IFAST BASKETBALL



FREE DOWNLOAD

OFF-SEASON VS. IN-SEASON

THE PROGRAMMING SELF-CHECK

Twelve questions to run before you write your next training block. Six for the off-season, six for in-season, one page each.

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26 years coaching · IFAST, Top 10 Gym in America 6×

OFF-SEASON

SELF-CHECK

The off-season is about development. In-season is about winning games.

So before you write that next training block, run through the questions below to make sure you're dialed in on what matters most!

ATHLETE

COACH

DATE

HOW TO USE IT Tick Yes or Not yet. Every Not yet is a change to make before the block starts. Write it on the line.

01 OFF-SEASON PROGRAMMING

Development

1 Have I given this athlete sufficient time to restore mobility and movement quality? Or am I jumping right into intense training?

☐ YES ☐ NOT YET

WHAT CHANGES

2 Am I trying to build too many physical qualities (speed, strength, power, conditioning) all at once? Or am I sequencing throughout the off-season?

☐ YES ☐ NOT YET

WHAT CHANGES

3 Is my speed and agility work staying inside that 20-minute window? Or has it quietly turned into conditioning?

☐ YES ☐ NOT YET

WHAT CHANGES

4 Have I picked the one or two qualities that matter most for this athlete? Or am I trying to train EVERYTHING at once?

☐ YES ☐ NOT YET

WHAT CHANGES

5 Do I have focused injury-prevention work in the program? I.e., exercises to bulletproof the knees, feet, ankles, calves and Achilles?

☐ YES ☐ NOT YET

WHAT CHANGES

6 Does my conditioning plan build from general work (the foundation) to basketball-specific over the course of the off-season?

☐ YES ☐ NOT YET

WHAT CHANGES

IN-SEASON

SELF-CHECK

02 IN-SEASON PROGRAMMING

Winning games

7 Am I in maintenance mode with this athlete? Or are we still training like it's peak off-season?

☐ YES ☐ NOT YET

WHAT CHANGES

8 Are heavy/intense workouts placed far enough from the next game that it won't compromise performance?

☐ YES ☐ NOT YET

WHAT CHANGES

9 Am I adjusting volume, intensity, and exercise selection based on how the athlete feels? Or am I just following the plan as written?

☐ YES ☐ NOT YET

WHAT CHANGES

10 Is this session helping the athlete move and feel better, or just adding more fatigue?

☐ YES ☐ NOT YET

WHAT CHANGES

11 If there's a game today, what am I doing in the weight room to optimize their performance?

☐ YES ☐ NOT YET

WHAT CHANGES

12 Am I focused more on their performance in the weight room? Or on the court and in the game?

☐ YES ☐ NOT YET

WHAT CHANGES

03 YOUR SCORE

Fix the Not yets first

___ of 6 Off-season

___ of 6 In-season

THE ONE CHANGE I MAKE BEFORE THE NEXT BLOCK

IFAST BASKETBALL

STOP GUESSING.
LEVEL UP.

The self-check shows you what to fix. If you would rather have the programming already written, and me explaining why each call gets made, start here.

1. **Off-Season Program: Coach**
   The full off-season program, plus video of me breaking down the reasoning behind each block.

2. **Off-Season Program: Athlete**
   The same program, ready to run on TrainHeroic. For the hooper who just wants to train.

3. **The Ultimate Guide to In-Season Program Design**
   Holding on to off-season strength once the games start.

- **IFAST Basketball Community: free**
  Questions about the self-check, or about your own athletes. Ask me there.

START HERE

Everything carries a 30-day money-back guarantee. Use it, and if it is not for you, tell us inside 30 days.