

Module 3. Training Proposal

Scheduling Focus on pre-season

After explaining our structure by levels, which allows us to keep and implement a structured training methodology, let us focus on the tool that allows us to maintain our seasonal organizing criteria; that is, using the schedule as a guide. Firstly, we will establish the duration of the pre-season. After that, we will schedule the pre-season, establishing the training loads that correspond to each training session. Thus, we will depart from the Figure below, which has already been discussed in the previous modules based on the concentrated volume of specific condition at the beginning of the pre-season, with an increase on the technical-tactical volume, as well as on the intensity, and with a concentrated volume of general-generic work that will oscillate during the pre-season to absorb the demands and the aggressiveness of all the work that can be done so as to maintain the physical condition levels of the human sportsperson who plays basketball.

Out of this, the block of concentrated volume of specific condition included in the pre-season, will be constituted preferably by the conditional structure, especially during the first two or three weeks, including different tasks dealing with both general and directed strength. This work will gain greater relevance with respect to the contents of the coordinative and cognitive structure.

Moreover, as the specific intensity of the contents is low during these weeks and will increase progressively, the adjuvant strength training will be prioritized over the optimiser training.

In this case, four weeks of pre-season work will be developed.

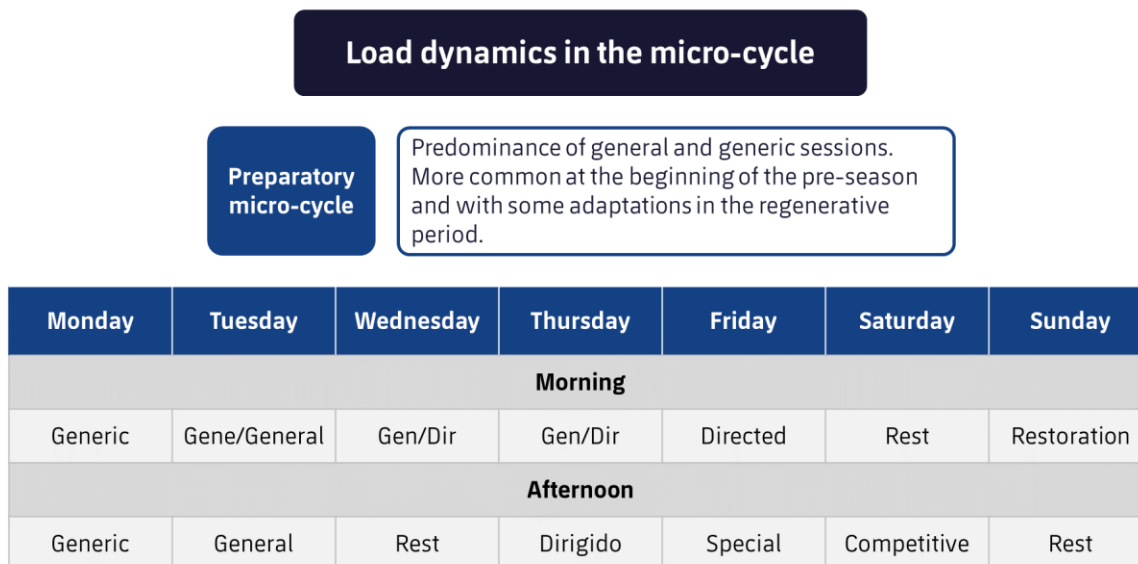
The work will be based on individualized working plans, mainly based on generic and general tasks that have been assigned for the active rest period.

In this way we will have a clear idea of the starting point of our players. As for the technical and tactical contents to work on during the first two weeks, the preferential simulation situations to



be incorporated will involve new elements to our model, system or game idea, that is, they are part of the implementation phase.

Figure 1: Load dynamics based on training orientation.



Source: Author's production.

When considering the load dynamics of the micro-cycle during the season or the pre-season, we highlight the preparatory micro-cycle. In this type of micro-cycle most of the sessions are generic or general in nature. These sessions commonly occur at the beginning of the pre-season and they tend to include some adaptations during the regenerative period, when the competitive system allows for such phase.

Thus, the proposal shows a double session of generic orientation for the first day of the week, which in this case is Monday. On Tuesday, a general and generic orientation session is planned during the morning, and in the afternoon, there is another general orientation session. On Wednesday, there is a general and guided session in the morning, and rest in the afternoon. There is general directed work on Thursday morning, and a directed session in the afternoon. On Friday, the plan includes a guided orientation session in the morning, and

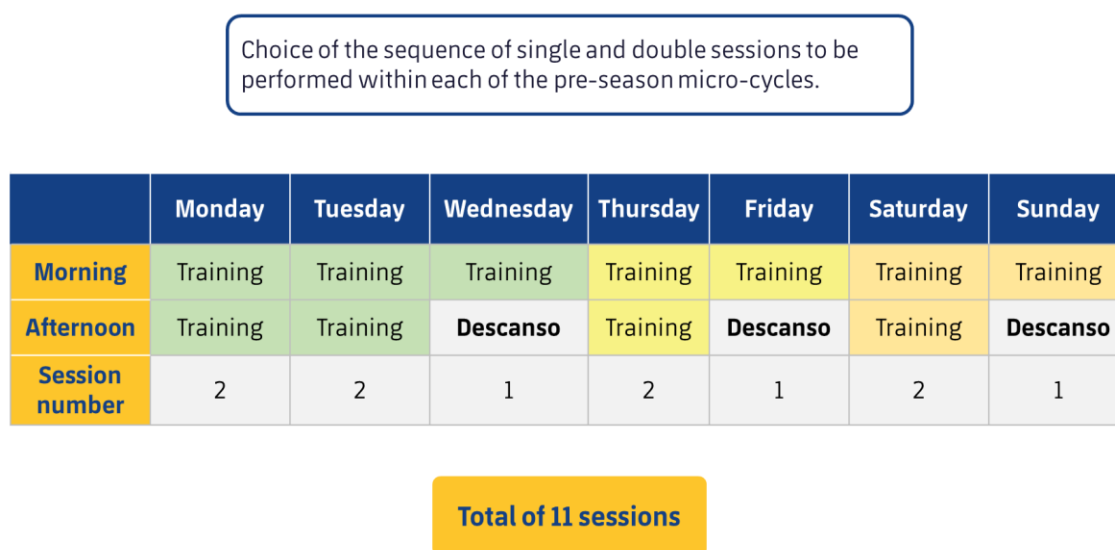


special afternoon session. Saturday morning is devoted to rest, and there is an afternoon competitive orientation session; finally, Sunday includes a morning regeneration session and an afternoon rest.

The first thing to do when designing the micro-cycle is to establish the sequence of single and double sessions to be performed within each of the pre-season micro-cycles.

So, as an example, the first week could develop as follows: Monday and Tuesday: a double session, Wednesday: a morning session, Thursday: a double session, Friday: a morning session, Saturday: a double session, and Sunday: a morning session. These result in a total of 11 sessions.

Figure 2: Distribution of sessions during a pre-season micro-cycle.



Source: Author's production

Similar to what occurs in the volume block, with specific pre-season conditional content we will follow the same structure as the one in a micro-cycle. That is, we will go from less specificity to more specificity. In this way, during the pre-season the specific condition block will occur in the first part of the pre-season, and the technical tactical volume will gradually



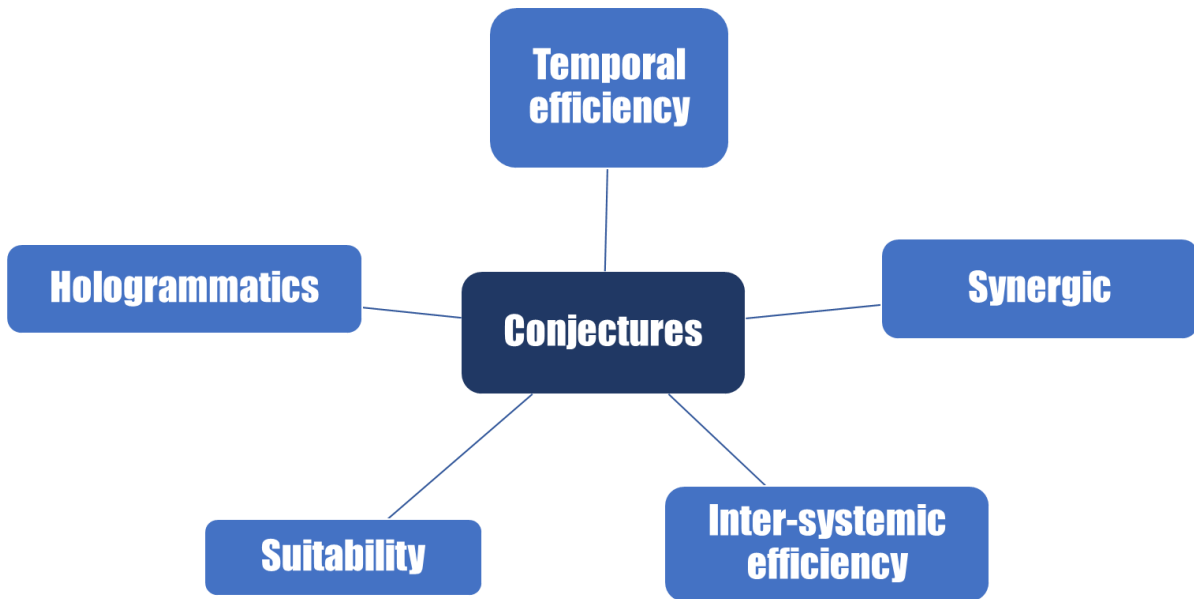
increase later on. These ideas should also be implemented in the micro-cycle itself, so that in the first days of the week there is a general orientation, moving towards a directed orientation and eventually finishing with a special orientation, in this example of the first micro-cycle during the pre-season.

The image show the way in which training will unfold: the first trainings and the first block before the rest are distinguished in green; the following ones are in yellow, and the last block is orange. Each one of them entails a preference over the general directed and the special directed, respectively.

During the micro-cycle, for example, it is important to try as much as possible and depending on the contents pursued, to base such decisions on the conjectures of basketball, which include temporal efficiency, synergy, inter-systemic efficiency, suitability and hologrammatics. These conjectures have to be taken into account when designing training sessions. Therefore, the content has to be integrated and structured prioritizing certain elements.



Figure 3: Training conjectures.



Source: Author's production.

The synergy of the structural behaviours will optimally shape our playing model. Since in this first week the conditional structure is prioritized, the conditional demands of the game will be used to design preferential simulation situations that respond to the conditional requirements of basketball.

Figure 4: Synergy and the playing model.

All the content has to be integrated or “structured” prioritizing certain elements.

The “synergy” of the structural behaviours will optimally shape our playing model.

Source: Author's production.



In this way, based on the averages per minute, we could design tasks that oscillate around 65 meters per minute. A player load of 1.1, actions to high intensity per minute that are 100 at 5.6 actions per minute, and distance to high intensity greater than 18 km/h of 3.3 meters. The number of accelerations greater than 1 m/s² should be 2.35, and the number of decelerations should be around 2, which adds up to a total of 4 or 5 accelerations and decelerations greater than 2 m/s² per minute. The number of jumps greater than 3G should be about 0.7 per minute, and impacts greater than 5G should be about 0.6 per minute. Essentially, these would be some of the most important variables to consider when designing certain types of preferential simulation situations. The number of impacts greater than 8G could also be highlighted, which would be 0.7 per minute.

Figure 5: Conditional competition demands in relation to minutes of play.

Since the conditional structure is preferred
We start from conditional match demands
Minute-related variables

Distance/ minute	Player load/ minute	Actions to high intensity/m inute	Relative distance to high intensity/ minute	Accelerations +2/ min	Deceleration s +2/min	Accelerations & Decelerations / minute	Jumps + 3G/ min	Landings + 5/ min	Impacts +8/ min	Accelerations to high intensity/min (AHI/min)
64,90	1,09	5,43	3,30	2,35	2,00	4,34	0,64	0,59	0,70	1,93

Source: Author's production

Well, let's try to visualize a training for the first week of the pre-season.

On Monday, Tuesday and Wednesday morning, the orientation of the aspect that we will develop would mainly tackle strength, and the orientation of these sessions would be general. The Monday and Tuesday afternoon work would consist of technical-tactical work, including level 2 and exercises of one against zero and two against zero. The morning levels of general strength would be levels zero and one, and work would be carried out in the gym.



Wednesday afternoon would be dedicated to rest and Thursday and Friday mornings would be oriented towards the conditional aspect of endurance with a directed orientation.

The work would be technical-tactical with level III participation, which includes exercises of three against zero, four against zero and five against zero. Thursday afternoon's work would again involve general strength work with a level 1.

Finally, on Saturday morning the aspect would be strength and orientation directed. The work would be technical-tactical, and it would include level 3 and the exercises mentioned above (three against zero, four against zero, and five against zero). The afternoon work would entail special strength work, including level 4, which involves superiority, inferiority and also a small part of level 5 work, which entails numerical equality work.

To end the week training on court with level 6, which is a competitive level that includes work of four against four or five against five, mainly in half court.

Figure 6: Orientation of training sessions during a pre-season micro-cycle.

1st week						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General strength (gym). Level I & 0.	General strength (gym). Level I & 0.	General strength (gym). Level I & 0.	Directed endurance. Court. Level III. 3 vs. 0 & 5 vs. 0	Directed endurance. Court. Level III. 3 vs. 0 & 5 vs. 0	Directed strength. Court. Technical-tactical. Level III.	Court. Technical-tactical. Level VI. Competitive 4 vs.4 & 5 vs. 5
Court. Technical-tactical. Level II (1 vs. 0 and 2 vs. 0)	Court. Technical-tactical. Level II (1 vs. 0 and 2 vs. 0)	Rest	General strength (gym). Level I.	Rest	Special strength. Level IV (superiority–inferiority) and Level V (equality).	Rest

Source: Author's production.



During this pre-season micro-cycle and at some point during the rest of the micro-cycles, coadjuvant prevention training will appear, either at group or secondary level (that is, individual), coadjuvant restoration training, coadjuvant structural training, either in its anatomical adaptation, applied hypertrophy or metabolic mode (HIIT), and also coadjuvant training of specific qualities based on movement, jumping, duels and action with the ball.

The following Figure shows some examples of the different types of training that can be found during this micro-cycle or during the pre-season.

In the first place there is a circuit aimed at preventive training, which is included in the first group of adjuvant training for prevention, specifically at group level. In addition, a type of adjuvant training for restoration in which the Foam Roller is used, as well as joint mobility and core work in pairs, as shown in the following images.

Figure 7: Classification of coadjuvant training.

A. Coadjutant Preventive Training.
A1. Primary or group training A2. Secondary or individual.
B. Coadjutant Restoration Training.
C. Coadjutant Structured Training.
C.1. Anatomical adaptation. C.2. Applied hypertrophy. C.3. Metabolic - HIIT.
D. Coadjutant Training. Specific qualities.
D.1. Movement. D.2. Jumps. D.3. Duels. D.4. Action with the ball.

Source: Author's production.



The following example, shown in the images, could be another form of coadjuvant restoration training.

This restoration training, which may be executed following both models A or B, would be accompanied by barefoot shooting training, which means that players would perform a total volume of 15/20 minutes with different types of basket shots without evident high intensity.

As for the structural coadjuvant training, if anatomical adaptation is emphasized, it may look like the following circuit, which also includes the socio-affective structure, by performing in pairs and having to collaborate with or, at times, oppose the partner.

The work of applied hypertrophy is based on developing the different areas, that is to say, movements, duels and actions with the ball.

The workload of this proposal will vary according to the needs of the human sports person who plays basketball, that is, each of the individuals addressed. The proposal of the work on strength. According to their individual needs, the number of repetitions, the number of sets, and the nature of the effort will be chosen.

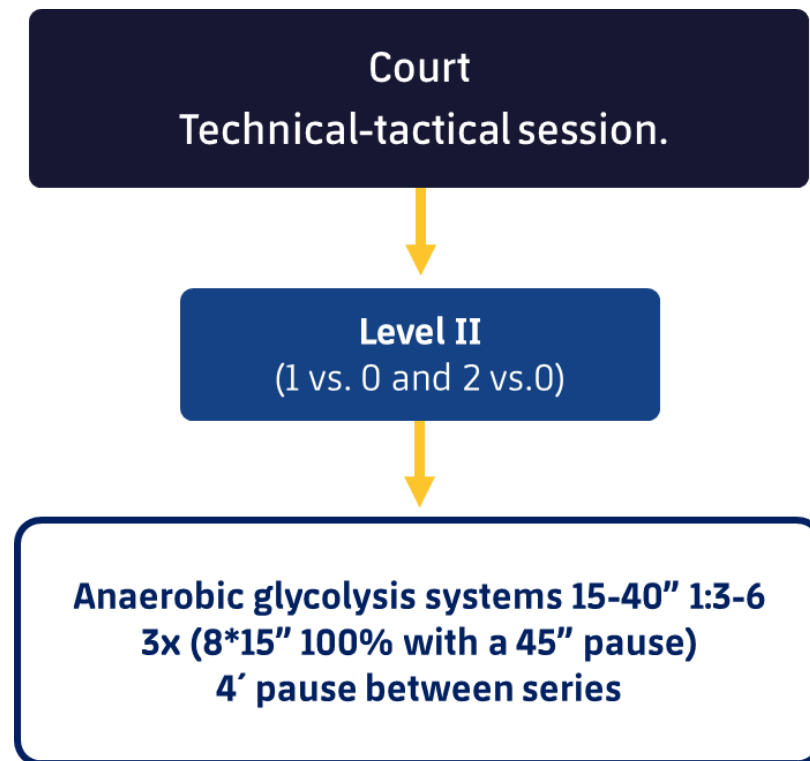
In this way the suitability conjecture is applied in order to give each player what is most beneficial to their game, according to their needs.

Finally, there is a metabolic working model or HIIT that can also be employed in the training proposal.

For the sessions with a focus on developing endurance and with a directed orientation, in this case, we could work on the anaerobic glycolysis energy systems by using duration periods that range from 15 to 40 seconds, with a density of work of 1, and 3 to 6 of rest. In this way, for example, 3 series of 8 repetitions of 15 seconds at 100%, with a 45 second pause between each of the 8 repetitions and about four minutes of break between each of the series.



Figure 8: Training session.

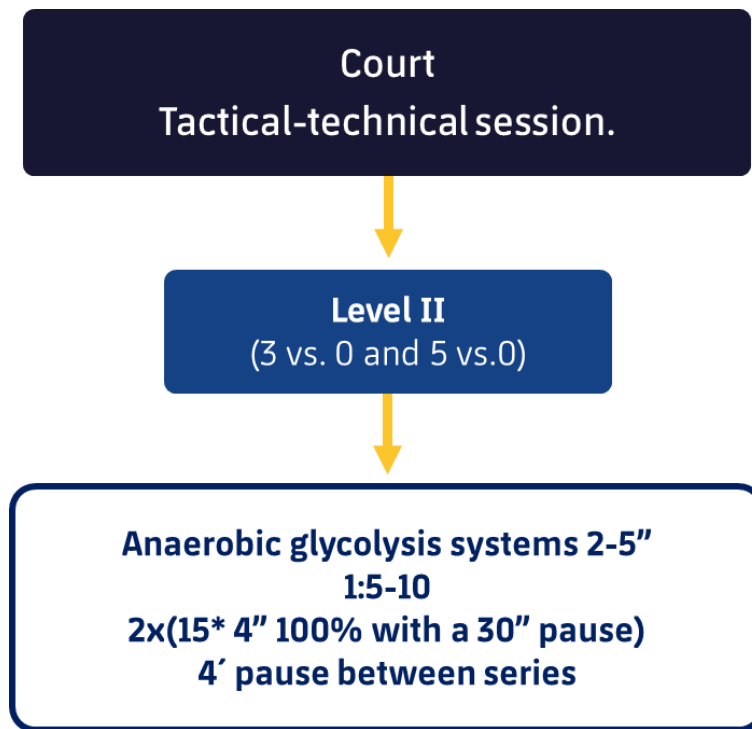


Source: Author's production.

In the same line, another example could be to perform directed endurance work, also prioritizing the anaerobic glycolysis systems, in this case lasting from 2 to 5 seconds, with a work density of 1 and a pause of 5 to 10. This example could be carried out in two series of 15 repetitions of 4 seconds at 100% intensity, with a 30 second pause between each of the 15 repetitions and a 4-minute pause between each of the series.



Figure 9: Training session.

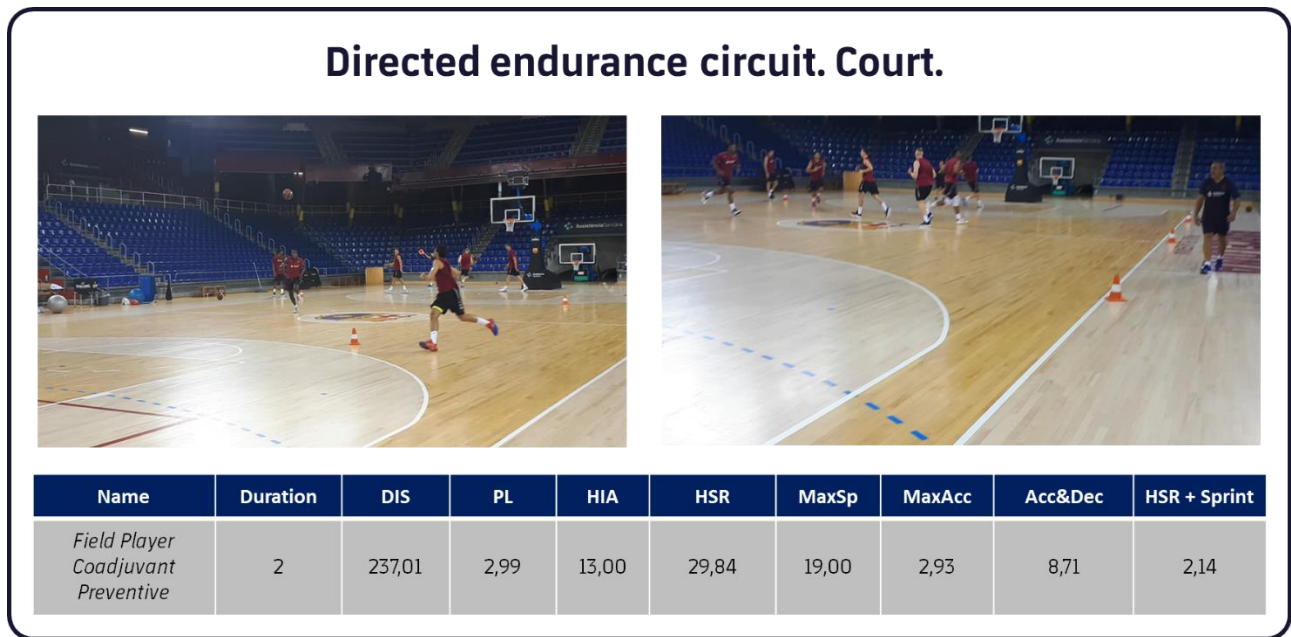


Source: Author's production.

Below there are two examples of directed endurance work with the data regarding their level of physical demands (of conditional structure)



Figure 10: Directed endurance circuit.



Source: Author's production. Photographs taken by the author for the elaboration of the content of this course.

During the pre-season, a more generic endurance work could also be carried out. Although this has less to do with the proposal of the structured model, in the case of prioritising the volitional and socio-affective structures, and depending on the number of pre-season days available, some kind of work like the one proposed above could be included.



Figure 11: Socio-affective and emotive-volitional structures in the pre-season.

During the pre-season, a more generic endurance work could be carried out, although it does not strictly match the proposal, prioritising the emotive-volitional and socio-affective structures, and depending on the number of pre-season days available.

Source: Author's production.

We could make a circuit of different skills with a football ball in a football field.

If we don't have the football facilities, we could easily do it, including the skills our players need to develop on the basketball court itself.

So, the suggestion would be to have different stations of that football technical skills circuit that could include a small goal. One team mate would throw the ball to another, and the latter, who is located at some distance from the box, has to head the ball and score.



Figure 12: Non-oriented Level 0 technical skills in the pre-season.

Level 0 - Non-oriented.



Generic Level 0 - Non-oriented.

Source: Author's production

Another station could include a cart and at a certain distance and a football ball on the ground, and players should try to make a basket inside that cart. Another could entail performing ten touches in a row with a football ball without moving from the spot.



Figure 13: Level 0's technical skills without orientation in the pre-season.



Source: Author's production.

Another possibility could be to include a kind of target on the ground and, from a certain distance, throw a football ball and getting points depending on the area the ball lands on within that target. Another station could be made up of two opposing fences, separated from one another by a certain distance, and the objective would be that a player throws the football ball under the two fences, while another team mate waits behind the last fence to receive the ball and do as the other player did.

Figure 14: Level 0's technical skills without orientation in the pre-season.



Source: Author's production.



Figure 15: Data from the non-oriented Level 0 technical skills circuit in the pre-season, using football elements.

Name	Duration	DIS	PL	HIA	HSR	MaxSp	MaxAcc	Acc&Dec	HSR + Sprint
<i>Field Player Coadjuvant Preventive</i>	7	705,30	10,20	34,00	35,21	20,94	3,18	31,75	2,00
Name	Duration	DIS	PL	HIA	HSR	MaxSp	MaxAcc	Acc&Dec	HSR + Sprint
<i>Field Player Coadjuvant Preventive</i>	15	1579,66	22,14	81,75	158,39	20,93	3,85	72,00	6,50
Name	Duration	DIS	PL	HIA	HSR	MaxSp	MaxAcc	Acc&Dec	HSR + Sprint
<i>Field Player Coadjuvant Preventive</i>	81	4795,04	56,33	165,50	198,36	21,97	3,90	147,50	8,75

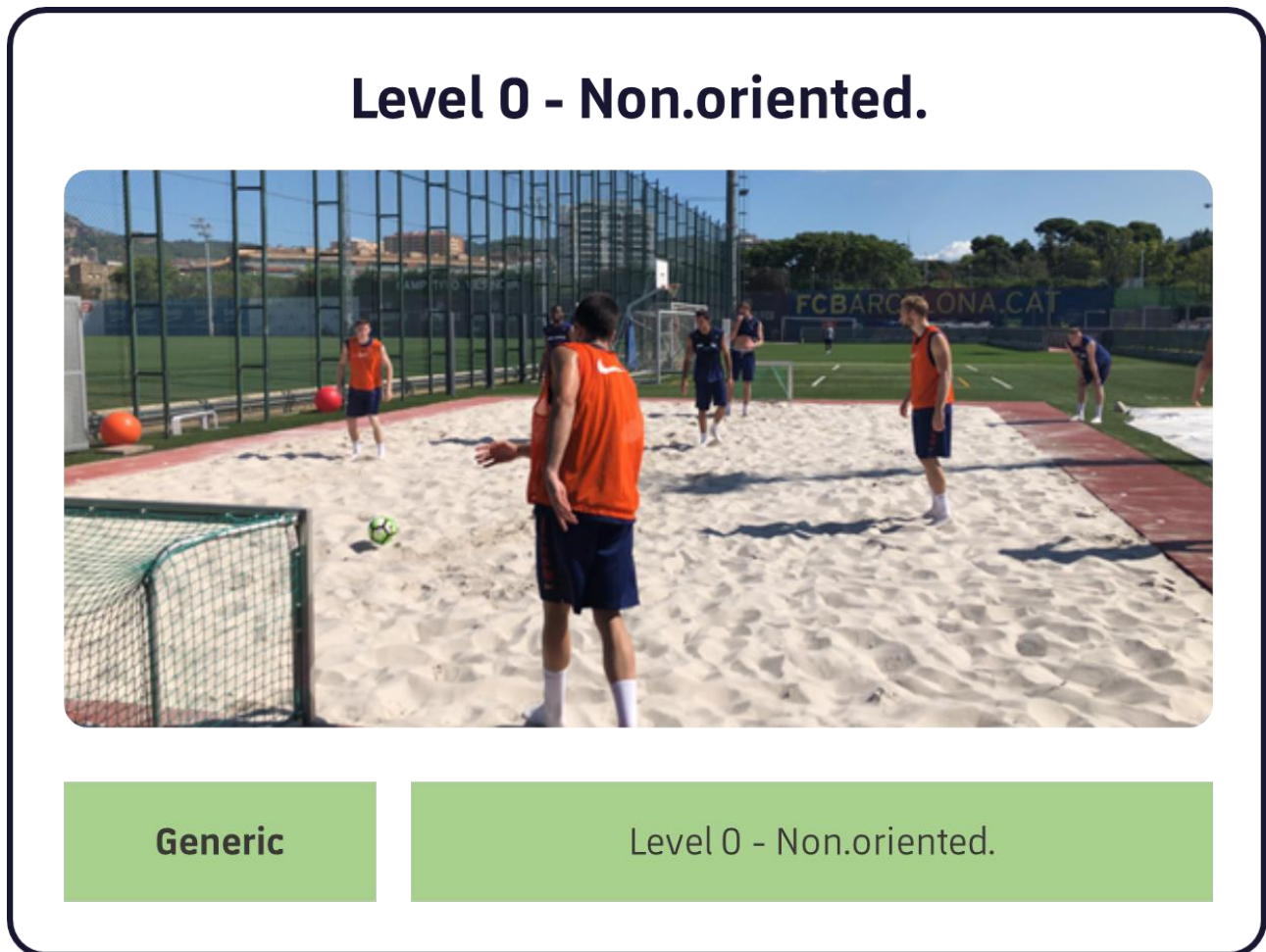
Source: Author's production.

The idea is to create different challenges and set different levels of scores so as to establish a competition between different pairs, since the circuit must be carried out in pairs. This is a comprehensive proposal, therefore, it can be adapted to suit the needs of your players, depending on any particular requirements.

Another option that we have considered during the pre-season is to do generic work on beach sand.



Figure 16: Level 0 non-oriented work on beach sand.



Source: Author's production.



We are very fortunate that the facilities of Football Club Barcelona's Sports City have an enclosure full of beach sand next to the football field.

So, one day, some time could be devoted to working on generic orientation so that, for example, we practice situations of three against three, playing a football game in small dimensions, obviously, and with small goals.

Another activity that we have done or that can be done is, for instance, kayaking, which we have practised in the facilities near Barcelona, specifically, in Castelldefels.

Figure 17: Generic non-oriented Level 0.

Level 0 - Non-oriented.



Generic

Level 0 - Non-oriented.

Source: Author's production.

Moreover, the Figure below shows an example of a generic outdoor session that we have carried out.



Figure 18: Generic outdoor session.



Source: Author's production Pictures taken from <https://www.fcbarcelona.es/es/noticias/1327175/una-manana-en-la-carretera-de-les-aigues-para-el-baloncesto>