

# SPORT-SPECIFIC STRENGTH & CONDITIONING BLUEPRINT

ATHLETIC DEVELOPMENT IS THE PROCESS OF ENHANCING TRAITS THAT IMPROVE SPORTS PERFORMANCE. SINCE EACH SPORT PRIORITIZES DIFFERENT ABILITIES, TRAINING MUST BE SPECIFIC. KEY ATHLETIC TRAITS INCLUDE:

**STRENGTH** – PRODUCING FORCE TO OVERCOME RESISTANCE

**POWER** – GENERATING MAXIMUM FORCE QUICKLY

**MUSCULAR ENDURANCE** – SUSTAINING MUSCULAR EFFORT OVER TIME

**CARDIOVASCULAR ENDURANCE** – EFFICIENT OXYGEN DELIVERY FOR SUSTAINED EFFORT

**HYPERTROPHY** – INCREASING MUSCLE SIZE

**SPEED** – COVERING DISTANCE IN MINIMUM TIME

**AGILITY** – CHANGING DIRECTION QUICKLY IN RESPONSE TO STIMULI

**PLYOMETRICS** – DEVELOPING EXPLOSIVE, BODYWEIGHT-BASED POWER

## TRAINING:

- Planned activity to bring about and maintain general physiological adaptations in the body.
- Depends on Stress-Recovery-Adaptation cycle requiring progressive overload.
- Brings about general adaptations.
- Can be progressed long-term.

## PRACTICE:

- Planned activity to develop and maintain skill levels.
- Does not require progressive overload after all skill parameters are achieved.
- Brings about specific skill adaptations.
- Can be progressed until skill is mastered and then needs maintenance.

**SPEED, PLYOMETRICS,  
ANAEROBIC CAPACITY, AGILITY**

**WORK CAPACITY, POWER**

**STRENGTH**

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DEVELOPING ATHLETICISM REQUIRES BUILDING A SOLID FOUNDATION. **PROFICIENCY IN FUNDAMENTAL QUALITIES MUST COME BEFORE SPORT-SPECIFIC ABILITIES.**

**STRENGTH IS THE FUNDAMENTAL REQUIREMENT** FOR PERFORMANCE. WITHOUT STRENGTH, THERE IS NO MOVEMENT.

THEN COMES THE ABILITY TO PERFORM THE MOVEMENT FOR A LONGER DURATION, I.E., **WORK CAPACITY**. YOU NEED MORE CAPACITY TO BE ABLE TO PERFORM DIFFERENT MOVEMENTS IN DIFFERENT SITUATIONS IN THE GAME.

NEXT IS THE ABILITY TO BE EXPLOSIVE, I.E. **POWER**. IF YOU HAVE THE STRENGTH AND THE CAPACITY TO PERFORM MOVEMENTS, BUT ARE INCAPABLE OF DOING THEM QUICKLY, YOU WILL NOT BE CONSIDERED ATHLETIC.

**PRACTICE IS CONTINUED NO MATTER WHAT PHASE OF TRAINING YOU ARE IN**. IN FACT, THE PERFORMANCE TRAITS YOU INCULCATE IN YOUR TRAINING WILL HELP YOU BE MORE EFFICIENT AT YOUR PRACTICE OF THE SPORT, MAKING YOU BETTER AT IT.