFERED
- FACILITY AND EQUIPMENT
- EXPERIENCED COACHING STAFF
- BENEFITS OF D1 SPORTS TRAINING WACO
- ENROLLMENT AND MEMBERSHIP OPTIONS

OVERVIEW OF D1 SPORTS TRAINING WACO

D1 SPORTS TRAINING WACO IS PART OF A NATIONWIDE NETWORK COMMITTED TO PROVIDING ELITE ATHLETIC TRAINING TAILORED TO THE NEEDS OF YOUTH AND ADULT ATHLETES. LOCATED CONVENIENTLY IN WACO, TEXAS, THIS FACILITY COMBINES CUTTING-EDGE TRAINING TECHNIQUES WITH A SUPPORTIVE ENVIRONMENT TO CULTIVATE ATHLETIC EXCELLENCE. THE CENTER FOCUSES ON BUILDING NOT ONLY PHYSICAL SKILLS BUT ALSO MENTAL TOUGHNESS, AGILITY, AND INJURY RESILIENCE. BY INTEGRATING PERFORMANCE SCIENCE WITH PERSONALIZED COACHING, D1 SPORTS TRAINING WACO AIMS TO MAXIMIZE EACH ATHLETE'S POTENTIAL IN THEIR RESPECTIVE SPORTS.

TRAINING PROGRAMS OFFERED

D1 SPORTS TRAINING WACO PROVIDES A WIDE RANGE OF PROGRAMS DESIGNED TO MEET DIVERSE ATHLETIC GOALS. THESE PROGRAMS ARE DEVELOPED WITH INPUT FROM SPORTS SCIENTISTS, STRENGTH AND CONDITIONING EXPERTS, AND EXPERIENCED COACHES TO ENSURE EFFECTIVENESS AND SAFETY.

SPEED AND AGILITY TRAINING

SPEED AND AGILITY ARE CRITICAL COMPONENTS FOR SUCCESS IN MANY SPORTS. D1 SPORTS TRAINING WACO OFFERS SPECIALIZED DRILLS AND CONDITIONING ROUTINES AIMED AT IMPROVING QUICKNESS, ACCELERATION, AND CHANGE OF DIRECTION. THESE SESSIONS USE ADVANCED TIMING SYSTEMS AND VIDEO ANALYSIS TO MONITOR PROGRESS AND REFINE TECHNIQUE.

STRENGTH AND CONDITIONING

THE STRENGTH AND CONDITIONING PROGRAM FOCUSES ON BUILDING MUSCULAR POWER, ENDURANCE, AND OVERALL FITNESS.

ATHLETES ENGAGE IN WEIGHT TRAINING, RESISTANCE EXERCISES, AND FUNCTIONAL MOVEMENTS DESIGNED TO SUPPORT SPORT-SPECIFIC DEMANDS. PROPER FORM AND INJURY PREVENTION ARE PRIORITIZED THROUGHOUT THESE SESSIONS.

SPORT-SPECIFIC TRAINING

D1 SPORTS TRAINING WACO OFFERS TAILORED PROGRAMS FOR SPORTS SUCH AS FOOTBALL, BASKETBALL, BASEBALL, SOCCER, VOLLEYBALL, AND MORE. THESE PROGRAMS ADDRESS THE UNIQUE PHYSICAL AND TECHNICAL SKILLS REQUIRED FOR EACH SPORT, HELPING ATHLETES PERFORM AT THEIR BEST DURING COMPETITION.

YOUTH DEVELOPMENT PROGRAMS

FOR YOUNGER ATHLETES, D1 PROVIDES AGE-APPROPRIATE TRAINING THAT EMPHASIZES FUNDAMENTAL MOVEMENT SKILLS, COORDINATION, AND ATHLETIC CONFIDENCE. THESE PROGRAMS FOSTER A LOVE FOR SPORTS WHILE BUILDING A STRONG FOUNDATION FOR FUTURE ATHLETIC DEVELOPMENT.

FACILITY AND EQUIPMENT

THE D1 SPORTS TRAINING FACILITY IN WACO IS EQUIPPED WITH MODERN, HIGH-QUALITY EQUIPMENT THAT SUPPORTS A VARIETY OF TRAINING MODALITIES. THE ENVIRONMENT IS DESIGNED TO ACCOMMODATE INDIVIDUAL WORKOUTS, SMALL GROUP SESSIONS, AND TEAM TRAINING.

- ADVANCED SPEED AND AGILITY STATIONS
- OLYMPIC WEIGHTLIFTING PLATFORMS AND FREE WEIGHTS
- FUNCTIONAL TRAINING ZONES WITH KETTLEBELLS, MEDICINE BALLS, AND RESISTANCE BANDS
- INDOOR TURF FIELDS FOR SPORT-SPECIFIC DRILLS
- RECOVERY AND MOBILITY AREAS WITH FOAM ROLLERS AND STRETCHING ZONES

THE FACILITY'S LAYOUT ENCOURAGES EFFICIENT TRAINING FLOW AND PROVIDES A SAFE SPACE FOR ATHLETES TO PUSH THEIR LIMITS UNDER EXPERT SUPERVISION.

EXPERIENCED COACHING STAFF

D1 SPORTS TRAINING WACO PRIDES ITSELF ON EMPLOYING HIGHLY QUALIFIED COACHES AND TRAINERS WHO BRING EXTENSIVE EXPERIENCE IN ATHLETIC PERFORMANCE AND SPORTS SCIENCE. EACH COACH HOLDS CERTIFICATIONS FROM REPUTABLE ORGANIZATIONS IN STRENGTH AND CONDITIONING, SPEED TRAINING, AND SPORTS MEDICINE.

- CERTIFIED STRENGTH AND CONDITIONING SPECIALISTS (CSCS)
- FORMER COLLEGIATE AND PROFESSIONAL ATHLETES
- SPECIALISTS IN INJURY PREVENTION AND REHABILITATION
- EXPERTISE IN NUTRITION AND MENTAL CONDITIONING

THE COACHING STAFF WORKS CLOSELY WITH ATHLETES TO DEVELOP PERSONALIZED TRAINING PLANS THAT ALIGN WITH THEIR GOALS, ENSURING MEASURABLE PROGRESS AND MOTIVATION THROUGHOUT THE TRAINING JOURNEY.

BENEFITS OF D1 SPORTS TRAINING WACO

PARTICIPATING IN D1 SPORTS TRAINING WACO OFFERS NUMEROUS ADVANTAGES FOR ATHLETES SEEKING TO IMPROVE THEIR SPORTS PERFORMANCE AND OVERALL HEALTH.

- **IMPROVED ATHLETIC PERFORMANCE:** ENHANCED SPEED, STRENGTH, AND AGILITY TRANSLATE DIRECTLY TO BETTER COMPETITION OUTCOMES.
- **INJURY PREVENTION:** EMPHASIS ON PROPER MECHANICS AND CONDITIONING REDUCES THE RISK OF SPORTS-RELATED INJURIES.
- **EXPERT GUIDANCE:** ACCESS TO PROFESSIONAL COACHING ENSURES TRAINING IS EFFECTIVE AND TAILORED TO INDIVIDUAL NEEDS.
- **MOTIVATION AND ACCOUNTABILITY:** GROUP TRAINING AND ONE-ON-ONE COACHING FOSTER A SUPPORTIVE ATMOSPHERE ENCOURAGING CONSISTENT EFFORT.
- **COMPREHENSIVE DEVELOPMENT:** PROGRAMS ADDRESS PHYSICAL, TECHNICAL, AND MENTAL ASPECTS OF ATHLETIC PERFORMANCE.

THESE BENEFITS MAKE D1 SPORTS TRAINING WACO AN IDEAL CHOICE FOR ATHLETES SERIOUS ABOUT ADVANCING THEIR SKILLS AND REACHING PEAK PHYSICAL CONDITION.

ENROLLMENT AND MEMBERSHIP OPTIONS

D1 SPORTS TRAINING WACO OFFERS FLEXIBLE ENROLLMENT AND MEMBERSHIP OPTIONS DESIGNED TO ACCOMMODATE DIFFERENT SCHEDULES AND TRAINING PREFERENCES. PROSPECTIVE MEMBERS CAN CHOOSE FROM DROP-IN SESSIONS, MONTHLY MEMBERSHIPS, OR LONGER-TERM TRAINING PACKAGES.

- **INDIVIDUAL TRAINING SESSIONS:** ONE-ON-ONE COACHING TAILORED TO SPECIFIC GOALS.
- **GROUP TRAINING CLASSES:** SMALL GROUP PROGRAMS THAT BUILD CAMARADERIE AND COMPETITIVE SPIRIT.
- **TEAM TRAINING:** CUSTOMIZED TRAINING PLANS FOR SPORTS TEAMS PREPARING FOR SEASONS AND TOURNAMENTS.
- **SPECIALTY CAMPS AND CLINICS:** SEASONAL PROGRAMS FOCUSING ON SKILL DEVELOPMENT AND CONDITIONING.

REGISTRATION IS STRAIGHTFORWARD, WITH OPTIONS TO SCHEDULE ASSESSMENTS AND CONSULTATIONS TO DETERMINE THE MOST APPROPRIATE TRAINING PATHWAY FOR EACH ATHLETE'S UNIQUE NEEDS.

FREQUENTLY ASKED QUESTIONS

WHAT IS D1 SPORTS TRAINING IN WACO?

D1 SPORTS TRAINING IN WACO IS A FACILITY THAT OFFERS SPORT-SPECIFIC TRAINING PROGRAMS DESIGNED TO IMPROVE ATHLETIC PERFORMANCE FOR VARIOUS SPORTS, FOCUSING ON STRENGTH, SPEED, AGILITY, AND CONDITIONING.

WHAT AGE GROUPS DOES D1 SPORTS TRAINING WACO CATER TO?

D1 SPORTS TRAINING WACO PROVIDES TRAINING PROGRAMS FOR ATHLETES OF ALL AGES, FROM YOUTH ATHLETES TO HIGH SCHOOL, COLLEGE, AND EVEN ADULT ATHLETES.

WHAT TYPES OF SPORTS TRAINING PROGRAMS ARE AVAILABLE AT D1 SPORTS TRAINING WACO?

THEY OFFER TRAINING PROGRAMS FOR SPORTS INCLUDING FOOTBALL, BASKETBALL, BASEBALL, SOCCER, VOLLEYBALL, AND MORE, WITH CUSTOMIZED WORKOUTS TAILORED TO EACH ATHLETE'S NEEDS.

DOES D1 SPORTS TRAINING WACO OFFER PERSONAL TRAINING SESSIONS?

YES, D1 SPORTS TRAINING WACO OFFERS ONE-ON-ONE PERSONAL TRAINING SESSIONS TO PROVIDE INDIVIDUALIZED COACHING AND MAXIMIZE ATHLETIC DEVELOPMENT.

ARE THERE GROUP TRAINING CLASSES AT D1 SPORTS TRAINING WACO?

YES, D1 SPORTS TRAINING WACO OFFERS GROUP TRAINING CLASSES THAT FOCUS ON VARIOUS SKILL SETS SUCH AS SPEED, AGILITY, STRENGTH, AND CONDITIONING IN A TEAM ENVIRONMENT.

HOW CAN I SIGN UP FOR PROGRAMS AT D1 SPORTS TRAINING WACO?

YOU CAN SIGN UP FOR PROGRAMS BY VISITING THEIR OFFICIAL WEBSITE OR CONTACTING THE WACO LOCATION DIRECTLY TO GET INFORMATION ON SCHEDULES, PRICING, AND PROGRAM AVAILABILITY.

WHAT MAKES D1 SPORTS TRAINING WACO DIFFERENT FROM OTHER TRAINING FACILITIES?

D1 SPORTS TRAINING WACO USES SPORT-SPECIFIC, SCIENTIFICALLY BACKED TRAINING METHODS COMBINED WITH EXPERT COACHES TO DELIVER PERSONALIZED ATHLETIC DEVELOPMENT AND INJURY PREVENTION.

DOES D1 SPORTS TRAINING WACO OFFER VIRTUAL OR ONLINE TRAINING OPTIONS?

YES, D1 SPORTS TRAINING WACO OFFERS VIRTUAL TRAINING PROGRAMS THAT ALLOW ATHLETES TO TRAIN REMOTELY WITH PROFESSIONAL GUIDANCE AND CUSTOMIZED WORKOUT PLANS.

WHAT ARE THE OPERATING HOURS OF D1 SPORTS TRAINING WACO?

OPERATING HOURS CAN VARY, BUT TYPICALLY D1 SPORTS TRAINING WACO IS OPEN MONDAY THROUGH SATURDAY WITH SESSIONS AVAILABLE THROUGHOUT THE DAY; IT IS BEST TO CHECK THEIR WEBSITE OR CALL FOR EXACT HOURS.

IS D1 SPORTS TRAINING WACO SUITABLE FOR BEGINNERS OR ONLY ADVANCED ATHLETES?

D1 SPORTS TRAINING WACO WELCOMES ATHLETES OF ALL SKILL LEVELS, INCLUDING BEGINNERS, AND DESIGNS TRAINING PROGRAMS TO MEET THE SPECIFIC NEEDS AND GOALS OF EACH PARTICIPANT.

ADDITIONAL RESOURCES

1. *MAXIMIZING PERFORMANCE: THE D1 SPORTS TRAINING WACO APPROACH*

THIS BOOK DELVES INTO THE SPECIALIZED TRAINING METHODS USED AT D1 SPORTS TRAINING IN WACO, FOCUSING ON ENHANCING ATHLETIC PERFORMANCE THROUGH SCIENCE-BACKED EXERCISES. IT COVERS STRENGTH CONDITIONING, SPEED DRILLS, AND INJURY PREVENTION TECHNIQUES TAILORED FOR ATHLETES AT ALL LEVELS. READERS WILL GAIN INSIGHT INTO HOW PERSONALIZED COACHING CAN ELEVATE THEIR GAME.

2. *STRENGTH AND CONDITIONING STRATEGIES AT D1 SPORTS TRAINING WACO*

EXPLORE THE CORE PRINCIPLES OF STRENGTH AND CONDITIONING AS PRACTICED AT D1 SPORTS TRAINING WACO. THIS GUIDE OFFERS DETAILED WORKOUT PLANS, NUTRITION ADVICE, AND RECOVERY PROTOCOLS DESIGNED TO BUILD POWER AND ENDURANCE. PERFECT FOR COACHES AND ATHLETES SEEKING TO IMPLEMENT COMPREHENSIVE TRAINING REGIMENS.

3. SPEED DEVELOPMENT TECHNIQUES: LESSONS FROM D1 SPORTS TRAINING WACO

SPEED IS A CRITICAL ASSET IN MANY SPORTS, AND THIS BOOK HIGHLIGHTS THE DRILLS AND METHODOLOGIES EMPLOYED AT D1 SPORTS TRAINING IN WACO TO IMPROVE QUICKNESS AND AGILITY. IT INCLUDES PROGRAMS FOR SPRINT MECHANICS, REACTION TIME, AND PLYOMETRICS. ATHLETES CAN LEARN HOW TO GAIN A COMPETITIVE EDGE THROUGH SCIENTIFICALLY GROUNDED SPEED TRAINING.

4. INJURY PREVENTION AND RECOVERY AT D1 SPORTS TRAINING WACO

INJURIES CAN SIDELINE EVEN THE MOST DEDICATED ATHLETES, BUT WITH PROPER CARE AND TRAINING, RISKS CAN BE MINIMIZED. THIS BOOK FOCUSES ON THE INJURY PREVENTION STRATEGIES AND REHABILITATION EXERCISES USED AT D1 SPORTS TRAINING WACO. IT PROVIDES ACTIONABLE ADVICE FOR MAINTAINING PEAK PHYSICAL HEALTH THROUGHOUT AN ATHLETE'S CAREER.

5. NUTRITION AND PERFORMANCE: FUELING SUCCESS AT D1 SPORTS TRAINING WACO

NUTRITION IS A CORNERSTONE OF ATHLETIC SUCCESS, AND THIS BOOK OUTLINES THE DIETARY PRINCIPLES EMPHASIZED AT D1 SPORTS TRAINING IN WACO. COVERING MEAL PLANNING, SUPPLEMENTATION, AND HYDRATION, IT HELPS ATHLETES OPTIMIZE THEIR FUEL INTAKE TO ENHANCE TRAINING OUTCOMES AND RECOVERY.

6. THE ATHLETE'S MINDSET: MENTAL TRAINING INSIGHTS FROM D1 SPORTS TRAINING WACO

PHYSICAL TRAINING IS ONLY PART OF THE EQUATION; MENTAL TOUGHNESS IS EQUALLY IMPORTANT. THIS BOOK EXPLORES THE PSYCHOLOGICAL COACHING TECHNIQUES USED AT D1 SPORTS TRAINING WACO TO BUILD FOCUS, RESILIENCE, AND CONFIDENCE. ATHLETES WILL LEARN STRATEGIES TO OVERCOME CHALLENGES AND STAY MOTIVATED.

7. YOUTH SPORTS TRAINING PROGRAMS AT D1 SPORTS TRAINING WACO

DESIGNED FOR YOUNG ATHLETES, THIS BOOK PROVIDES AN OVERVIEW OF AGE-APPROPRIATE TRAINING PROGRAMS OFFERED AT D1 SPORTS TRAINING WACO. IT EMPHASIZES SAFE PROGRESSION, SKILL DEVELOPMENT, AND FUN, ENSURING THAT YOUNG PLAYERS BUILD A STRONG FOUNDATION FOR FUTURE ATHLETIC SUCCESS. PARENTS AND COACHES WILL FIND VALUABLE TIPS FOR NURTURING TALENT.

8. FUNCTIONAL FITNESS FOR ATHLETES: THE D1 SPORTS TRAINING WACO METHOD

FUNCTIONAL FITNESS ENHANCES AN ATHLETE'S ABILITY TO PERFORM REAL-WORLD MOVEMENTS EFFICIENTLY AND SAFELY. THIS BOOK DETAILS THE EXERCISES AND ROUTINES POPULAR AT D1 SPORTS TRAINING WACO THAT IMPROVE BALANCE, COORDINATION, AND OVERALL ATHLETICISM. IT IS IDEAL FOR ATHLETES LOOKING TO TRANSLATE GYM WORK INTO ON-FIELD PERFORMANCE.

9. ADVANCED ATHLETIC TRAINING: PROGRAMS AND PROTOCOLS FROM D1 SPORTS TRAINING WACO

FOR SEASONED ATHLETES AIMING TO REACH ELITE LEVELS, THIS BOOK PRESENTS ADVANCED TRAINING PROTOCOLS DEVELOPED AT D1 SPORTS TRAINING WACO. IT COVERS PERIODIZATION, SPORT-SPECIFIC DRILLS, AND HIGH-INTENSITY WORKOUTS DESIGNED TO PUSH LIMITS WHILE MANAGING FATIGUE. READERS WILL FIND EXPERT GUIDANCE TO BREAK THROUGH PLATEAUS AND ACHIEVE PEAK PERFORMANCE.

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d1 sports training waco: *The Playing Grounds of College Football* Mark Pollak, 2018-11-16
College football teams today play for tens of thousands of fans in palatial stadiums that rival those of pro teams. But most started out in humbler venues, from baseball parks to fairgrounds to cow

pastures. This comprehensive guide traces the long and diverse history of playing grounds for more than 1000 varsity football schools, including bowl-eligible teams, as well as those in other divisions (FCS, D2, D3, NAIA).

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d1 sports training waco: *Ds Performance Strength & Conditioning Training Program for Basketball, Speed, Advanced* D. F. J. Smith, 2016-12-02 A 12 week strength & conditioning training program for Basketball, focusing on speed development for an advanced level. DS Performance have created an exclusive series of sport specific, strength & conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40%-95%. The tables are broken down into 5% loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. While in Basketball no two players are exactly alike in size, shape or skill level, players must always improve their on-court performance by developing key physical attributes. Because becoming a great basketball player is so much more than just refining the skills that are on display on the court, they need to develop speed, power, agility and strength for improved performance. This is why our programmes have been designed to develop the key physical attributes for Basketball. Covering the essential physical aspects to Basketball is just as important as putting the time in on the court. Choose your current training level, Amateur, Intermediate and Advanced for the variable you would like to train and progress your way up to Advanced to really improve your performance. The three levels, Amateur, Intermediate and Advanced represents more your current training age, experience and skill level. Because weight training and other training methods have a completely different set of skills required when lifting and training correctly, compared to your sport. DS Performance training programmes are written to run alongside a skill/sport specific based training plan. DS Performance programmes provide sessions for 3 days of training a week, to alternate between your skill/sport specific training sessions. DS Performance has selected five of the most important physical performance variables/attributes for each of the sports that are essential in developing your performance. DS Performance strength & conditioning training programmes have been written for 20 of the most popular sports globally, the sports selected have a wide range of physical attributes and together we have targeted the primary performance variables, to develop them for increases in your personal performance. DS Performance has been developed to bring elite training methods to everyone, from all levels of sporting ability. The mission of DS Performance is to make training programmes utilised by professional athletes available to all sporting enthusiasts and performers. DS Performance are

providing you with training programmes designed by ex-Team GB athletes and coaching staff that have the practical and applied experience through a wide range of individual and team based sports. Combined with the vast experience an International athlete has on training and peak performance, who also are qualified to a minimum of Post Graduate level, in the form of Masters Degrees in Sport Science, Strength & Conditioning.

d1 sports training waco: Ds Performance Strength & Conditioning Training Program for Basketball, Power, Advanced D. F. J. Smith, 2016-12-02 A 12 week strength & conditioning training program for Basketball, focusing on power development for an advanced level. DS Performance have created an exclusive series of sport specific, strength & conditioning training programmes that have underpinning, evidence based training methods, which have been put in place to improve your performance for all ages and abilities. All programmes have been designed to develop each specific performance variable through the progression of intensity and volume. Along with your training program this book contains a supporting guide to mobility training. This guide uses myofascial release, static stretching and activation work to mobilise the major body parts used in training. It has been put in place to increase your mobility, it can also be used to support your warm-ups and cool downs. To aid your training, we also included a series of tables to create your lifting percentages. These tables will help you work out your working percentages from 40%-95%. The tables are broken down into 5% loads, all in kilograms, ranging from 10kg-300kg All programmes by DS Performance are 12 weeks in duration, we recommend that you do two, six week training blocks, with a de-loading week between the two training blocks. This will allow the body to recover, prepare you for the second training phase and reduce any risk of injury. While in Basketball no two players are exactly alike in size, shape or skill level, players must always improve their on-court performance by developing key physical attributes. Because becoming a great basketball player is so much more than just refining the skills that are on display on the court, they need to develop speed, power, agility and strength for improved performance. This is why our programmes have been designed to develop the key physical attributes for Basketball. Covering the essential physical aspects to Basketball is just as important as putting the time in on the court. Choose your current training level, Amateur, Intermediate and Advanced for the variable you would like to train and progress your way up to Advanced to really improve your performance. The three levels, Amateur, Intermediate and Advanced represents more your current training age, experience and skill level. Because weight training and other training methods have a completely different set of skills required when lifting and training correctly, compared to your sport. DS Performance training programmes are written to run alongside a skill/sport specific based training plan. DS Performance programmes provide sessions for 3 days of training a week, to alternate between your skill/sport specific training sessions. DS Performance has selected five of the most important physical performance variables/attributes for each of the sports that are essential in developing your performance. DS Performance strength & conditioning training programmes have been written for 20 of the most popular sports globally, the sports selected have a wide range of physical attributes and together we have targeted the primary performance variables, to develop them for increases in your personal performance. DS Performance has been developed to bring elite training methods to everyone, from all levels of sporting ability. The mission of DS Performance is to make training programmes utilised by professional athletes available to all sporting enthusiasts and performers. DS Performance are providing you with training programmes designed by ex-Team GB athletes and coaching staff that have the practical and applied experience through a wide range of individual and team based sports. Combined with the vast experience an International athlete has on training and peak performance, who also are qualified to a minimum of Post Graduate level, in the form of Masters Degrees in Sport Science, Strength & Conditioning.

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