

Basketball Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing basketball games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in basketball. Become an offensive force on the court, a lockdown defender against your opponent, and a beast on the boards. Game 7 will assist you in getting a jump on your opponent. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 can help you gain the edge to meet your goal. Our training programs will help basketball players develop game breaking speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete basketball player you can be.

With Game 7 the athlete will increase speed, quickness, agility, vertical, strength, power, and explosiveness.

What is the difference between being an average basketball player on the court and an elite basketball player on the court? What is the difference between being a factor in one aspect of the game and being a complete player in all aspects of the game? Here's what the basketball athlete will develop with Game 7:

1) **Speed, Quickness, & Agility:**

Whether its defense or offense, having a quick first step will determine who has the advantage and who will get to the basket first. Game 7 will train you to develop the proper mechanics necessary to develop foot speed quick enough to attack or defend your opponent. We'll train you through a variety of speed & agility drills to increase your speed. Game 7 will strengthen your footwork and speed so you have greater movement laterally, forward, and backpedaling. We will teach you how to have greater body control.

2) **Vertical & Explosion:**

An offensive player must be able to explode to the basket. Offensively or defensively you must be able to explode off the ground to get an offensive or defensive rebound. Game 7 will train you to shorten the distance between you and the basket and maximizing your leaping ability to increase your vertical. Game 7 will use a variety of muscle recruitment methods and resistance training methods to help increase your vertical and explosion to the basket.

3) **Strength & Power:**

Game 7 will train you through a variety of muscle recruitment exercises so you will have the strength and power to box-out, rebound, slash to the basket, absorb contact while attempting to finish the shot, or backing a defender down. We'll show you how to be stronger and much more physical with our training programs.

Be a triple threat basketball player with Game 7

www.game7sports.com