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THE BASKETBALL PERFORMANCE BLUEPRINT

The 5 physical qualities that separate
good players from elite ones — and exactly
how to train each one.

FREE DOWNLOAD — FROMZERO STRENGTH & PERFORMANCE

INTRODUCTION

Most players train hard. Few train smart.

After 12+ years coaching elite athletes in Melbourne, we've seen the same pattern repeat itself: talented players who work incredibly hard but never reach their ceiling — because they're training the wrong things, in the wrong order, without understanding what their body actually needs.

This blueprint breaks down the 5 physical qualities that determine how far you go as a basketball player. For each one, we'll show you where most players fall short, what elite performance actually looks like, and how to start closing the gap.

"Elite players aren't just talented — they're built. And building starts with knowing what to build."

12+

YEARS COACHING

500+

ATHLETES TRAINED

6

CORE PROGRAMS

THE 5 QUALITIES

What elite basketball bodies are built on

01

Explosive Power

The ability to generate force rapidly — this is what gives you your first step, your vertical, and your ability to finish through contact.

Most players

Chase vertical jump numbers without building the foundation (relative strength) that makes real power possible.

Elite standard

Can generate peak power in under 200ms. Trains strength first, speed second.

02

Reactive Speed & Agility

Change of direction isn't just footwork — it's your nervous system's ability to read, react, and redirect efficiently without energy leaking.

Most players

Ladder drills. Cone drills. No resistance, no deceleration training, no sport context.

Elite standard

Trains deceleration as much as acceleration. Practices reactive, not just planned, movement.

03

Structural Durability

The capacity to absorb load, session after session, season after season. This is ankles, knees, hips, shoulders — the joints that make or break careers.

Most players

Only address durability after injury. No prehab, no movement screening, no load management.

Elite standard

Treats injury prevention like skill development — structured, progressive, non-negotiable.

04

Basketball Conditioning

Not just fitness — the ability to maintain decision quality, movement efficiency, and intensity during the final 5 minutes of the 4th quarter.

Most players

Run laps and do interval sprints. General fitness that doesn't replicate game demands.

Elite standard

Conditions in game-realistic patterns. Trains both aerobic base AND anaerobic repeatability.

05

Strength Foundation

Relative strength — how strong you are for your bodyweight — underpins every other physical quality. Without it, power, speed, and durability all have a ceiling.

Most players

Skip strength work to focus on "sport-specific" training. Or lift heavy without technique.

Elite standard

Follows a structured progressive overload program. Tracks load, volume, and recovery.

SELF-ASSESSMENT

Where do you stand right now?

Be honest. Check every statement that's true for you:

STRENGTH

- I can squat at least 1.5x my bodyweight
- I train lower body strength at least twice per week
- I've never followed a structured progressive overload program
- My legs feel fatigued after back-to-back game days

POWER

- My vertical jump has improved in the last 12 months
- I train explosive movements (jumps, sprints) regularly
- I feel slower and less explosive late in games

✗ I've never had my power or speed formally tested

DURABILITY

✗ I've had at least one significant injury in the past 2 years

✓ I do dedicated injury prevention work each week

✗ My knees or ankles bother me during or after games

✓ I've had a movement screening or biomechanical assessment

CONDITIONING

✓ I can maintain my intensity for a full 40-minute game

■ I train conditioning at least 3x per week

✗ I feel my decision-making decline when I'm tired

✓ My conditioning is game-specific, not just general fitness

How to read your results: The ✓ items are where you're strong. The ✗ items are gaps. The ■ items are areas to build. If you identified more than 3 gaps, your performance has a ceiling right now — and that ceiling is lower than your talent deserves.

TRAINING STRUCTURE

A starting point for your weekly training

This is a general framework. Your actual program depends on your current level, injury history, position, and season phase. Use this as a guide, not a prescription.

DAY	FOCUS	KEY ELEMENTS	DURATION
Monday	Strength	Lower body — Squat, hinge, unilateral	60-75 min
Tuesday	Speed & Agility	Reactive drills, change of direction, acceleration	45-60 min
Wednesday	Recovery / Skills	Low-intensity movement, ball work, mobility	30-45 min
Thursday	Strength	Upper body + posterior chain	60 min
Friday	Power & Conditioning	Jumps, throws, game-condition intervals	60 min
Saturday	Game / Practice	Compete at full intensity	—
Sunday	Full Recovery	Mobility, soft tissue work, nutrition focus	20-30 min

TOP 5 MISTAKES BASKETBALL PLAYERS MAKE IN THE GYM

1

Skipping strength work entirely

Every physical quality is limited by your strength foundation. No base = no ceiling.

- 2 Only training what they're good at**
Conditioning players do more conditioning. Strength players lift more. Real gains come from attacking weaknesses.

- 3 No progressive overload**
Doing the same workout every week produces no adaptation. Your program needs to systematically increase challenge.

- 4 Ignoring recovery**
Adaptation happens during recovery, not training. Poor sleep + no deload weeks = plateau.

- 5 Training in pain instead of addressing it**
Pain is data. Working through it without understanding it leads to bigger problems down the track.

READY TO FIND OUT EXACTLY WHERE YOU STAND?

This blueprint gives you the framework. But knowing your actual numbers — your power output, speed, strength ratios, and movement quality — changes everything.

Our Athletic Testing session gives you:

- ✓ A complete physical profile across all 5 qualities
- ✓ Benchmarks against elite Australian basketball players
- ✓ A personalised training roadmap based on your results

[BOOK YOUR TESTING SESSION]

fromzero.com.au/testing | contact@fromzero.com.au
Keilor Park, Melbourne VIC