

Name: \_\_\_\_\_

## WALL HOOPS NUTRITION BASKETBALL PLAYER GUIDE BOOK

Five areas of health:

- 1) Hydration
- 2) Nutrition
- 3) Rest
- 4) Film
- 5) Extra Individual Work

### **Hydration:**

Most athletes do not intake enough H<sub>2</sub>O each and every day. A great guide to see if you are drinking enough water is by the color of your urine. If you have light yellow or clear urine and are urinating frequently, then you are well hydrated. If you have a bright/dark yellow urine, then you are dehydrated.

\*Drink at least 8 full glasses of water per day. More during days of extreme physical activity

\*Drink a glass of water first thing in the morning

Much like breakfast; this sets the tone for your day of hydration

\*Gatorade and other drinks have a place, but do not replace H<sub>2</sub>O

Water is our primary source of hydration

### **Nutrition:**

Nutrition is key in performance as well as mental and physical development. Below is an article on nutrition by one of the best basketball nutritionist in the world; Alan Stein.

\*If you are not taking a multi-vitamin with your breakfast, please consider doing so as a supplement to your well balanced eating habits\*

Optimum performance on the basketball court requires sound nutritional habits, as being adequately fueled directly affects your stamina and focus.

Do not underestimate the role nutrition plays in acquiring maximum physical development. What you eat on a daily basis helps to determine body fat levels, as well as how much energy you will have for intense workouts and practices. Whether you are trying to gain muscle, reduce body fat, or maintain your current stature, it is very important to follow these basic dietary recommendations:

- A balanced diet consists of approximately 60 percent carbohydrates, 20 percent fat and 20 percent protein.
- Eat a variety of healthy foods (fruits, vegetables, whole grains, etc.).
- Limit the intake of fat, sugar, and sodium.
- Drink plenty of water. Many nutritionists recommend a minimum of 64 ounces of water per day.
- Eat 5-7 small meals throughout the day. The size of the meal depends on the actual goal (weight loss vs. weight gain), as well as level of activity (two-a-days versus regular practice, tournaments versus regular games, etc.).

### Example Menu No. 1

- **Breakfast:** Orange juice, four pancakes w/syrup, and four scrambled eggs.
- **Snack:** one cup of low fat yogurt, granola bar, and a banana.
- **Lunch:** two deli sandwiches on whole wheat bread, an apple, and a glass of milk.
- **Snack:** two peanut butter and jelly sandwiches and a glass of milk.
- **Dinner:** Steak, potatoes, steamed vegetables, and a roll.
- **Snack:** two sticks of string cheese and crackers

### Example Menu No. 2

- **Breakfast:** Granola with dried fruit and milk.
- **Snack:** two cups of instant oatmeal.
- **Lunch:** four slices of cheese pizza and a salad.
- **Snack:** Trail mix: peanuts, raisins, and dried fruit.
- **Dinner:** Pasta with meat sauce, garlic bread, a vegetable, and milk.
- **Snack:** Weight Gain Super Shake (see below)

### Weight Gain Super Shake

- 1 cup of frozen strawberries
- 1 cup of orange juice
- 1 large banana
- 1 cup of low fat strawberry yogurt
- 3 scoops of protein powder

*Alan Stein is the owner of **Stronger Team** and the Head Strength and Conditioning coach for the nationally renowned, Nike Elite **DeMatha Catholic High School** boys basketball program. He spent 7 years serving a similar position with the Montrose Christian basketball program. Alan brings a wealth of valuable experience to his training arsenal after years of extensive work with elite high school, college, and NBA players. His passion, enthusiasm, and innovative training techniques make him one of the nation's leading experts on productive training for basketball players. Alan is a performance consultant for Nike Basketball as well as the head conditioning coach for the annual McDonald's All American game, the Jordan Brand All American Classic, and the Nike Summer Skills Academies. Alan is a camp coach at the prestigious NBA Players Association's Top 100 Camp as well as the Chris Paul CP3 Elite Backcourt Camp. Alan has filmed over a dozen DVDs on improving performance and is a sought after lecturer at basketball camps and clinics across the world. He has been featured in Winning Hoops, Time Out, Dime, [SI.com](http://SI.com), [SLAMonline.com](http://SLAMonline.com), American Basketball Quarterly, Stack, Men's Health, HOOP, and FIBA Assist Magazine.*

## **Rest:**

- \*Experts say to get 8-10 hours of rest daily.
- \*Your body needs to be in a sleep pattern during the season. Getting 8 hours of rest starting at 2am is not a substitute for going to bed at 11:00 pm or earlier every night.
- \*Sleep is hard to “make up” since your body is already out of its conditioned rhythm.
- \*A key to rest is knowing your body and realizing that during the season, rest is a key to success.
- \*PUT YOUR PHONES DOWN!!! Turning the cell phone off at night is a great way to ensure you get more rest. Make it a habit and control your cell phone use. Do not let it control you.

## **Film:**

- \*Watch HUDL games/clips to see areas of strength/weakness
- \*Games of our opponents
- \*Making 15-30 minutes of film a day is a great habit to get us “thinking basketball”
- \*Be the most prepared, disciplined, and organized team we can be – these are in our control

## **Practice/Games:**

- \*Are a highlight of each day because we are doing something we enjoy!

## **Extra Individual Work:**

- \*This is where good players become great! Getting extra shots up before/after practice pay off for EVERY PLAYER
- \*Game speed shots at open gym, before, and after practice add up.
- \*50 makes before or after practice along with 100 makes at open gym – just during basketball season alone will equal over 1,600 more made shots!

- \*Focus, effort, and improvement in each of these areas will make you a better basketball player. Start now and create a great habit that will help you and your team!