

## ★ To Train Slow or To Train Fast?

☞ Typically basketball athletes train at one speed, slow and controlled. Although this is important for specific strength gains, we need to replicate the speeds of a basketball game.

☞ A quick first step, lateral movement to cut off an offender, jump for the rebound, hesitate and go, or a quick back door cut.

☞ We train slowly to learn movement, to perfect technique, and to gain absolute strength.

☞ However, we need to train fast to work on speed, agility, and quickness. This is where power, speed, and plyometric training is introduced.

