

Move 4: The off season of a professional athlete

For my final move I am looking deeper into how much professional athletes train. I am going to discover their schedule and different drills they do. I chose NBA player, Kevin Durant. A little background of this player. Kevin Durant wears number 34 and plays on the Oklahoma City Thunder. He attended the University of Texas. After playing in Austin he was chosen second overall in the first round of the 2007 NBA draft. He earned the title of “Rookie of the year” after for playing for the Seattle SuperSonics. Kevin Durant signed a \$60 million, seven-year endorsement with Nike. During his 2013 season Durant ended with a 51 percent shooting rate, 41.6 percent three point shooting rate and a 90.5 percent free throw average. Durant was a 5 time All-Star and was elected into the all-NBA First team 5 times. Not only did Durant develop an outstanding NBA career, he also got the opportunity to play for his country. He was chosen to be on the 2012 U.S. Olympic basketball team. While playing in London this team took home a gold medal. Durant motivated me by saying, “I’ve been second my whole life. I was the second best player in High School. Second pick in the NBA Draft. I came second in the finals”. This consistency of second place was never good enough for Kevin. He, “wanted to work harder than I ever had this off season”. This motivation increased my knowledge how a person can be an elite athlete. Never give up and always push yourself. Kevin’s background life was rough. He lived in poverty as a kid. Grew up in a rough city and learned never to show emotion. He learned to fight back and not give up. He lived in a small apartment and slept in a twin bed with his brother. Kevin never gave up while progressing his skills. He went into the NBA at the age of 18. This changed his life forever. I feel as if his past life gives him self motivation. He had the ability to change his life and to escape his old self. Without dedication, drive and

perseverance his goals would not have been achieved. Now, the off season starts. During one off season practice with his trainer, he made 5/5 post moves in a row, then went 30/30 shots on the wing. After every training session he has to finish with 10/10 free throws. During day 16, he needed to take 5 in a row from 5 different spots. Then 15 in a row. His days consist of working out with weights and cardio, eating, training to increase his skills, eating again, playing pickup with his friends he has known his whole life. "Basketball everyday all day, I love it". He devotes his life to basketball. Not for the money or the fame... but because he loves it. He also gives back to his community. On Day 21 of the film he held a foster youth basketball camp. "I never thought I could impact people the way I have so far". His work with these kids was meant to change their lives. He wanted them to feel as if anything could happen. On Day 21 he completed a Sand dune workout. This would help him on his quickness and explosiveness. Kevin is lucky enough to have a close relationship with other players. He said, "I love being around the atmosphere. I love being around basketball players. I love to hear people talk trash to me when i'm out in the neighborhood playing". Day 39 he had a workout with Steve Nash. NBA players want to play with each other throughout the offseason to learn and improve from the different basketball styles. Day 57 Kevin participated in the USA team training in Las Vegas. He always wants to increase his skills. Being apart of this USA teams challenges him because there are so many players with various skills. He gets to train with Paul George and James Harden, two of the best players in the league...he says every time you step on the court you are competing with someone to win. The reason he is always training is because, "my basketball life is short when you really look at it. I just wanna keep playing". After playing basketball everyday, training to become stronger and faster Kevin was second guessing. Durant stated, "i was more tired than

anything. “Im drained, I’m tired. The practices the travel the shoot arounds the meetings and stuff like that. I don’t know if I wanna continue to play. I’m tired and I wanna enjoy the rest of my summer. I wanna work on my game on my own time”. This feeling emerged after playing in a USA game when Paul George went down with an injury. He broke his leg and was done. Kevin has been with USA basketball for the past 4 years. He give it everything hes got. He loves playing for his country and, “is very committed” Coach Mike Krzyzewski. After deciding he wasn’t going to continue with USA basketball he felt like he was letting people down. Quitting USA basketball released a huge weight off his back. He needed a step back and get ready for his next season with the thunders, and to rest. So, answering my main question of-How much does a professional athlete train a week- the answer is clear. Everyday. Professional athletes are paid for their talent. They have one major goal, win a national championship. Many people call Kevin Durant a, once in a lifetime player. This is due to his extreme commitment and dedication to the sport of basketball. Kevin believes that you do not have to be born a professional athlete. Hard work, dedication, and commitment will put you at the next level. He simply believes that anyone can be in the NBA.