

Churchill Basketball

Game Day Preparation

Stay Hungry ~ Stay Foolish

To be the best player you can be you have to put in the extra shots, work on ball handling, and watch film. Those are all great things to do are encouraged by the coaching staff. One thing that is overlooked though especially when it comes to game day is the way you prepare your body. Some of you may dismiss this and say you're playing pretty good ball, but could you imagine how your basketball game could be taken to another level if you simply prepare yourself better. Players like Kobe and LeBron are constantly looking for an edge to make them just a little bit better. Before the 2014 season LeBron went on a 67 day nutrition plan that helped him lose around 10 pounds. How you prepare yourself without a doubt impacts how you perform and just imagine what new level you could reach with your game if you prepare better!

Below is the stats tracked on a high school basketball player for a game. The player listed now plays college basketball at Division 1 Brown University. To get through an entire game preparation can make or break your performance.

Tavon Blackmon (Guard, Gonzaga College High School) vs. Patterson HS

Minutes played: 32 Total Distance Run: 6.10 Miles

- **Warm-up: 1.3 miles (Approximately 20 Minutes)**
 - **1st Quarter: 1.20 Miles**
 - **2nd Quarter: 1.11 Miles**
 - **3rd Quarter: 1.28 Miles**
 - **4th Quarter: 1.21 Miles**



- Study found that players who got more sleep after having 2 weeks of regular sleep had faster sprint times, increased free throw accuracy, and even better moods
- You should strive to get close to 8 hours or more of sleep
- Develop your own routine. Stick to a consistent wake up and bedtime
- Put the phones down! Simply put the light from electronics keep your brain awake.



NAPS ARE GOOD

- "If you nap every game day, all those hours add up and it allows you to get through the season better," Nash said. "I want to improve at that, so by the end of the year, I feel better." ~ **Steve Nash**
- "Everyone in the league office knows not to call players at 3 p.m.," said Adam Silver, the then league deputy commissioner. "It's the player nap."

- “Sleep is critical to maintaining performance, particularly reaction time,” **Dr. Charles Czeisler**, the director of the Division of Sleep Medicine at Harvard Medical School and sleep consultant (Yes that’s real) for the Boston Celtics, the Portland Trail Blazers and the Minnesota Timberwolves
- “When you wake up from a nap, you know what time it is, you know it’s time to get ready and get focused and go to the game,” ~ **Stephen Curry**
- 20-30 Minute nap between 2:30-4:00 PM
 - Longer than 30 minutes = Drowsy and Slow

EAT RIGHT

Plain and simple. Take care of your body with what you put into it and it will reward you with better performance on the basketball court.

- Eat a snack/meal throughout the day every 2-3 hours

Example Schedule:

6:30 AM - Breakfast

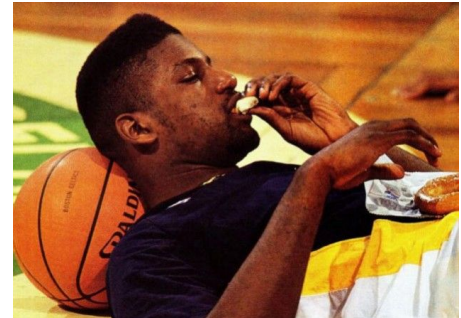
9:00 AM - Morning Snack

10:54 AM ~ 12:21 PM - Lunch

2:30 PM - Optional Snack *Pre-practice snack on non game days*

4:00 PM - Pre Game Meal

- What you eat the night before and for breakfast sets you up for success or failure
- Pre Game Meal
 - 2-3 Hours before game. 4:00 PM ~ 5:00 PM for 7:00 PM Game
 - Should be high in carbohydrate, low in fat, and low in fiber
 - **STAY AWAY FROM FAST FOOD!**
 - Fruits, sports nutrition bars, pretzels are just some examples. Find what works for you. Do your own research!
 - Don’t eat to be full. Athletes play better when you are slightly hungry.
- In Game/Halftime
 - Halftime nutrition keeps your body going and fueled for the final 16
 - Most college and professional teams have snacks waiting to go
 - Good Choices: Orange slices, trail mix, gummy bears/fruit snacks



HYDRATION

Just like eating you must take care of your body through proper hydration. Your body is 60% water and you will lose some of this through sweat and urine.

- Get yourself a water bottle and use it to drink water throughout the day
- **Drink ½ Ounce - 1 Ounce of water for every 1 pound you weigh**
 - 150 lb person should drink between 75-150 ounces
 - Athletes should drink on the high side
- Performance is affected. Study of 29 players in an NBA Summer League showed up dehydrated. Statistics of those players reflected that.
- Start the hydration process immediately following the practice the day before.
 - Good alternatives to regular water throughout the day are drinks like Vitaminwater, Coconut Water, and Body Armour.
 - **STAY AWAY FROM POP, and ENERGY DRINKS!**
 - Some athletes drink coffee, pre workout supplement, or a slightly caffeinated drink following their nap to get there bodies going again.
 - In Game/Halftime is the best time for sports drinks



Basketball Preparation

HOME Games

- Typically report time to CHS is 5:30 PM
- Everyone is different with their routines, but the more everyone is together the better we will be.
- Any taping or trainer needs should be addressed ASAP
- Fieldhouse Time 5:45 PM - 6:30 PM
 - Dynamic Warm Up/Stretch/Get Body Loose
 - Ball Handling - Go through all your moves
 - Shooting - Develop a routine to get game ready

AWAY Games

- Develop a routine once arrived at the school. Napping is not on the list
- If there is a basket we can use we will, but assume there isn't
- Get to locker room by 6:00 PM/JV Halftime
- 6:00 - 6:30 we will use any open space/hallway to get moving.

By Failing To Prepare You Are Preparing To Fail

~ Ben Franklin