

# TRAINING TIP OF THE WEEK

## POWER TRAINING FOR SPORT

Many off-season training programs focus on strength training. What athletes don't understand is that it is increasing power, not just strength, that leads to better on-field performance. Power is the combination of strength and speed, which is at the essence of most sports. As an example, if a basketball player wants to be a good rebounder, he or she needs to be able to jump high (strength) but also be able to get to the ball first (speed). The aim of power training is generating more force (strength) in a shorter amount of time. Common terms for power training are ballistic exercises, plyometrics, or sports-specific training. Studies show that power training leads to double the sports enhancement as compared to straight strength training. The closer the power training can simulate the actions required for a specific sport, the more the athlete's "off-field" conditioning translates to better performance come competition time.



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