

CRAIG HODGES

Story By

Michael F. Jelick, Milwaukee Bucks
Strength and Conditioning Consultant

NBA'S GENERAL OF LONG RANGE ARTILLERY

As he steps behind the line, sets up, and launches a basketball with deadly accuracy, the wide-eyed crowd has already started to utter the word "three" in unison. This is an exciting situation which Craig Hodges has experienced on numerous occasions during his tenure in the National Basketball Association. Craig Hodges has become the league's premier 3-point shooter since this facet was introduced to the game. He has won the NBA's 3-point shooting title 2 out of the last 3 years by canning 45% of his attempts during the 1985-86 season, and, 49% of his attempts during the 1987-88 season.

Winning the NBA's 3-point shooting title is a monumental feat, especially, when considering the likes of such perennial contenders as Larry Bird, Trent Tucker, Mark Price, and Michael Cooper. Perhaps the most interesting aspect of Craig's success however, is his regular participation in a structured in-season strength training program. That's right—Craig Hodges, an NBA player, a man with incredibly fine motor skills and ability, lifts weights.

This story must be told because Craig is a perfect example of an athlete who engages in a sport where strength training is relatively new. Misconceptions still abound concerning strength work and its negative effects on a basketball player's ability to shoot, pass, and dribble. In reality, coaches and players who believe these misconceptions, are not too far off base if the training is not performed correctly. One must remember that developing and improving basketball skills takes precedence, and that strength work is only an added feature to the total conditioning program. Consequently, in-season strength work should only be initiated after a practice, and designed to improve a basketball player's strength and muscular endurance.

Craig Hodges began his strength training program three years ago in 1985, when the Milwaukee Bucks made it mandatory during the in-season. he has continued on this path ever since, and has recently started to perform off-season strength work to better prepare him for the rigors of an 82 game season.

The off-season program that has been designed for Craig Hodges is very basic. There are only seven lifting exercises. These exercises include: Bench Presses, Seated Pull Downs, Seated Military Presses, Pulldowns, Quarter Squats, Leg Curls, and Modified Leg Extensions.

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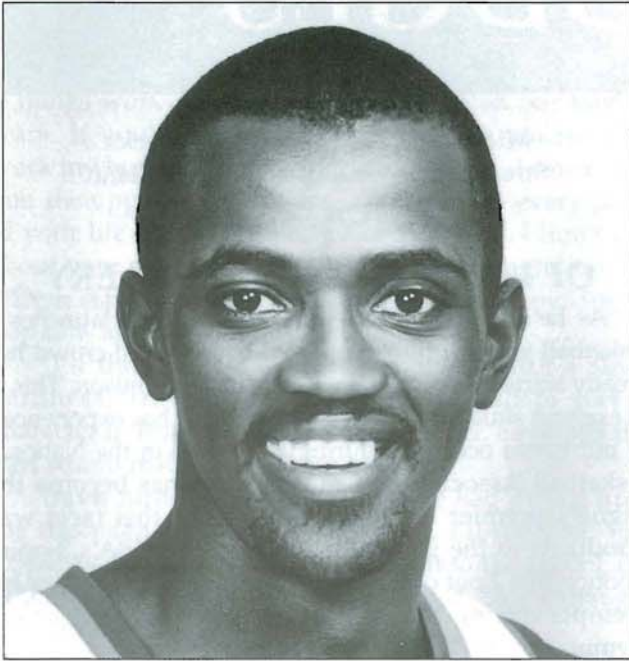
Craig Hodges: 3 Point Champ

Team	Year	Percent
☆ Milwaukee Bucks	1985-86	45%
☆ Milwaukee Bucks	1987-88	49%

☆ Won NBA's 3-Point Shooting Title

Craig was traded by the Bucks to the Phoenix Suns to start the 88-89 season. On December 14, 1988, Craig was traded to the Chicago Bulls. In his first two games with the Bulls Craig went 5 for 5 from the 3 point range!

CRAIG HODGES: THE 3-POINT GENERAL



Craig Hodges: He weight trains and scores from the 3-point range

Abdominal Crunches are performed as a follow-up exercise.

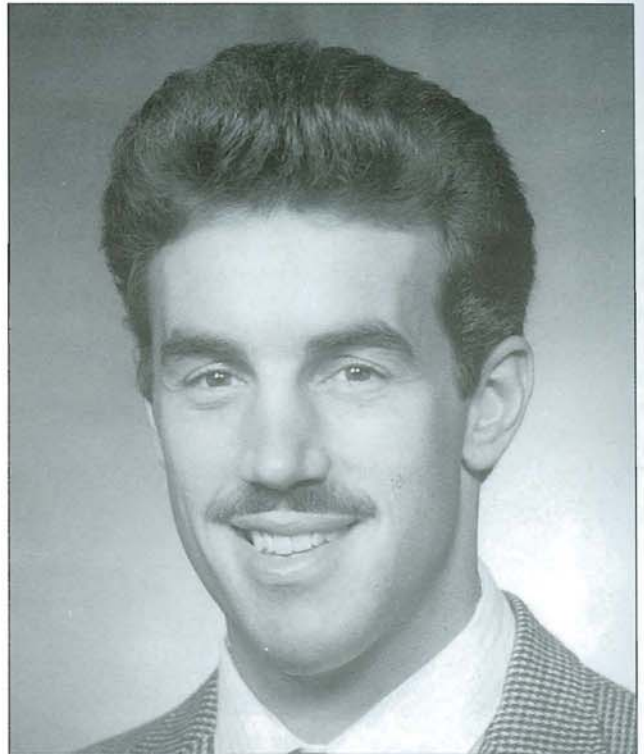
The seven lifting exercises are completed through the use of an inexpensive home multi-station unit. Emphasis is placed on improving overall strength and muscular endurance, with a small increase in lean muscle mass. The sequence of exercises is set-up to work antagonistic muscle groups (i.e. chest/upper back, and biceps/triceps) so as not to over develop one side of the body in relation to the opposite side. Craig has always maintained a desire to "balance out the body" develop all muscles in harmony with one another.

The program consists of 12 total weeks with Craig striving to increase the resistance in each exercise by 10 pounds every 2 weeks. When Craig has completed the requires 12 weeks, he will then initiate the same 12 week program, however, his starting weights will be significantly increased.

Craig begins the first week of the program by doing 2 sets of 15 reps on each exercise with the exception of the Modified Leg Extensions. On this exercise, he does 2 sets of 25 reps. The sets and reps remain the same throughout the entire 12 week period for all exercises except for the three main pushing exercises (Bench, Military Press, Quarter Squats). On week four, Craig does 3 sets of 10 reps on these exercises; on week seven, 3 sets of 8 reps; on week 10, 4 sets of 6 reps. This format allows Craig some variation in his program which assists in maintaining his interest and making continued progress, especially in the pushing exercises. These exercises are the most difficult for Craig.

It should be noted that the Leg Extensions are initiated from a near leg extension position (slightly bent), and, are

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About the Author:

Michael F. Jelich (M.S. Exercise Physiology) is currently working as a personal fitness consultant in the Milwaukee Metropolitan Area. In this capacity he designs, implements, and monitors exercise programs for individuals and corporations.

In 1985, Michael was added to the Milwaukee Bucks staff to serve as a strength and conditioning consultant. He has also served as a strength coach for the Royal Saudi Arabian Air Force in Saudi Arabia, and he was a graduate teaching assistant at Utah State University in the Department of Health, Physical Education, and Recreation.



Craig Hodges doing his Leg Curls

PECATONICA FOOTBALL

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magical, mysterious and wonderful happened. It started in the winter with a group of athletes who decided to make themselves as good as they could be. They worked out together: they pushed themselves and their friends to new levels. They found they could do much more than they thought. What once was dreaded work became something exciting, something to look forward to. It seemed that new records were being set every week. The players stuck together; they made sure everybody was involved. It was such a change that people of the town and school took notice and were puzzled: they didn't know what to think. Never before in the history of this little high school had an entire team bonded together to make themselves as good as they could. Never had an entire team had the courage to reach for greatness! Yet these athletes continued through the summer. In fact, they not only continued, they seemed to increase the intensity of their workouts. They knew that their school had been a laughing stock, even an embarrassment, at times over the years. They burned with a desire to change that image. They wanted desperately for the town and the high school to have pride, to have great pride, in itself. They knew they could do as much as anyone to have their town and high school have a great name. They were truly driven in their quest for greatness.

Finally their season began. Everybody was ready, the townspeople were filled with anticipation; they knew something was different about this team. The team itself was ready, they knew it was time to cash in on the work they had put in. When the first game was over, the fans were shocked with what they had seen. They couldn't remember the last time they had seen their team so thoroughly dominate another team. The team played with such emotion and intensity it sent a shiver of excitement down everybody's spine.

During the next week the townspeople, the parents, the students, the teachers and most of all the players looked forward to the next game. They all knew that this would be a great test. The opponent for this week was a big rival and a traditional powerhouse. If the little school could go into enemy land and come back with a win, that would really open some eyes. It was a hard fought game from the beginning. Tension was high and mistakes were many. At halftime it looked bleak indeed for our little team, but this was not a normal team. They had no thoughts of letting up. They had great confidence that they could overcome any obstacle. They proved just that in the second half. The bus ride home was joyous to say the least!

Now, many years later the townspeople still talk about that season. They call it the "Miracle Season." There are still faded newspaper clippings that hang in the barbershop, bars, hardware store, etc. The trophy is still in the center of the trophy case. The banner still hangs on the gym wall. Many of the players are gone now but they are not forgotten. They are remembered as the players who had the courage to reach for greatness, and these players reached it!

CRAIG HODGES *Continued from page 54*

completed upon reaching a full leg extension. There is only about 15° degrees of movement in this exercise. This exercise modification along with the Quarter Squats is designed to decrease stress on the patellar tendons which are chronic sore areas on many basketball players.

The 1988-89 season with the Chicago Bulls should prove to be another challenge for Craig Hodges. Fortunately for Craig, he still maintains a very positive attitude towards strength work and its relationship to his profession. Not only has he become stronger, but, he feels as though the added strength has increased his shooting range. And when it comes to dropping-in long range artillery, Craig Hodges is the "General in Charge."

TED BARRETT *Continued from page 61*

Ted put in a great year of training and was getting ready for his senior year of ball. He was in the best shape of his life. Ted was finally on top. I talked to him before the season and asked him what he had learned. He responded, "You can do it if you want. I worked hard, didn't cheat and things fell into place. I learned you can't take anything for granted. My diet is better. I learned that my health is most important and it should have been all along.

Ted has lived an exemplary life and has never been involved with drugs and alcohol. "I don't see how you get started. I worked out so hard and went through so much. I'm not going to be stupid." stated Ted.

Okay, now we should be all set for a happy ending; like Ted Barrett makes All-American. It didn't go down that way. Ted was running sprints and his hamstring tore just before the season started. It was his first pull ever. "I didn't think I'd be out the whole year," said Ted. He tried to play in the third game of the season and the hamstring popped again. Ted tried one final time during the eighth game but it was no use. The hamstring again tore. Ted stayed out the entire season and helped out best he could.

The first thing Ted said to me was that the team had a good year. The University of Massachusetts/Amherst won eight games and went to the Division IAA playoffs. Well, it was a real tragedy that Ted missed his senior year but everyone must face the last year sometime. What counts is the lessons learned by the effort along the way. Did Ted gain something? You be the judge.

"If I had it to do all over again, I'd do things the same way. I was really down for awhile but I'm sure it happened for a reason. I've got no regrets. I enjoyed everyday that I was out. I played with great people and had a great coach. I really had a great time. Just being involved in trying to make it happen is what's important," concluded Ted Barrett.

It's plain to see that Ted Barrett is an Upper-Limit person. He will carry his spirit of determination as he goes into his chosen profession which happens to be in the area of Federal Law Enforcement. We want to thank Ted and his strength coach, Ian Pyka, for being such great examples and for their help on this story.