

Conditioning for Basketball: Quality and Quantity of Training

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Figure 1
Specificity-based training: Orientation and approach level characteristics

Orientation	Approach Level	Similarity	Training Method	Place	Ball	Decision-making	Confrontation format	Intensity	Main metabolic requirement [†]	Bout duration	Density	Example [**]
COMPETITIVE	V	Basketball	Actual game; Simulated game	On court	With	Actual complexity	4v4, 5vX	Optimal [modified rules?]	All	Required	Required	4-6 x [2-4 min '5v5 game']; 2-4 min rest
SPECIAL	IV	Basketball	Small-sided games	On court	With	Complex	(1v1) 2vX, 2v2, 3vX, 3v3, (4vX)	Optimal, but complexity should not lower intensity [modified rules?]	Manageable [format & rules]	Depending on the main fitness goal	Manageable [format & rules]	4 x [3', 3v3, full-court, no FT, no 3p shots]
DIRECTED	III	Basketball-based	Short HIT [RST-COD]	On court	With / Without	None or simple	1v0, 2v0, (3v0)	'All-out'	Depletion of the stored phosphagens [ATP and PCr]	2-5 s [<60 s]	1 : 5-10	2 x [10 x 5 s @'all-out' - 30 s rest]; 4 min rest
	II	Basketball-based	Short HIT [SIT-COD]	On court	With / Without	None or simple	1v0, 2v0, (3v0)	'All-out'	Anaerobic glycolysis [Lactic acid metabolism]	15-40 s [<60 s]	1 : 3-8	3 x [6 x 15 s @'all-out' - 45 s rest]; 4 min rest
GENERAL	I	Run-based / Basketball-based	Short HIT [SIT-COD?]	Off / On court	With / Without	None or simple	None / 1v0, 2v0, (Xv0)	>VO _{2max} [ASR]	Aerobic-Anaerobic transition zone	40-60 s [<60 s]	1-2 : 1	4 x [4 x 40 s @ASR - 40 s rest]; 2-4 min rest
		Run-based / Basketball-based	Long HIT	Off / On court	With / Without	None or simple	None / 1v0, 2v0, (Xv0)	>90% VO _{2max}	Aerobic system [Power / VO _{2max}]	3-5 min [>60 s]	1-2 : 1	4 x 4 min @90-95% VO _{2max} ; 3 min rest
	0'	Nonspecific [run based]	Continuous or Interval Training	Off court	(With) / Without	None	None	<85% VO _{2max}	Aerobic system [Capacity]	30-40 min [5-10 min intervals]	2-4 : 1	3-4 x 8 min @75-85% VO _{2max} ; 2 min rest
	0'	Nonspecific	Continuous or Interval Training	Off court	Without	None	None	<70% VO _{2max}	Aerobic system [Efficiency]	30-40 min	1 : 0	30 min @70% VO _{2max}

I; or; ?; optional; (): optional but normally unused; X: a number smaller than the indicated firstly (e.g. 3vX = 3v1 and 3v2, but non 3v3 or 3v4); ASR: anaerobic speed reserve (faster than VO_{2max} speed and slower than maximum sprint speed) (9); VO_{2max}: maximal oxygen uptake; ATP: adenosine triphosphate; PCr: phosphocreatine; [†]: different metabolic processes are closely related and integrated (continuum energetic); [**]: here are shown only a few examples, there are a myriad of options; @: at intensity; min: minutes; FT: free throws; 3p: three points.