

FORCE-VELOCITY CURVE & VELOCITY VALUES IN TRAINING



COACH TO COACH
EDUCATIONAL COURSES

Figure 6.1 / The force-velocity curve

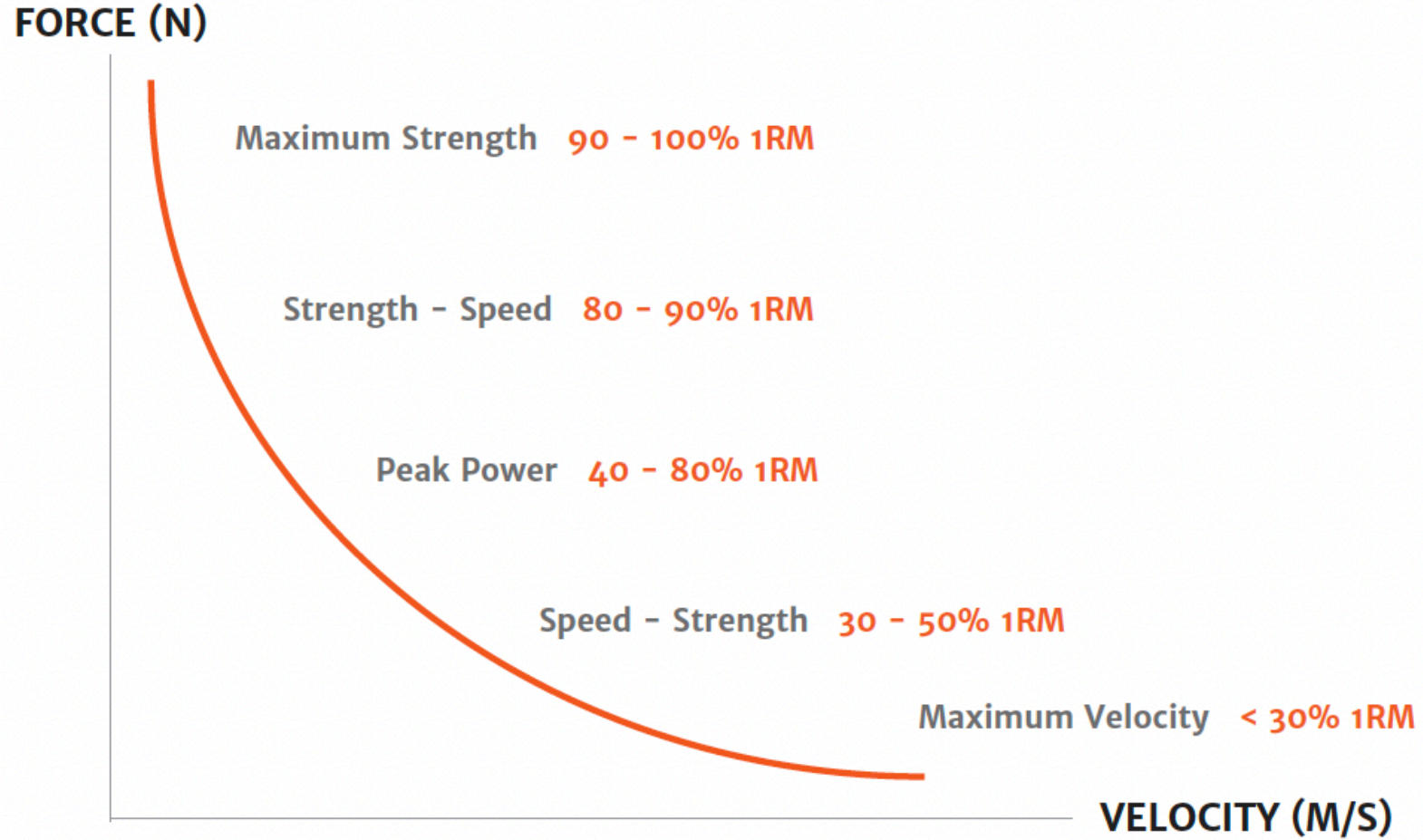


Table 6.5 / The force-velocity continuum traits and optimal velocity

FORCE-VELOCITY CONTINUUM	VELOCITY RANGES (M/S)
MAXIMUM VELOCITY	> 1.45
SPEED-STRENGTH	1 – 1.45
PEAK POWER	0.75 – 1.25
STRENGTH-SPEED	0.35 – 0.75
MAXIMUM STRENGTH	0.1– 0.35

SOURCE: ESSENTIALS OF PHYSICAL PERFORMANCE IN ELITE BASKETBALL

The general goal of strength and power training is to shift F-V curve to the right. This is reflected in the player's ability to move heavier loads at greater velocities, and becoming more explosive (enhanced RFD).

