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KIN 856

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Unit 7: Critical Performance Factors #2

Basketball Critical Performance Factors

- 1) **Agility/Footwork:** This allows athletes to be able to move around their defenders, or to stay with offensive players as well as have control over the way their body moves. Agility and body control can also positively impact balance. Proper balance impacts the success of each athlete as a shooter and defender as well as helps with injury prevention. Moving laterally can help with ankle strength and control as well.
- 2) **Lower body Strength:** Basketball is a physical game especially for post players that end up very close to the basket. Lower body strength is needed for players to gain position. Lower body strength is also needed for players to improve their vertical jump which will help in rebounding as well as shooting. When talking about lower body strength, this means improving strength in the quads and hamstrings as well as continuing to improve strength within the tendons of knees and the ankles. Improvement in strength in the knees and ankles may also help with injury prevention such as ankle sprains and knee injuries.
- 3) **Balance:** Being able to balance and control your body is an athletes' greatest advantage on the athletic playing field. Balance is an integral part of the different skills of basketball. It is involved in an athlete's shooting form, defensive stance, jumping ability, and can impact simply how they run up and down the court. Especially with jumping and running if athletes are able to have control and proper balance, they can be less overuse injuries on their bodies. They will also be able to perform at a higher level because they are able to perform the skills under control and within the range of motion that their body is used to.
- 4) **Quickness:** Basketball is a game of runs, if athletes can improve their quickness they are able to get up and down the floor quicker than their opponents allowing for easier baskets. This also allows them to become better defenders and more of an offensive threat if athletes are quicker than their opponents. Being aware of proper interval training can improve the quickness of an athlete.
- 5) **Proper Nutritional Recovery:** With nutrition it may not seem like this is a critical performance factor however, if an athletes' body is not ready to take on the training session or competition that they are entering they will not be performing their sport skills properly. Not only may these cause errors in training and competition it may also lead to injury. Athletes must be aware that what is exerted must be put back into their body in order for proper recovery to happen. With proper recovery time athletes are able to push themselves and improve their abilities which may not be seen otherwise.