

Canada Basketball Super Clinic

May 28-30, 2021

Nick Potter—Basketball Specific Movement

Duke University Men's Basketball

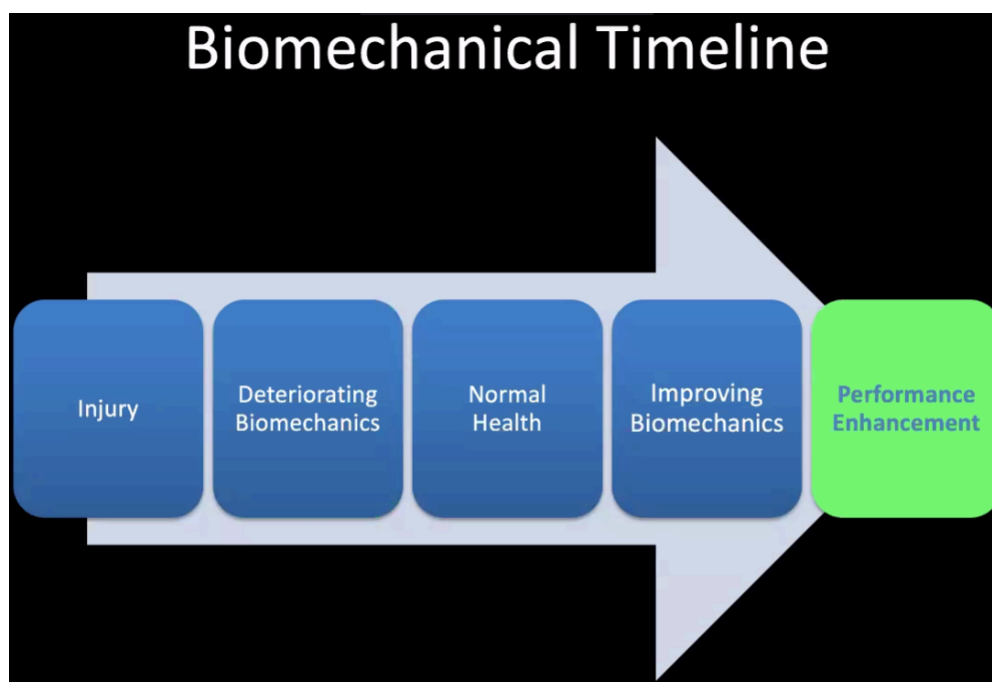
For most coaches at the community, club or school level, the details presented by Coach Nick are likely beyond the stage of athlete being coached or perhaps the stage of a coach's expertise.

The angle of the shin during an explosive movement, for example, is of less importance to the many coaches identified above than a number of other primary considerations.

For the more advanced and expert coach, however, the information presented by Coach Nick are fascinating!

It is no accident that Duke University men's basketball team is a perennial powerhouse. The detail they put into athletic movement is phenomenal. No expense is spared to ensure the men's basketball program can do everything they can to improve player performance—*basketball specific movements* are an integral component of athlete training at Duke.

Nick Potter's Presentation:



Consistency is key! Coach Nick mentioned from the onset the importance of consistency. To obtain the benefits of an effective athlete development program, all personnel from top to bottom must be in support of athlete development.

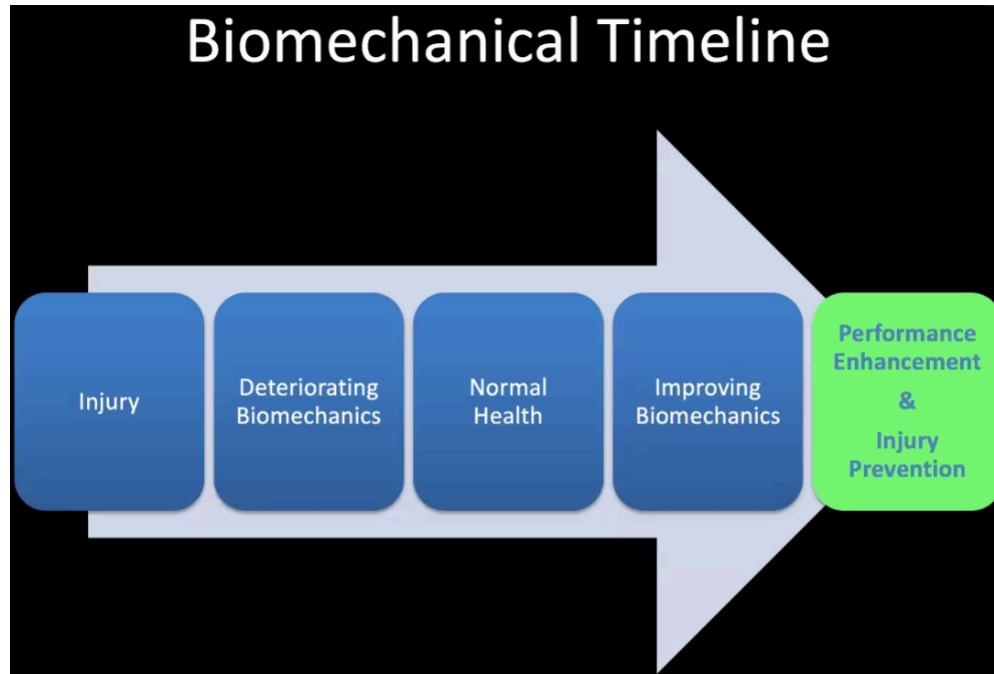
One of the primary characteristics of developing an effective athlete development program is to establish *athletic gaps* a player has. A detailed athlete biomechanical analysis will identify an athlete's *functional movement gaps*.

Dawn Smyth, formerly with Canada Basketball and now with the NBA, spoke at a recent Alberta Basketball Association virtual coaching clinic about her pathway into the coach education world—her message was clear that she personally identified gaps in her professional career and then sought to fill these gaps. One example was that she did not have a background in marketing (which was required to share Canada Basketball's coach education programs) so took marketing courses to fill these identified gaps.

Coach Nick uses the same approach—he identifies athletic gaps of players and then builds an athletic development program specific each individual as well as for the team.

He analyses a player's *functional movement* and then builds programs according to *sport specific movement*.

A solid athlete development program also serves as a tremendous injury prevention program.



Duke does a lot of resistance training with the use of elastic bands to offer resistance of movement.

One of their goals is to teach athletes to *land & lean, then explode*. The angle of the shin and the forward lean of the shoulders are critical to an effective explosive movement.

High Performance Overview

- Philosophy
- Athlete Analysis
- **Training:** Lateral, Forward, Single Leg Cutting, Cut-to-Run
- Athlete Management/ Monitoring

Duke's athlete development philosophy is well documented.

Coach Nick stressed the importance of a detailed athlete analysis program in order to then develop sport specific training activities to fill athletic gaps.

Duke places an emphasis on lateral, forward, single-leg cutting and cut-to-run training activities—many exercises with resistance training.

High Performance Overview



- Philosophy
- Athlete Analysis
- Training
- Athlete Management/ Monitoring
 - Wellness
 - Loading
 - Intensity
 - Individual Outcomes
 - Team Outcomes

Athlete Management and Athlete Monitoring is then implemented. It is far too common for athletes to over-train and not recover adequately—this is often the pathway to injury.

Less is more!

The Less is More approach was a common theme in several other presentations at Canada Basketball's Super Clinic.

Coach Nick concluded with the following quote by Janda and then provided his translation:

Janda Summary



- “We have to keep in mind that the motor system functions as an entity and that it is in principle a wrong approach to try to understand impairments of different parts of the motor system separately, without understanding the function of the motor system as a whole.” Janda 1978

NP-Janda Summary



- “We have to keep in mind that the athlete functions as an entity and that it is in principle a wrong approach to train different parts of an athlete's system separately, without understanding the athlete's holistic development and its specific relation to the game of basketball.”