

# Recipe for Success

## Chapter 0

### The Beginning

- About this “Book”
- Support
- Expectations

**About this “Book”:** I have created this “Book” to help us get a great start into the 2024/25 season. But not only that, I know you have expectations about yourself and don’t know where to begin. This “book” cover most of it. **DISCLAIMER:** I am not no professional. This guide is based on the Knowledge I got, and my own experiences.

**Support:** I was lost like you I wanted to get better at Basketball but didn’t know how. BUT unlike you I sat my ass down and Booted my PC/Phone and start researching. It took a long time (More than 2 years) to get this Knowledge and there is 1000% more. I want you to save that time for Training, so I made this “Book”/Guide.

**Expectations:** Well like you I have some expectations from my Friends. I want you to Read this shit from top to bottom and actually use it. Remember our goal “Österreichischer Meister”. My expectations are for you to get better and fight alongside me.

# Recipe for Success

## Chapter 1

### Diet

- MyFitnessPal
- Fuck them Processed foods
- And fuck them unhealthy snacks
- Carbs for energy
- Fat for Vitamin absorption
- Protein for Cell repairment

So those are some things you'll need. MFP (MyFitnessPal) can be tricky to figure out but overtime you'll learn it. If not, you can always ask someone or google that shit. 3 Macros is all you need Carbs, Proteins and Fats only those matter to us because we are Athletes. And of course, there are Processed foods and those snacks (Chips, Chocolate, Fast Food, Frozen Food etc...). I'm not saying give them up completely but just reduce your intake ofc the lesser the better. This chapter is going to be long af but I'll share all my knowledge.

Let's talk about **supplements**: We all probably know what Protein Powder is. Most beginners (Like my dumbass) buy it. We don't really need it tbh if most of us are 15 – 20 so most of us don't work so we can get our Protein in easily. Supplements are meant for People who have much less time. So, if you can easily get to your Protein goal Protein Powder is a waste of money. Here's a list of supplements which are helpful: Creatine, Omega-3, Multi Vitamin, Magnesium and Electrolytes. And of course some Brands: Biotech USA, ESN, My Protein and Prozis.

Now we talk about the real Important stuff.

**MACROS:** Like I told you earlier for now we only need 3 Macros: Protein, Carb and Fat.

Let's begin with **Carbs:** We need Carbohydrates for energy without Carbs we are like a Phone without Battery. So basically, Carbs are our energy source. We need them to function. Foods with rich Carbs are Rice, Bread, Fruits like Bananas, Quinoa and Potatoes.

**Fats:** So, first Fats are ESSENTIAL we need them Fats allow us to absorb Vitamins. But when I talk about Fats, I mean the Healthy ones and not Chips or that shit. So, if you buy something look at the Back for Saturated Fats and Unsaturated you can guess which one is better. Of course, Saturated but like always you can never Dodge them fully but reduce them. Foods that have Healthy Fats: Nuts, Avocadoes, Eggs and Fish (I hate fish that's why I take Omega-3 instead).

Now the Part all the Kids waited for. **Protein:** We need Protein to Repair cells or make new ones. The Human Body naturally produces 11 but to function properly we need 20. *You: "But Ergun how do we get the other 9???"* Through our meals of course. Some Foods rich with Protein Chicken, Peas, Egg whites, Nuts (again) and Yoghurt. You can also use Protein Powder of course.

Tips: If you don't know what to cook don't search online like *"Healthy recipe for athletes"* or *"High carb recipe"* because you won't find shit. Because in the Diet game Athletes are unknown for some reason. Search *"Recipe with rice and Quinoa"* Just don't use words like "High Carb" The diet industry is focused on weight loss and not on Game performance. Eat Healthy.

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## Chapter 2

### The Body

- Stretching/Mobility
- Injury Recovery
- Prevent Injury
- Rest

Ah the Body... The best thing that God could've given us. You probably know the saying. "*Treat your body like a Temple*" I used to laugh at that but it's the most Important thing. How are you going to play, lift or fight without a body? Exactly.

**Stretching/Mobility:** Isn't moving freely nice? So, why limit yourself? By Stretching before a Game/Practice you can prevent Injury. By Stretching you can improve your Mobility which allows you to move freely. It's been proven that with better Mobility you can Build more muscle, Jump Higher, Move Faster and Dodge better. With stretching only comes Positive things and the best thing is. It only takes 10 Minutes 2x Everyday that means 20 Minutes of your day. Here's the routine: 90/90s 10 on each side, Open Book 10 on each side, Pigeon 15 on each side, Seated Hamstring 10 on each side, Knee sits 2x 1min and Deep Squats Hold 2x 30mins. (For more workouts Jelly12h on TikTok)

**Injury Recovery:** We all have experienced it. Injury... Nobody fucking likes it. It Hurts like shit; you can't play and maybe need to walk around with a big ass plaster. I know it sucks but there are some ways to recover faster. First up ice the area cliché I know. After that apply some compression, you can use a Compression sock or get some bandages. After all that the first

thing you need is rest. Get good sleep. After a while you can start doing some exercises but consult your doctor, he/she knows best. You can google the exercises. If it heals take it a bit slow in the beginning. Good luck

**Prevent Injury:** There isn't much here tbh. You can consult a doctor or google some exercises.

**Rest:** We have come to the most important point. Rest. Without Rest nothing works it's CRUCIAL. Sleep is the most important thing for an Athlete. Sleep Heals Injuries, Fixes sore Muscles, gives energy, repairs and makes Cells essential for living. Helps Producing every essential thing. I can't express how important rest is in such mere words. Ideal for Youngsters is 8-9 hours of sleep every day. Too much is bad too. Please get rest.

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## Chapter 3

### Athleticism

- Upper Body
- Lower Body
- Vertical
- Agility
- Stamina

I think this is going to be the longest Chapter without further ado let's get started. There are two factors that make Athletes, Athletes. The Physical part and The Mental part (Next Chapter) in this Chapter we look at the Physical side. Athleticism defines an Athlete. Be it speed, strength or Agility. Every Athlete needs it. While some have it since birth, and some must work for it. But like KD said "*Hardwork beats Talent if Talent fails to work hard*" So if you aren't naturally Athletic don't be sad.

**Upper Body:** Some people think just because they play Football or Basketball, they don't need Upper Body strength. Every Athlete needs it. In Basketball there is contact in the paint. In Football the same on the Pitch. For this one I'm sorry I don't have a Workout. There aren't many People on the internet that are Interested in Athlete lifting. A Tip I can give you is don't Work out like a Bodybuilder. We aren't here to build muscle our main objective is STRENGTH.

**Lower Body:** So, this might be Interesting for some. The Lower body begins in the waist. The Lower Body for me is the most important section because I play Basketball. Jumping, Running

etc. Are all done with the lower body. Maintaining it is important. Unfortunately, I have no Workout either, but I have some exercises you can do Explosive Squats, Sprints, Deadlifts, Bulgarian split squats and Half Squats. Don't go too heavy as a beginner. Keep the reps and sets at 8x4 (8 reps and 4 Sets upper body too).

**Vertical Jump:** Ohhh this might be my fav topic. Ahh the Vertical Jump. For some it comes Naturally but it can be taught and trained. The best way to Jump higher is to Jump. Jump as many times as you can, as high as you can. But there are these things called Plyometrics you can do. Fast-twitch muscle fibers create short, powerful muscle contractions like those seen in explosive exercises such as sprinting, weightlifting, or box jumps (Totally not from google). You can train those muscles to create more explosive power. You can do these exercises Box Jumps, depth Jumps, Squat Jumps and Sprinting. I could make a whole chapter about Verts. Next up we have the Technique. First you must determine if you are a one-foot jumper or two-foot jumper. You can watch this [video](#) (Learn Two Foot and One Foot Jump Technique! -Isaiah Rivera). Just Practice and you'll perfect it.

**Agility/Speed:** So, tbh I'm not that educated in this area, but I'll try my best. So, to get faster and more Agile we need to quicken our feet. You can use an agility ladder for this or use something to mark. Sprinting will also make you faster. Agility is not just speed. How well and fast can you move your body. Going from a full sprint into a spin move fade. That's a way to increase agility.

**Stamina:** Not my strong suit hahaha. But I know how to increase it. SPRINTING, playing matches with friends and randoms. Don't smoke that can impact your stamina negatively

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## Chapter 4

### Mental Side

- Self-Doubt/Self-Hatred
- Confidence
- Zone
- ego

So, we have arrived at my least fav topic. There are going to be some dark things here.

**Self-Doubt:** So, you think you aren't good enough huh? We've all been there. It's a dark and lonely place and downright disgusting. "*Ergun, how do I escape this place? I have no one to talk to because I'm ashamed*" Firstly never be ashamed to talk to someone. Let's say you don't have anyone then it's up to you. If you really love this game, then you stand up and fucking fight. Your biggest supporter should be you. If the voices try to belittle you, you look at them and spit in their face. And after all that if you're still the same there's no hope for you. Bitter truth.

**Confidence:** Confidence is literally key. Without confidence are we nothing. The best way to build confidence is to Practice. If you practice enough, you will be confident in your Abilities thus resulting in better game Performance. Being an optimist can also help.



**Zone:** Another Very interesting Topic. The Zone a.k.a. The Flow State. Is a State of absolute Focus. All unnecessary thoughts disappear. And the Athlete becomes Absorb in the game (Totally not from KnB). The enter this State of absolute focus you need to train hard. There are two popular paths Meditating or Creating an alter ego. Meditating is simple just search on YouTube "*Meditating for athletes*" You'll get some results. Alter Ego is a different thing. Basically, you are creating a different Person. That Person is still you but better. A version of you that's Limitless. Makes your weaknesses your Strengths. First give it a Name. It can be anything A Nickname or Your fav character. Give it some traits like Confident, Cocky, Egoist etc. What I like to do is if I need it, I associate it with a Movement like Emre dodanli. Just switch to it if you need it.

**Ego:** First, we need to establish something, Ego isn't Arrogance. Having a high ego isn't bad. I would put it as a Positive attribute. But thinking or acting like you're better than anyone else just makes your teammates uncomfortable. Remember Basketball is a Team sport.

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## Chapter 5

### Training

- Position
- Strengths & Weaknesses
- Shooting
- Dribbling & Passing
- Defending
- Finishing
- Post

Now to get better we need to Train/Practice I'm here to help.

**Position:** As you may know we have 5 Positions in Bball PG (Point Guard), SG (Shooting Guard), SF (Small Forward), PF (Power Forward) and C (Center). Most of the Time the position depends on Height. PG = Shortest – C = Tallest. But the playstyles are different too. Just search them up and decide which one suits you best.

**Strengths & Weaknesses:** Humans aren't perfect no matter how hard you try you will never be flawless and that's not as bad as it sounds. What I want you to do now is get a Pen and paper or MS Word. Write down all your weaknesses and Strengths like Dribbling, Shooting etc. You made the first step to becoming a better player. Finding your weaknesses is good but we don't accept them. It's good to be humble but we want

to get better. Now you have a list of things to work on. This will make everything a bit simpler.

**Shooting:** Being a good shooter has many aspects like Form, Arc and many more. I'm not the best shooter but I'll try my best. Let's start with form: Having a good form is important because if you aren't comfortable, you won't hit your target. Let's widen our legs about shoulder wide. Now we turn our feet slightly you can choose the direction I point them Right I shoot with my left. When you go up for a shot the ball moves first then the body. Load your wrist for more Power. (Watch ShotMechanics on YT Steph Curry for more).

**Dribbling & Passing:** In basketball it's forbidden to walk with the ball. To move you must Dribble. To become better at dribbling you must... Dribble. Yup you can also do those YT drills, and I encourage you. But if you dribble every day, you'll get the Ball on a string easily. As for Passing the same rule applies. I'm a Goated passer and I wasn't like this. But when I kept passing more, I got good at it. (Watch Peter Danyliv on TikTok, Kyrie Irving, Steph Curry and Luka Doncic)

**Defending:** Defending is all about Agility in my opinion. And a lot of Brains too. There isn't much to say in this Topic the more athleticism the better. (Watch Ben Wallace, Draymond green and the Minesota Timberwolves)

**Finishing:** Finally, we are at my Profession. Finishing might sound easy, but it isn't. Speed + Finishing = The best weapon. If you can Control your Speed, you will be unstoppable. Throw in some Dribble moves and Agility you might be the next D Rose ha-ha. (Watch KP TikTok, Anthony Edwards and Jamal Murray)

**Post:** This one goes to my big men but guards you still need to listen. Strength, Fakes and Spin moves are going to be your best friends here. For the Guards Fade Aways are your lover. If you combine all of them with a lot of training, you will be Unstoppable. (Watch Nikola Jokic, Hakeem Olajuwon and Kobe Bryant.)

For now, this is it. I hope I helped you even a little bit I might add to this but later. I hope you have a great season and Goodluck. LET'S GO **RAPID!**

*Ergun Devrim Demirel*