**Basketball Training**

**http://www.betterbasketballcoaching.com  
The 8-8-18 Conditioning Workout**

Basketball training workouts usually focus on speed and quickness, as they should since basketball is a game of speed. But there is an endurance aspect to the game as well, and the 8-8-18 effectively develops endurance along with sport-specific quickness.

Basketball requires a very high level of physical fitness in many ways if players want to play to their potential. It's bad enough to lose to a team because they can shoot better, or rebound better, or pass better. But it's inexcusable to lose because we aren't in shape. Everyone can improve their fitness level, and this is something players should be doing on his or her own in the off-season.

More than just one simple training drill, this workout incorporates [Horses](http://www.betterbasketballcoaching.com/Basketball-Conditioning-Drills-horses.html) along with two other stages, and all three parts of the workout are timed, so while endurance may be the major focus, the time element ensures that athletes are also pushing hard for speed.

## Stage 1: Horses Stage 2: Fartlek’s Stage 3: Laps

***8*** Horses in ***8 minutes 8*** Fartlek’s in ***6 minutes 18*** Laps of the gym in ***6 minutes***

**Rest:** 3 minutes  **Rest:** 3 minutes

## asketball conditioning drill - horsesStage 1: Horses

* Players line up on the baseline.
* On the coach's whistle, players start sprinting
* When the players reach the foul line (extended), they stop, touch the line, then sprint back to the baseline, stop and touch the baseline.
* Immediately they sprint to the half, stopping and touching the half line, and then sprint back to the baseline, stopping and touching the baseline.
* Immediately they sprint to the far foul line, stopping and touching the foul line, and then sprint back to the baseline, stopping and touching the baseline.
* Immediately they sprint to the far baseline, stopping and touching the baseline, and then sprint back to the original baseline.
* Now they work their way back to the beginning, touching lines in reverse order to what they have already done...  
  ...sprint to three-quarter court (far foul line), touch the line and sprint back to baseline  
  ...sprint to half, touch the line and sprint back to baseline  
  ...sprint to foul line, touch the line and sprint back to baseline

That is one horse.

Players have 8 minutes to complete 8 horses - that's 1 horse per minute. Be sure to pace yourself appropriately. **\*Remember this is not a race against someone. This is all about individual training. Everyone achieves success by the work put in over time.**

## Stage 2: Fartlek’s

* One lap of gym jogging + 1 lap of gym sprinting = 1 Fartlek
* Players have 6 minutes to complete 8 fartlek’s - that's about 45 seconds for each fartlek. Be sure they pace themselves appropriately

## Stage 3: Laps

* Jog laps of the gym, making sure not to step inside the basketball court (players cannot cut corners)
* Players have 6 minutes to complete 18 laps - that's 3 laps a minute, or 20 seconds per lap. Be sure they pace themselves appropriately

The entire workout will take close to half an hour to complete depending on your fitness level, and it will be exhausting. If you take longer, that is ok, over time you will see improvement. Getting in shape is just as important as working on your sports related skills and game play. So make sure you add those parts to your conditioning. This workout should not be used everyday. 2-3 times a week with rest in between is best.

It's a great basketball training workout and an excellent way to get players in shape. So no matter if you are playing basketball or any sport, off-season and preseason training separates strengthens ones ability to play the game.

**Visit** [**http://basketball.lifetips.com**](http://basketball.lifetips.com) **for 43 Basketball Conditioning Tips to make your life smarter, better, faster and wiser.**