

5 SIMPLE TOOLS TO IMPROVE YOUR PERFORMANCE

*As a Professional Athlete
I use these Everyday*



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ARETE HOOPS

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About the Author

Quinn McDowell is a professional basketball player, aspiring writer, and founder of Arete Hoops. He completed a four-year liberal arts degree (in Religion and Economics) at the College of William and Mary while excelling on the court for the Tribe. He finished his career scoring over 1500 points and grabbing 500 rebounds while being honored as the Colonial Athletic Association's only two-time winner of the Dean Ehlers Leadership Award. He has excelled as a shooter and a scorer in his career, shooting over 40% from three-point range in the last 7 seasons (4 college, 3 professional). Quinn was also selected as a top-10 finalist for the Lowe's Senior Class Award in 2012.



Since graduation Quinn has played professionally for 2 years in Perth, Au, the NBA-Development League, and in Spain's second division (Leb Oro). He desires to share the diversity of his basketball experiences with other coaches and players who are trying to seek excellence in all that they do.

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1. Lacrosse Ball (\$2-3)

The Lacrosse Ball is one of the cheapest (you can find used lacrosse balls at second-hand sports stores for a few dollars) yet most effective tools that any athlete can use on a daily basis to perform self-massage and encourage myofascial release. Muscles get sore from training and workouts, and contracted muscles need to relax. The lacrosse ball can massage problem areas and helps improve blood and lymphatic circulation. Use the lacrosse ball on almost any part of your body that feels sore or tired (this is especially effective for the bottom of your feet and helps prevent issues with your foot's arch). Use solid surfaces - a wall, the floor, or any other hard surface - to give yourself the leverage to dig into those sore spots and generate healing.



In Summary the Lacrosse Ball:

- Promotes myofascial release
- Relaxes contracted muscles
- Eliminates sore spots
- Increases blood circulation
- Promotes healing and reduces stiffness

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2. Elastic Band (Free-\$5)

The elastic band can be found at nearly any sporting store or rehab clinic. In particular rehab clinics and doctors offices that provide inpatient services will have entire rolls of elastic that just needs to be cut into pieces and given away. Most offices will give these to their patients if they ask. The elastic band is a great tool for ankle and hip strengthening. The ankles and hips are the pivots for the rest of the body play a vital role when you change directions (which you do a lot in basketball). Weak ankles and weak hips can lead to a myriad of lower back and leg injuries. Elastic bands are great for improving strength and flexibility in your ankles and hips.



In Summary Elastic Bands:

- Improve hip and ankle strength
- Help reduce the chance of sprained ankles
- Give you increased freedom of movement
- Increase flexibility
- Are simple to use

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3. Roller (\$5)

Foam rollers can retail in stores for anywhere from \$20-\$50, but you can make a homemade roller for less than \$5. All you need is to go to your local hardware store and buy a 2-3ft piece of PBC pipe. You can add padding or tape to the outside surface for increased grip or if the pipe's hard surface is too painful. After you've made your roller, you are ready to roll out the sore spots on your legs, back, glutes, calves, and hamstrings. The science behind the roller is essentially the same as the lacrosse ball, but the larger surface area allows you to target bigger muscle groups.



In Summary the Roller:

- Targets large muscle groups
- Aids in muscle recover
- Rejuvenates muscles and decreases stiffness
- Easy to carry to practice and games
- Helps prevent strained muscles

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4. Airex Pad (\$50)

The Airex Pad is an incredibly functional piece of training equipment. Its multiplicity of uses make it worth its high price because you can do so many exercises with it. You can use it to improve your balance or you can bring it to the gym and incorporate it into your weight program. By design it is an unstable surface that forces you to work on your coordination and balance depending on how you use it. I've used it to improve my balance and work on my ankle mobility as well as strength and explosion. There are no shortage of exercises with the Airex, and its a great tool for whatever needs you have.



In Summary the Airex Pad:

- Can be used on the court or in the weight room
- Is extremely versatile
- Can be used for strength and balance exercises •
- Helps ankle mobility and balance

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5. Resistance Cords (\$10-\$20)

Resistance cords are great for supplemental strength training and have been proven to promote joint health. Although I would still recommend a traditional strength program, resistance cords are a unique tool that are great for maintaining shoulder and elbow health. The torque that joints receive during training or lifting sessions can lead to chronic conditions that limit an athlete's range of movement, and thus limiting their effectiveness. Resistance cords can increase strength while increasing range of movement and stimulating muscle growth.



In Summary Resistance Cords:

- Promote healthy joints
- Increase range of movement
- Are a great for supplemental strength building
- Lightweight and easily transportable
- Highly functional with many uses

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Thank YOU!!!

This E-Book and **Arete Hoops** are the results of thousands of hours of hard work. We want to offer this gift to you as a THANK YOU for subscribing to our mailing list. If you enjoy our content, do us a favor and share our site with your friends and ask them to subscribe to our mailing list. We hope that you will enjoy reading this E-Book as much as we enjoyed writing it. Stay healthy and stay out on the court!



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