NBA Pre-Draft Training Program

by Joe Abunassar
NBA DRAFT PREPARATION

- Fully-integrated training system in one location
- Helped produce over 100 NBA Draft selections since 2006
- Featuring Playsight video analysis system
- Customized nutritional supplement program by Herbalife
- On-site exposure to every NBA team
- Direct communication by Impact staff to each NBA team
- Exposure workouts for national media outlets
- Customized training program for every player’s needs
- Complete performance and injury-prevention analysis report

Nutrition
- Individual nutrition consultation and analysis
- Meal plan guidance
- Precision supplementation program for each player

Mental Training
- Media and interview training
- NBA situational analysis
- Draft process preparation

Skill Development
- Individualized skill programs
- Live action 1-on-1, 2-on-2, and 3-on-3
- Direct replication of NBA team workouts

Strength & Conditioning
- Complete biomechanical evaluation
- NBA Combine athletic testing training
- Body composition analysis and reconstruction
- Injury prevention

ENHANCING THE CAREERS OF NBA VETERANS AND DRAFT PICKS FOR THE PAST 2 DECADES
You will be in **world-class** physical shape through the combination of Impact’s on-court training, strength & conditioning program, and nutrition plan.

Our **ONLY** goal is to move you into the highest and best position possible in the NBA Draft. Impact’s **DAILY** communication with NBA team personnel will allow us to customize your program and adjust it whenever necessary.

**Basketball Program**
- Ball-handling
- Shooting
- Positional Footwork
- NBA Half-Court Situation Training
- 3-on-3 and 1-on-1
- Video review and analysis

**Strength & Conditioning Program**
- NBA Combine athletic testing preparation
- Body-composition analysis
- Injury prevention exercises and treatment
- Increased explosive power production,
- Improved balance, strength, and endurance
- Regular athletic training, physical therapy, massage, and regeneration sessions

**Nutrition Program**
- Customized nutrition plan to address body composition needs
- Education and guidance for eating while traveling
- Precise daily prescription of natural and **NBA Certified** supplements
PROFESSIONAL TRAINING

ON COURT RESULTS

ELITE PERFORMANCE
- Summer League
- Free-Agent Workouts
- International Competition
- Training Camp

STRENGTH & CONDITIONING
- Complete Bio-Mechanical Evaluation
- Body Composition Analysis and Reconstruction
- Speed, agility, strength, power, endurance training
- Injury prevention

PHYSICAL THERAPY
- Full-Time Athletic Training Staff
- Orthopedic, Chiropractic, Rehabilitation Staff
- Masseuse and ART Treatment On-Site

NUTRITION
- Individual Nutrition Consultation and Analysis
- Meal Plan Guidance
- Precision Supplementation Program for Each Player

SKILL DEVELOPMENT
- Individualized Skill Development Programs
- Daily Skill Training with Full-Time Staff Available 24/7
- Daily 5-on-5 with Referees
- Fully-Integrated Program in One Site

ENHANCING THE CAREERS OF NBA VETERANS AND DRAFT PICKS FOR THE PAST 2 DECADES
Togetherness We Are Able to:

- Correlate basketball proficiencies and deficiencies with biomechanical function testing
- Successfully identify multiple biomechanical weaknesses before injury
- Prescribe training
- Reduce time missed due to injury
- Commit to on-going health services during training and throughout the season

The PEA:

- Uses functional, evidence-based tests for foot/ankle, knee, hip, spine, and shoulder biomechanics
- Relates biomechanical deficiencies with basketball ability to improve on the court
- Helps increase balance, power, quickness, and flexibility
- Provides thorough history of past and present injuries to better advise future programs
- All information is confidential with Impact/Altus and the player. We will not disclose any of the information from the testing to another other than the athlete unless otherwise instructed

Each athlete that has a PEA will receive immediate feedback on findings, a full report detailing findings, and a travel card with individualized instructions for what area(s) of the body require what type of intervention to both increase performance and prevent future overuse injuries.

Dr. Christopher Vincent, DC
In a structured and comfortable environment, Impact Basketball provides our Pre-Draft clients with a chance for exposure to NBA and other professional teams in coordination with the efforts of the player’s representation. When being evaluated, we will include drills, tests, and situations that our players have all extensively and repeatedly trained for within our draft prep training program. Our unparalleled experience will allow us to help each player showcase his skills and physical gifts in a positive and effective way. Every facet of an exposure workout will be coordinated and reviewed in order to ensure each player’s maximum performance.

**Impact Professional Exposure:**

- Ability for players and agents to solicit teams to evaluate players in a controlled environment
- All aspects directly controlled by Impact staff and player’s representation
- Highly controlled live-action (3-on-3 and 1-on-1) in the same format that players have repeatedly prepared for during training process
- Review of all aspects of an exposure workout prior to anyone viewing them
- NBA Combine athletic testing and body composition results published from previous private tests; players will not be required to test on-site
Only at Impact Will You:

- Have your specific training program individually designed to address the exact concerns that NBA GMs, coaches, and scouts have communicated directly to the Impact staff
- Have a direct communication line to NBA teams for pre-workout information and immediate post workout feedback
- Utilize the vast resources of 18 years of NBA Draft preparation knowledge
- Train in a program that has produced over 100 draft selections
- Have the opportunity to be seen by every single one of the 30 NBA teams
- Receive a specifically-designed nutrition plan that will address body-composition needs
- Receive on-the-court teaching from veteran NBA players and coaches
- Undergo interview and media training
- Get the opportunity to perform in precisely coordinated showcase workouts in front of high-profile and influential media from ESPN, DraftExpress.com, Hoops World, USA Today, Sports Illustrated, CNN, NBADraft.net, Hoopshype.com, Slam Magazine, Bleacher Report, and more
- Obtain critical training and techniques to master the combine athletic testing
- Practice the exact drill sequences and requirements that you will face in the team workouts
- Play in essential 1-on-1, 2-on-2, and 3-on-3 live action within the same structure as NBA team workouts
WHAT IS MUSCLE EFFORT TRAINING?

Athos measures muscle activity and uses a 0-100% scale to report muscle effort exerted during exercise. These percentages guide you to train primary muscle groups in appropriate zones, based on individual goals.

WHAT IS ATHOS?

The world’s first smart training apparel. Athos captures specific muscle performance and heart rate data-streamed straight to your mobile device.

Previously available only to elite athletes, Athos technology delivers these insights to people of all fitness levels, driving them towards optimal performance.

FIT
Garments should fit like compression gear to ensure proper sensor placement.

CORE
Reads the data from the sensors in the gear and sends it to your iOS device.

For more information, including detailed product specs, please check out our website www.liveathos.com
The health and wellness of our NBA Pre-Draft players is of the utmost concern to our entire staff. We believe in meeting a player’s individual needs through a comprehensive historical health evaluation and treatment plan designed to help them maximize their training period in order to be in peak physical at the prescribed time.

Each player will be medically and athletically screened prior to their training program by the Impact medical staff. Our medical staff is available full-time to serve each client’s needs throughout the duration of the Pre-Draft period to address any existing conditions, and any that arise throughout the process.

Our primary focus is maintaining each player’s total body health through pre-habilitation, preventative strength exercises, daily regeneration, and massage therapy all coordinated and overseen directly by the Impact medical staff and incorporated within each player’s strength/performance and basketball skill training program.

Our on-site and direct access to athletic trainers, orthopedists, physical therapists, and general practitioners ensures that each player is able to get the exact care that he needs immediately to eliminate any missed training and performance opportunities. We combine leading edge techniques with proven traditional methods to provide our players with the best treatment, therapy, rehabilitation, and orthopedic care possible.

Medical Health and Wellness

- Physical therapy and rehabilitation
- Gait training
- Custom athletic products; bracing, orthotics, apparel
- Primal Reflex Release Technique
- Active Release Technique
- Modalities; Hot/Cold, Ultrasound, Functional Electrical Stimulation, H-Wave
- Yoga and Pilates
## Our NBA Draft Preparation Results

### 2006
- #7 Randy Foye
- #9 Patrick O’Bryant
- #13 Thabo Sefolosha
- #15 Cedric Simmons
- #17 Shawne Williams
- #19 Quincy Douby
- #20 Renaldo Balkman
- #22 Marcus Williams
- #24 Kyle Lowry

### 2007
- #6 Yi Jianlian
- #7 Corey Brewer
- #9 Joakim Noah
- #10 Spencer Hawes
- #11 Acie Law IV
- #22 Jared Dudley
- #26 Aaron Brooks
- #32 Gabe Pruitt
- #33 Marcus Williams

### 2008
- #5 Kevin Love
- #7 Joe Alexander
- #16 Marrese Speights
- #19 JJ Hickson
- #23 Kosta Koufos
- #24 Serge Ibaka
- #36 Omar Asik
- #37 Luc Mbah a Moute
- #39 Sonny Weems

### 2009
- #5 Ricky Rubio
- #14 Earl Clark
- #24 B.J. Mango
- #32 Brooks Ashmiller
- #41 Dion Waiters
- #49 Tony Wroten Jr.

### 2010
- #1 John Wall
- #19 Avery Bradley
- #20 James Anderson
- #21 Craig Brackins
- #23 Trevor Booker
- #34 Armon Johnson
- #36 Terrico White
- #40 Lance Stephenson
- #41 Jarvis Varnado

### 2011
- #12 Alec Burks
- #15 Kawhi Leonard
- #16 Jordan Williams
- #21 Darius Morris
- #25 Malcolm Lee
- #36 Keith Benson
- #39 Jon Diebler
- #41 Isaiah Thomas

### 2012
- #4 Dion Waiters
- #5 Terrence Ross
- #10 Arnett Moultrie
- #15 Darius Johnson-Odom
- #23 Quincy Miller
- #35 Keith Benson
- #45 Justin Hamilton
- #51 Sonny Weems

### 2013
- #1 Anthony Bennett
- #16 Gorgui Dieng
- #23 James Ennis
- #24 Jordan Hamilton
- #30 Eric Bledsoe
- #41 Damion Lee

### 2014
- #10 Elfrid Payton
- #14 T.J. Warren
- #17 James Young
- #19 Gary Harris
- #28 CJ Wilcox
- #29 Josh Huestis
- #32 K.J. McDaniels
- #40 Glenn Robinson Jr.

### 2015
- #1 Karl-Anthony Towns
- #2 D’Angelo Russell
- #4 Kristaps Porzingis
- #6 Willie Cauley-Stein
- #13 Myles Turner
- #17 Rashad Vaughn

### 2016
- #3 Jaylen Brown
- #21 DeAndre Bembry
- #22 Malachi Richardson
- #25 Brice Johnson
- #41 Stephen Zimmerman

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**Enhancing the Careers of NBA Veterans and Draft Picks for the Past 2 Decades**
“Impact has helped me set the tone for my career. I see improvement in all areas from the system.”
- Serge Ibaka

Learn • Develop • Evolve

“There is no better training system than Impact.” – Serge Ibaka

“Training with Impact is the best thing a player can do for his career.” – Kyle Lowry

“I wasn’t supposed to get drafted, but Impact is THE factor that helped me to get selected in the 2nd Round.” -Kyle O’Quinn

Team Training • Professional Training
NBA Draft Preparation

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