



STRENGTH & CONDITIONING

Strength, speed, & agility training are vital for basketball success. Global Squad players have access to equipment, trainers, & a program unlike anything they've seen before.

TESTING & ANALYTICS

Global Squad players are tested on athletic ability twice while at camp. We measure height, weight, vertical jump, agility, quickness, & speed.

We study the raw data using Predictive Analytics to produce a complete athletic profile. This athletic profile allows us to provide each player with the guidance to maximize their development.

VERTIMAX

Vertimax is the most effective vertical jump training system on the market.

It maximizes both explosive leg power & swing velocity to increase vertical lift, which leads to superior vertical jump performance gains.

Global Squad players have structured Vertimax training twice each week.

WEIGHT ROOM

Global Squad players have access to a state of the art weight room & training facility.

Players will be instructed on how to lift properly to avoid injury & will be given a program specific for basketball players to maximize gains in strength, speed, agility, flexibility, & stability.

