



Performance vs. FITNESS GOALS



Training an ATHLETE

There are 2 critical components to being a successful athlete:

1. Having the skills to perform the sport
2. Having the fitness level to perform the sport



SKILLS INCLUDE...

- Power
- Speed
- Agility
- Balance
- Coordination
- Reaction Time



FITNESS INCLUDES...

- Cardiovascular Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition



DISTINCTION

- *Skill Components* are more specific to a sport and type of athlete (for example- a golfer does not need to be agile but they have to have coordination, power and speed whereas)
- *Fitness Components* are more general and apply to many types of athletes



A SKILL EXAMPLE...

If you are a BASKETBALL PLAYER

A critical skill to be successful is having very good lateral agility...in other words, being able to move side to side very quickly to play defense and get around defensive players



TRAINING FOR AGILITY

Basketball players do a lot of agility based drills using Agility Equipment and exercises to increase their ability to move side to side

Check this out..click [HERE](#)



ANOTHER SKILL EXAMPLE...

If you are a BASKETBALL PLAYER

Another critical skill to be successful is having *explosive and high vertical leap*....in other words, being able to jump off the ground quickly and explosively for getting rebounds, blocking shots and shooting the ball.



TRAINING FOR vertical Leap

Basketball players do a lot of jumping and lower body exercises to help and increase their vertical leap

Check this out..click [HERE](#)



A FITNESS EXAMPLE...

If you are a BASKETBALL PLAYER

You will need to have exceptional *cardio endurance* so that you can play a lot of minutes in a game without getting fatigued



TRAINING FOR CARDIO

Basketball players can run around the track, do sprint drills, jump rope and bodyweight training like Burpees, etc. to get their heart rate up



SUMMARY

Performance Skills are more specific and fitness training is more general. It all depends on the needs of the athletes.