

CARTER PEAK PERFORMANCE

SPEED BY SPORT

BASKETBALL STOP, START, EXPLODE



WHAT THE GAME DEMANDS

The court is 94 feet, so top speed is rare outside transition. The game is accelerating, braking, cutting, sliding into sprints, and jumping again and again.

BODY TYPE MATTERS

- Springy, narrow-frame guards: elastic jumps and bounces
- Wide-frame bigs: heavier pushes, longer ground contacts

OFF-SEASON WEEK

DAY A · ACCELERATION AND BRAKING

- 3-point starts, 6 × 5 yd
- “Stick it” sprints: baseline to free-throw line, freeze the landing, × 5
- Closeouts, 3 each side
- Heavy sled (trained athletes) and broad jumps

DAY B · ELASTIC AND VERTICAL

- Pogos, 3 × 15
- Drop jumps for RSI, 3 × 4
- Approach jumps and lateral bounds
- Overcoming isometrics

DAY C · GAME SPEED

- Transition race, 6 reps
- Mirror drill, 4 × 8 seconds
- Slide, turn, run: 4 each way

LOW DAY · RECOVERY

- Tempo work at easy effort
- Mobility
- Landing mechanics

CREATIVE DRILLS

TRANSITION RACE

Two players start at the free-throw line. On a rebound toss, they race the floor for a layup or a stop.

SLIDE, TURN, RUN

The defender slides, then on a cue opens the hips and sprints. It stops the guard who blows by.

CLOSEOUT CHALLENGE

Sprint, chop the feet, get a hand up, then react to the shooter's drive.

IN-SEASON

Twice a week: short acceleration and braking work plus a few reactive jumps. One flying 10–20 yd rep weekly keeps the speed ceiling high.

TEST IT: WEEKS 1, 4, 8

10 yd split · Flying 10 · 90° and 180° cut deficit · RSI · Three-quarter-court sprint