

Power²

Athletic Performance[®]

PowerBasketball

Power Basketball is an eight-week preseason training program for boys and girls ages 13-18. This program is specially designed by our nationally Certified Strength and Conditioning Specialists[®] to improve the key athletic principles for the sport of basketball. Every Power Basketball training session will include:

Agility and Quickness Training

Improve your acceleration, deceleration and change of direction ability in our comprehensive agility training program. This multidirectional training program will teach you how to move with reactive power in all directions helping you improve your defensive skills on the court.

Power Training

Become a true triple threat with power, strength and agility. Our progressive power training program will get you inches on your vertical jump and improve your first step quickness.

Strength Training

Strength is the foundation of all athletic ability. In basketball, strength means power and the ability to hold your ground under the basket. Our Certified Strength and Conditioning Specialists[®] will work with you on an athletic strength program designed to meet your needs as a basketball player.

Endurance Training

Play the last 2 minutes with as much speed, power agility and quickness as the first 2 minutes. Our coaches will lead you through a progressive and challenging preseason conditioning program designed to get you in "game" shape. Don't wait for the basketball season to get you ready. Arrive ready.

Injury Reduction Training

Nobody wants to be sidelined with an injury. The athletic performance team at UW Health Sports Medicine has created a program that addresses common basketball injuries through dynamic strength training and movement skills.

Other Training Options:

- Individual Training
- Team Power Basketball Training
- 20 week Total Performance Training
- Strength & Power Training

UWHealth

University of Wisconsin
Sports Medicine



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