

Canada Basketball Super Clinic

May 28-30, 2021

Charlie Melton—The Baylor Way – 5 Core Philosophies

Baylor University Men's Basketball—Director of Athletic Performance

Coach Charlie Melton offered an in-depth look into the intricacies of athlete development with the 2020-21 NCAA National Champion men's basketball team, the Baylor Bears of Texas.

As Coach Charlie was going through his presentation, it became obvious that the detail Baylor puts into athlete development is beyond what most teams are currently engaged in. What follows is an extremely simplified version of what Coach Charlie presented...

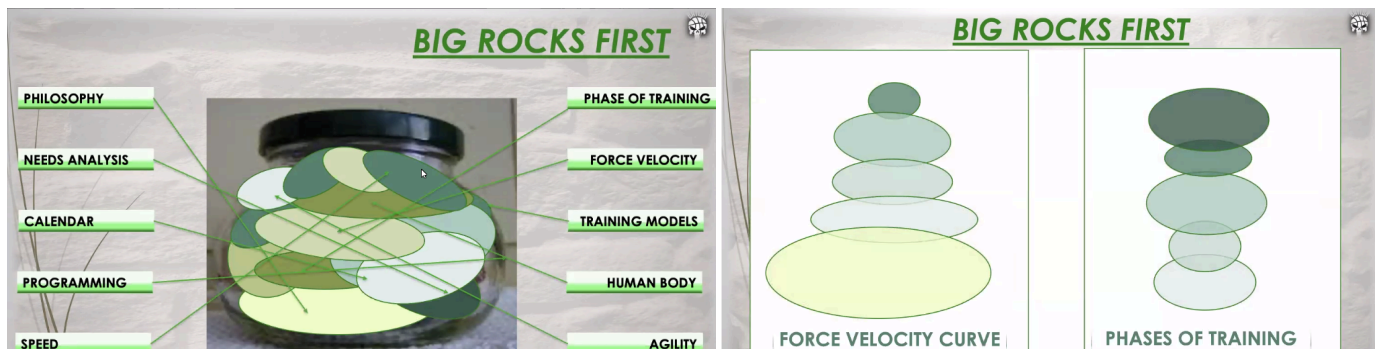
Coach Charlie began with a slide indicating that there are **No Free Fish**—if you want the rewards of eating fish, you have to put in the work and learn—there are no free fish.

The same holds true for coach development—if you want the rewards of being a successful coach, you have to put in the work and learn—there are no free fish.

What a great metaphor for life...



One of his foundational philosophies is to address the Big Rocks first—when creating a workout, address the most important athlete development components first, followed by other top building blocks.

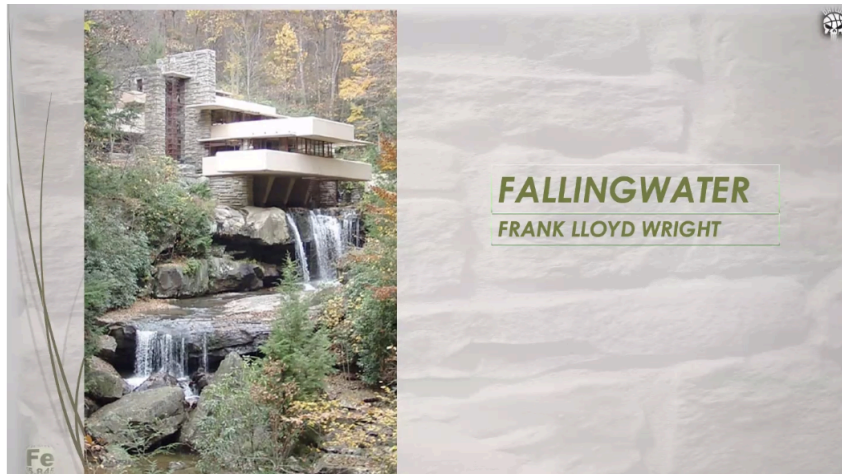


Within Baylor's athlete development paradigm are several important considerations—for the purpose of Coach Charlie's presentation, he focused on **Force Velocity**, **Phases of Training** and the **Training Calendar**.

One of Coach Charlie's analogies referred to how his athlete development program must fit into the environment of an athlete, not the other way around—that is, one must consider the many aspects of an individual's life as opposed to forcing an athlete to fit into the training program—things to consider may include:

- the stage of the athlete in terms of their current athleticism
- all the stressors in an athlete's life

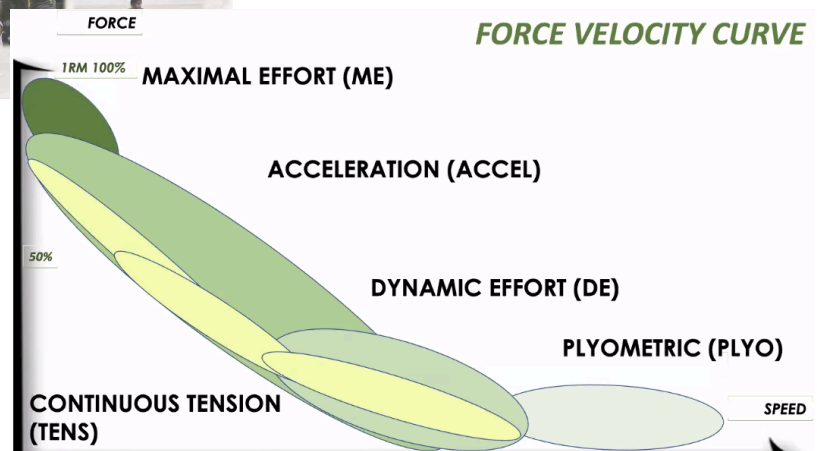
- the time of year the team is in— pre-season, in-season, post-season, off-season
- whether an athlete is a freshman or journeyman
- whether an athlete is a transfer or a returner
- and so much more...



In the above diagram, the structure fits into the waterfall as opposed to the waterfall fitting into the structure—this approach is how Coach Charlie trains his athletes at Baylor.

For Baylor, the top 5 components on the **Force Velocity Curve** are:

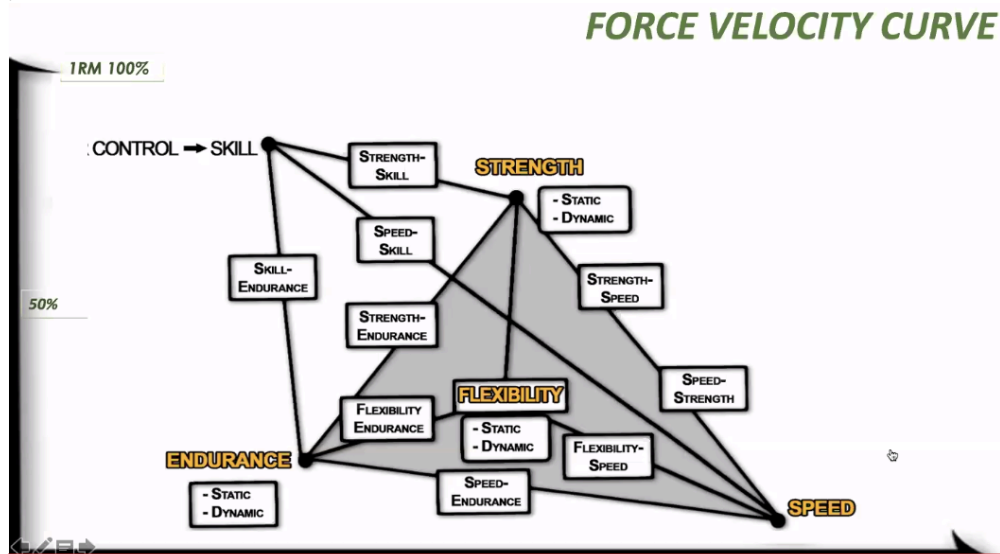
- Continuous Tension (speed)
- Plyometrics
- Dynamic Effort
- Acceleration
- Maximal Effort (force)



The author of this summary cannot accurately convey the intricacies and details Coach Charlie puts into his athlete development program—suffice it to say that his passion and attention to detail are exceptional.

The primary point of emphasis of the *Force Velocity Curve* program is to develop strength, endurance and speed in a systematic and methodical manner.

Force Velocity Matrix



All of the concepts presented have to mesh—all components of the *Force Velocity Matrix* as well as athlete development work in concert with one another.

Coach Charlie emphasized and reiterated on more than one occasion that his athlete development program fits into the Baylor men's basketball program and not the other way around—his program supports the basketball program.

- again, see the waterfall analogy above

5 Phases of Training

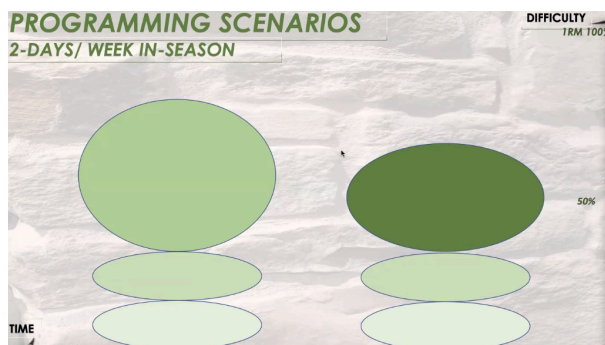
- General Foundational Program
- Initial Phase
- Basic Phase
- Speed-Strength
- Strength-Speed



Again, each phase of training is treated with the same philosophy as the *Big Rock* analogy—as players develop athletically, they can handle bigger and bigger rocks (loads). Further to this, bigger loads also equates to advanced programming such as the *Force Velocity Curve* progression—everything meshes.

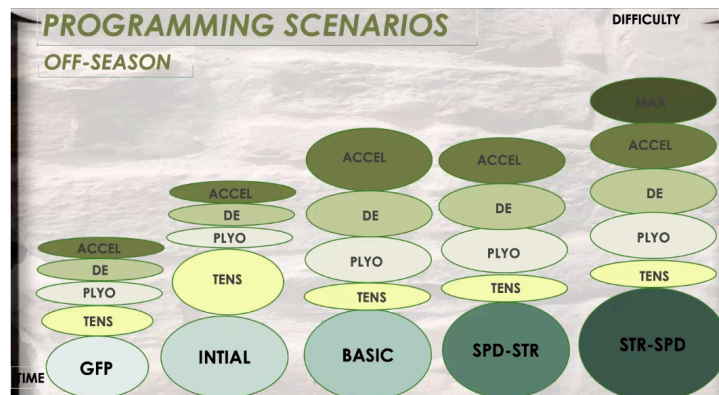
Calendar Programming

In-Season Training



During the basketball season athlete development programming occurs 2x per week with minimal loads and efforts—maximum loads and maximum efforts do not occur—the priority is on player development, not athlete development.

Off-Season Training



The off-season is a completely different animal—maximum loads, maximum reps and maximum efforts are expected and implemented. Off-season athlete development is critical to Baylor's in-season success.

A typical week in the summer or off-season would look like the following:



In conclusion, the stage of an athlete, coupled with the calendar determines the athlete development program at Baylor.

