

# THE OFF-SEASON BLUEPRINT

*The framework serious basketball players use to come back better*

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## WHAT THIS IS — AND WHAT IT ISN'T

This Blueprint is a framework — the 5 pillars every serious player needs to develop this off-season. It will show you exactly what to focus on and why. What it can't do is tell you how much, how often, which drills, which lifts, which foods, or which habits apply to YOU specifically. Your position, your schedule, your weaknesses, your goals, and your training age all change what the plan actually looks like. That's what a coach is for. Read this, use it to understand the system — then scroll to the bottom.

## 1 ON-COURT TRAINING

*What most players do: show up, shoot around, do random drills.*

### What actually works:

- Train with a purpose every session — have a theme, a goal, a specific skill to develop
- Make training harder than the game — pressure, fatigue, smaller margins for error
- Constraints over repetition — solve basketball problems, not perfect isolated mechanics
- Skill work + live work — isolated reps AND competitive play in the same week
- Track what you worked on — if you can't say what you improved, you didn't improve it

**YOUR PLAN** YOUR version of this depends on your position, your weaknesses, and what the next level of competition will demand from you specifically. A guard's on-court plan looks nothing like a big's.

## 2 WEIGHT ROOM

*What most players do: bench press a few times, skip leg day, never track anything.*

### What actually works:

- Compound movements first — squat, hinge, push, pull, press. These move the needle.
- Progressive overload — your body needs a reason to change. Add weight or reps over time.
- Lower body is non-negotiable — jump higher, run faster, play longer.
- Power before strength — jumps, plyos, and sprint work before any lifting in the session
- Enough volume — one workout a week doesn't do anything. 3–4 sessions minimum.

**YOUR PLAN** YOUR program depends on your training age. A player new to the weight room follows a completely different progression than someone who's been lifting for two years. Wrong program = wasted time or injury.

## 3 NUTRITION

*What most players do: eat whatever, skip meals before workouts, wonder why their energy crashes.*

### What actually works:

- Eat around your training — carbs before and after sessions, not randomly throughout the day
- Keep fat low around workouts — fat slows everything down when you need to move fast
- Protein at every meal — 1g per lb of bodyweight is the standard for serious athletes

Hydrate before you're thirsty — dehydration kills performance before you feel it  
Train day vs rest day — more carbs on hard days, less on off days. Eat for the output.

**YOUR PLAN** YOUR nutrition plan depends on when you train, how many days a week, your bodyweight, and your goal. The timing and amounts are different for everyone — this framework won't give you those numbers.

## 4 FILM + BASKETBALL IQ

*What most players do: watch the NBA for entertainment. That's it.*

### What actually works:

Watch with a question — 'How does this player get open off the ball?' One thing at a time.  
Watch your own film — 30 minutes of self-film tells you more than 10 hours of pro film  
Study your position — what does a great player at your spot do that you don't?  
Watch the next level you want to play at — know what that game looks like.  
Take notes — if you didn't write it down, you won't remember it next week

**YOUR PLAN** YOUR film work depends on your position, your role on the team, and what specific reads and decisions you need to improve. Generic film study is almost as useless as none at all.

## 5 MINDSET + DAILY HABITS

*What most players do: wake up, check their phone, drift through the day.*

### What actually works:

No phone first hour of the day — protect your morning. Start with intention, not Instagram.  
15 minutes of journaling — where are you going? what happened yesterday? what's one thing to fix?  
Social media under 1 hour/day — the players beating you aren't scrolling as much as you are  
Track your effort, not just your results — some days results aren't there. Was the effort?  
Build one habit at a time — don't try to change everything at once. Add one, let it stick.

**YOUR PLAN** YOUR habit system gets introduced one piece at a time — not dumped on you all at once. What you start with and how fast you progress depends on where you are right now.

## NOW WHAT?

You've got the framework. Five pillars, clear principles, and an honest look at what actually moves the needle. Most players who read this will do nothing with it. Not because they don't want to improve — but because knowing the framework and executing it are two very different things. The gap between this page and real improvement is a personalized plan. Specific drills for your position. The right weight room progression for where you are right now. Nutrition built around your actual training schedule. Film assignments based on what your game actually needs. Habits introduced at the right pace so they actually stick.

## WANT ME TO BUILD THIS FOR YOU?

*I'm Asher — current college basketball player and trainer. I take everything in this Blueprint and build it into a complete, personalized program — updated every week around you.*

✓ **Weekly on-court program**

Built for your position, your weaknesses, and your goals — not a generic drill list

✓ **Weight room plan**

Right progression for your training age. Beginner or advanced — never one-size-fits-all

✓ **Nutrition built around YOU**

Timed around when YOU train. Foods you actually eat. Adjusted weekly.

✓ **Film study + IQ work**

Specific film assignments based on what your game actually needs to improve

✓ **Mindset + habit system**

One habit at a time, introduced gradually, held accountable every week

✓ **Weekly check-ins + adjustments**

I review your week every Sunday and adjust your program based on how you're actually doing

## HOW TO APPLY

### STEP 1

Go to [ashperformance.org](https://ashperformance.org)

Fill out the short application — takes 3 minutes.

### OR

**DM @asherabelesperformance on Instagram**

and say you want to apply for 1:1 coaching.

### STEP 2

We jump on a free 30–45 min intro call.

I learn your situation. You see exactly what the program looks like for you.

### STEP 3

**If it's the right fit, we start building Week 1.**

**Spots are limited. I only take on athletes I can give real attention to.**