THE UNGUARDABLES

UNGUARDABLE QUICKNESS
QUICKNESS TRAINING FOR GUARDS

For more information please visit: www.unguardablequickness.com or
www.theunguardables.com

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Section 1 - Why Quickness Is The Key

The game has changed.

When my dad grew up, the best players were the most skilled. The guys who could make shots dominated. I can remember my dad telling me a story of a local player (whom he played against) that had tryouts at the NBA level (and according to sources, would have made it if not for 2 knees which had to be operated on and took him out of training camp). As my dad tells the story, he remarks of how skilled the player was, yet how he was only a *good* athlete. Not an amazing athlete, or an unbelievable athlete, but simply *good*. At this point in time, back in the 1960's, you could get by with skill. Not in today's game.

I grew up playing in the late 1980's and 1990's. Even at that point in time, the game was different than today. Players will still highly skilled but you began to see the emergence of another level of athlete. Over the 20+ years the basketball player has transformed into an unimaginable blend of quickness, strength, explosiveness, and skill to create a seemingly video-game like player.

Because of this "new" style of game which is based off of quickness and athleticism, the athletes who rely only on their skills will get left behind. Because you can shoot, doesn't mean you'll get minutes. Because you're good with the basketball doesn't mean you'll get minutes. However, if you improve your athletic ability and become quicker, you'll immediately improve your ability to get your shot off; or improve your ability to create with the basketball by creating more space for yourself or your teammates.

I've been around the game of basketball for 25 years. There is no physical quality more impressive in game play than quickness. The most impressive guards in the game are dynamically quick and seem to jet around the court stopping and going on a dime. They seem to be everywhere at once, a step ahead of everyone else, and on another level from an athletic standpoint. The quickest players can literally control the flow of a game because of that one quality.

When I was in high school I can remember watching a player on Providence College who was as quick as quick could be; his name, John Linehan. Despite being just 5'9" 165lbs, he Linehan had a division 1 scholarship in one of, if not, the best conference in the country.

Linehan was far from the most skilled player. As a matter of fact, the announcers would often comment on his skills were about average; average ball handler, passer, and a mediocre shooter. Yet Linehan dominated and controlled games because of his quickness. He was able to get the basket regularly and score double digit points, average nearly 5 assists a game, and nearly 5 steals a game. His quickness was so crazy that other teams would actually have their shooting guard bring the ball up the floor because they were worried about him stealing it (keep in mind these are the best point guards in the country! All-americans starting in the Big East Conference).

Want to dominate like Linehan? Start training your quickness right now! I can't stand it when a coach or parent either thinks that their child was born with quickness or without quickness. Quickness is a skill, and just like shooting, passing, or dribbling, it can be learned and improved with practice.

Make no mistake about it, the most immediate improvement you can make as a player comes from focusing on your quickness. Improving quickness unlocks your potential as a basketball player. In 8 weeks, after completing this program, you'll be a totally different player.

- You'll feel like you're floating on air as you effortlessly stop and go.
- Your first step explosiveness will leave defenders in the dust.
- You'll find yourself getting to the rim almost at will in the open floor.
- Defenders will literally fear guarding you because they don't want to get embarrassed
- Offensive players will be timid dribbling the ball because of your ability to dominate on the ball

As a former high school coach, I can tell you that the biggest difference maker in any given player is quickness. Now that I'm in the private sector as a performance coach and skills instructor, I can tell you that virtually every drill we do has some element of quickness or footwork involved. Because of this, we spend time everyday trying to develop and improve every athletes ability to explode, accelerate, and become more agile. I promise you that it will be well worth your time to train your quickness.

Section 2: The 3 Key Concepts to Quickness

Improving your quickness comes down to 3 specific concepts: ground contact time, stability, and balance. There are many sub categories from each of these concepts, but these 3 are the building blocks for much larger concepts which you will use in your drills and exercises. Each of these 3 concepts is equally important and in order to maximize your quickness training you should train all of them simultaneously.

Ground contact time - Ground contact time is simply the ability for the foot/feet to touch the contact the ground and rebound back up off of the ground. The most basic of training drills to improve this will be ladder drills. Improving contact time means that your ability to move your feet in increased because they will spend less time on the playing surface. Theoretically this means that you'll be able to move around the court quicker and get in position quicker than before. *In addition to improving the actual time spent on the ground, quicker contact times yield higher power outputs. Higher power outputs yield more explosiveness (ie first step quickness).

Stability - All of the explosiveness is great, but only if you can control it. You're only as quick as your weakest link. Much like the transmission of a car, you can only get power from the motor to the tires if you have a strong transmission to help the power get there. The transmission for the body is the trunk (core). The stronger your trunk is, the more stable the rest of your body will be. Players with weak cores will find themselves unstable and off-balance when they are trying to stop and go quickly. This issue is solved by improving the stability in the trunk and having it help build stability throughout the rest of the body.

Balance - One of the best kept secrets about quickness and agility training is balance. In order to improve your quickness you need to have a body that is on balance and stable at all times. Unlike traditional thinking that balance simply comes down to standing on 1 or touching your finger to your nose, proper balance training for quickness is your ability to balance in specific

positions: when you stop and go on defense, your body must be on balance; when you make a great crossover, your body must be on balance. Nowhere is balance more important than your ability to move quickly and efficiently than on the basketball court.

Section 3: How to Structure Your Program

Quickness training can be done in-season or off-season as a way to focus specifically on improving your quickness. Unless there are specific injuries or limitations, I don't recommend any different set or rep combinations.

I recommend that quickness training is done 3x/week, with proper core, strength, and speed training done in addition. Quickness training done by itself will significantly improve your quickness, but not like it would if you are using it in conjunction with a good strength training program and core program.

Allow 1 day (about 24hrs) of rest in between quickness training sessions and stick to basic basketball drills during the down time. More isn't always better. If you use a very small number of quickness drills as part of a circuit, warm-up, or something of that nature, you can complete those on the off-days (off-days of UG Quickness).

Section 4: UG Quickness - The Program

You will need a stopwatch.

Prehab:
A. Foam Roll
B. Roll Glutes
C. Static Stretch - tight areas (hip flexors, calves, hamstrings) 1 x 1 30s
D. X-Band/Lateral Band Walks 2 x 10
E. DL Hip Lifts 1 x 2 30s
F. Ankle Mob's 1x 10-20e

Movement Prep:
A. Dynamic Warm-Up 1 (high knees, butt kicks, lunges, lateral lunges, step-behinds, toe touches, lateral shuffles, carioca, BW Squats, jumping jacks)

X	Wk 1	Drill	Sets x Reps	Tempo	Rest
		JR - Quickfeet	3 x 1	30s	15s
		JR - Lateral Quickfeet	2 x 1	30s	15s
		Ladder - Gallop	2 x 1	Fast	30s
		Ladder - Lateral Shuffle	2 x 1	Fast	30s
		split to split	2 x 5e	Fast	15s
		split to squat	2 x 10	Fast	15s
		split to SL	2 x 5e	Fast	30s
		Squat to Split	2 x 5e	Fast	30s
		90 deg rotations	2 x 1	15s	30s
		speed bounces	2 x 1	15s	30s
		Plyo Accelerates - 10yds (30ft)	6 x 1	Fast	30s

X	Wk 2	Drill	Sets x Reps	Tempo	Rest
		JR - Quickfeet	4 x 1	30s	15s
		JR - Lateral Quickfeet	3 x 1	30s	15s
		Ladder - Gallop	3 x 1	Fast	30s
		Ladder - Lateral Shuffle	3 x 1	Fast	30s
		split to split	3 x 5e	Fast	15s
		split to squat	3 x 10	Fast	15s
		split to SL	3 x 5e	Fast	30s
		Squat to Split	3 x 5e	Fast	30s
		90 deg rotations	3 x 1	15s	30s
		speed bounces	3 x 1	15s	30s
		Plyo Accelerates - 10yds (30ft)	6 x 1	Fast	30s

X	Wk 3	Drill	Sets x Reps	Tempo	Rest
		JR - ali Shuffle	3 x 1	30s	15s
		JR - Alt. Bounces	2 x 1	30s	15s
		Ladder - Lateral Scissors	2 x 1	Fast	30s
		Ladder - DL Bounces	2 x 1	Fast	30s
		Ladder - DL Lateral Bounces	2 x 1	Fast	30s
		Ladder - In,In,Out	2 x 1	Fast	15s
		split to rotational SL	2 x 3e	CTRL	15s
		split to squat Jump w/ bounce	2 x 5e	XXX	1m
		4-Square Bounces	2 x 2e	10s	30s
		4-Square Diagonal	2 x 2e	15s	30s
		Small Box Agility	2 x 1	20s	1m
		Ball Toss Accelerate 1/2 Court	4 x 1	Fast	30s

X	Wk 4	Drill	Sets x Reps	Tempo	Rest
		JR - ali Shuffle	4 x 1	30s	15s
		JR - Alt. Bounces	3 x 1	30s	15s
		Ladder - Lateral Scissors	3 x 1	Fast	30s
		Ladder - DL Bounces	3 x 1	Fast	30s
		Ladder - DL Lateral Bounces	3 x 1	Fast	30s
		Ladder - In,In,Out	3 x 1	Fast	15s
		split to rotational SL	3 x 3e	CTRL	15s
		split to squat Jump w/ bounce	3 x 5e	XXX	1m
		4-Square Bounces	3 x 2e	10s	30s
		4-Square Diagonal	3 x 2e	15s	30s
		Small Box Agility	3 x 1	20s	1m
		Ball Toss Accelerate 1/2 Court	4 x 1	Fast	30s

X	Wk 5	Drill	Sets x Reps	Tempo	Rest
		JR - Skier Jumps	3 x 1	30s	15s
		JR - In,Out Squat Jumps	2 x 1	30s	15s
		Ladder - In,In,Out,Out Lateral	2 x 1	Fast	30s
		Ladder - Hop Scotch	2 x 1	Fast	30s
		Ladder - Stack Out	2 x 1	Fast	30s
		split to squat Jump	2 x 4e	XXX	30s
		4-Square Straddle Stack	2 x 1e	15s	30s
		4-Square 90 deg. rotations	2 x 1e	15s	30s
		SL Line bounces - straight	2 x 1e	10s	20s
		SL Line bounces - side	2 x 1e	10s	20s
		COD Technique	3 x 5e	CTRL	N/A
		COD Shuffle + Freeze	3 x 5e	CTRL	15s

X	Wk 6	Drill	Sets x Reps	Tempo	Rest
		JR - Skier Jumps	4 x 1	30s	15s
		JR - In,Out Squat Jumps	3 x 1	30s	15s
		Ladder - In,In,Out,Out Lateral	3 x 1	Fast	30s
		Ladder - Hop Scotch	3 x 1	Fast	30s
		Ladder - Stack Out	3 x 1	Fast	30s
		split to squat Jump	3 x 4e	XXX	30s
		4-Square Straddle Stack	3 x 1e	15s	30s
		4-Square 90 deg rotations	3 x 1e	15s	30s
		SL Line bounces - straight	3 x 1e	10s	20s
		SL Line bounces - side	3 x 1e	10s	20s
		COD Technique	3 x 5e	CTRL	N/A
		COD Shuffle + Freeze	3 x 5e	CTRL	15s

X	Wk 7	Drill	Sets x Reps	Tempo	Rest
		JR - Running	3 x 1	30s	15s
		JR - Alt. Bounces	2 x 1	30s	15s
		Ladder - Running High Knees	2 x 1	Fast	30s
		Ladder - Lateral High Knees	2 x 1	Fast	30s
		Ladder - Snake	2 x 1	Fast	30s
		split to Rotational squat Jump	2 x 3e	XXX	45s
		split to long jump	2 x 3e	XXX	45s
		4-Square U-Rotations	2 x 1e	20s	30s
		4-Square - SL Diag. Bounces	2 x 1e	10s	20s
		4-Square - SL U Bounces	2 x 1e	10s	20s
		Split to Cone Shuffle	4 x 1e	10s	45s
		Split to Accelerate - 10yds	4 x 1e	Fast	45s

X	Wk 8	Drill	Sets x Reps	Tempo	Rest
		JR - Running	4 x 1	30s	15s
		JR - Alt. Bounces	3 x 1	30s	15s
		Ladder - Running High Knees	3 x 1	Fast	30s
		Ladder - Lateral High Knees	3 x 1	Fast	30s
		Ladder - Snake	3 x 1	Fast	30s
		split to Rotational squat Jump	3 x 3e	XXX	45s
		split to long jump	3 x 3e	XXX	45s
		4-Square Straddle Stack	3 x 1e	20s	30s
		4-Square U-Rotations	3 x 1e	10s	20s
		4-Square - SL Diag. Bounces	3 x 1e	10s	20s
		4-Square - SL U Bounces	3 x 1e	10s	20s
		split to cone shuffle	4 x 1e	10s	45s
		split to accelerate - 15yds (45ft)	4 x 1e	Fast	45s

X	Wk 9	Drill	Sets x Reps	Tempo	Rest
		JR - SL Hops	3 x 4e	5s	20s
		Ladder - 2 to 1 Stick	2 x 1	Fast	30s
		Ladder - Diagonal Quick Bounces	2 x 1	Fast	30s
		Ladder - FWD Twist	2 x 1	Fast	30s
		Ladder - Slalom	2 x 1	Fast	30s
		rotational split to accelerate	3 x 2e	Fast	30s
		SL lateral bound	2 x 6e	XXX	30s
		SL 4-square Rotations	2 x 1e	10s	30s
		split to rot. agility	3 x 2e	10s	45s
		Pivot Crossover	3 x 5e	CTRL	------------
		Pivot Crossover Accelerate - 10yds	3 x 1e	Fast	30s

X	Wk 10	Drill	Sets x Reps	Tempo	Rest
		JR - SL Hops	3 x 4e	5s	20s
		Ladder - 2 to 1 Stick	3 x 1	Fast	30s
		Ladder - Diagonal Quick Bounces	3 x 1	Fast	30s
		Ladder - FWD Twist	3 x 1	Fast	30s
		Ladder - Slalom	3 x 1	Fast	30s
		rotational split to accelerate	4 x 2e	Fast	30s
		SL lateral bound	3 x 6e	XXX	30s
		SL 4-square Rotations	3 x 1e	10s	30s
		split to rot. agility	4 x 2e	10s	45s
		Pivot Crossover	3 x 5e	CTRL	------------
		Pivot Crossover Accelerate - 10yds	3 x 1e	Fast	30s

X	Wk 11	Drill	Sets x Reps	Tempo	Rest
		JR - Double Unders	3 x 1	30s	15s
		JR - SL Hops - side to side	3 x 4e	5s	20s
		Ladder - Lateral Twist	2 x 1	Fast	30s
		Ladder - In,Out Straddle	2 x 1	Fast	30s
		Ladder - Rev. Twist	2 x 1e	Fast	30s
		Rotational split to 2 cone shuffle	3 x 1e	10s	45s
		Shuffle + Stop	3 x 1e	Fast	15s
		Shuffle + Crossover	3 x 1e	Fast	30s
		Go-Stop-Go w/ Basketball	3 x 2	Fast	30s

X	Wk 12	Drill	Sets x Reps	Tempo	Rest
		JR - Double Unders	4 x 1	30s	15s
		JR - SL Hops - side to side	4 x 4e	5s	20s
		Ladder - Lateral Twist	3 x 1	Fast	30s
		Ladder - In,Out Straddle	3 x 1	Fast	30s
		Ladder - Rev. Twist	3 x 1e	Fast	30s
		Rotational split to 2 cone shuffle	4 x 1e	10s	45s
		Shuffle + Stop	4 x 1e	Fast	15s
		Shuffle + Crossover	4 x 1e	Fast	30s
		Go-Stop-Go w/ Basketball	4 x 2	Fast	30s

Section 5: Where to Go from Here

After completing this program I advise most athletes to move toward more traditional performance training workouts. I traditional in terms of how I typically train my athletes over the course of months and years; we're always working on improving all aspects of athleticism (strength, power, quickness, explosiveness, core, etc.). While the amount of time and effort into each area vary during different training periods and cycles, I recommend you use something similar to this approach. If you haven't used my UG Training System Volumes 1,2,3 I would recommend you check that out http://unguardablevolume1.com, it's a step-by-step done for you system will allow you to continue improving your quickness, while also improving strength, speed, and explosiveness.

If you choose to train on your own from here, and not with the UnGuardables I recommend sticking to proven exercises and drills that will not only make you stronger and/or bigger, but more importantly will help your basketball game.

Section 6: Frequently Asked Questions

Can UG Quickness be used with your UG Training System Volumes 1,2,3? I recommend that you do them separately. However, if you want to use UG Quickness with the UG Training System you can do so by omitting the SAQ section of the manual. Plug in the exercises (same sets/reps) and you will have a program which puts all of it's emphasis on quickness instead of a blend of speed, agility, and quickness.

Can UG Quickness be done in-season? Absolutely. I wouldn't change any pieces of the UG Quickness or make any adjustments other than simply avoiding training days on game days. I would avoid lots of extra quickness drills in practice on the days that you use the program if possible. It's VERY important to keep an eye on the health of your feet, ankles, and lower leg in season - especially if you're doing the quickness program on your own. If you start to notice a regular soreness through your shins this may be a sign that you have shin splints starting. If this happens, back off of the quickness training until your issues subside.

Can I do these drills everyday? I advise against training specifically for quickness every single day. While individual situations may vary, I'd much rather see a player spend the extra training on some skill specific work to help integrate their quickness training into more game-like training.

What will happen if I don't do strength training during it? Avoiding strength training during your quickness training won't inhibit any initial progress in quickness, however, it will severly limit your ability for improving it down the road. Strength is the foundation for all movement (including quickness!), therefore if you want to maximize your potential, I highly recommend doing some form of strength training while you're doing your quickness training. As a bare minimum I recommend following my Essential 5 Training Program. After completing this training I highly recommend that athletes wanting to maximize their potential use my UG Training System: http://unguardablevolume1.com.

Why do I need to do core training? The core is the center of the body, both figuartively and literally. Without proper core strength you won't be able to take full advantage of your new quickness. It's very similar to making a great move and then not finsihing the play, the move is essentially useless without the bucket; quickness is useless with a weak core.

What program should I do after this? I recommend using a more traditional training program similar to my UG Training System (http://unguardablevolume1.com). This UG Quickness program is really an intensification program designed to make a lot of improvement in a minimal amount of time. After it's very important to train all other elements that have taken a backseat during your focus on quickness. Even if you've been lifting and doing core training, I still recommend switching up your program; often times my athletes see even GREATER improvements when transitioning out of UG Quickness and into the UG Training System!

Section 7: About the Author

A self-proclaimed success junkie, Shelby Turcotte has made it his mission to help young athletes excel in reaching their own goals. It is his belief that with the right mind set and proper actions nearly anything is possible.

Shelby is a highly sought after and well respected peak performance basketball coach. He holds a master's degree in Exercise Science along with being certified as a Performance Enhancement Specialist by the National Academy of Sports Medicine. Shelby is also certified as a Youth Conditioning Specialist through the International Youth Conditioning Association. He has been involved in camps and coaching for more than 12 years. Shelby spent 4 years as a high school coach before transitioning into the position of a private skills instructor and performance coach.

In addition to training hundreds of athletes in person, Shelby has published numerous training and basketball articles on well known websites including: www.strengthcoach.com, www.sportsrehabexpert.com, www.bsmpg.com, and www.ihoops.com. He has also authored the best-selling UnGuardable Training System: Volumes 1,2,3 which has been sold all over the world.

Shelby is the owner of The UnGuardables, a basketball based website designed for the serious basketball player. For more information visit: www.theunguardables.com.