



# COMBINE AND PRE-DRAFT TRAINING PROGRAM

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EVERY DAY IS GAME DAY



## PREPARE FOR THE NEXT LEVEL



After years of training and playing at the highest level of competition, the NBA combine and individual workouts are the final steps to an athlete realizing their dream of playing in the NBA. EXOS is dedicated to supporting athletes with our world-class integrated performance training, nutrition, and rehabilitation services during this critical time in their careers. In addition to performance training, athletes have the opportunity to enhance their on-court skills through individual and group development sessions led by skills experts. EXOS' NBA combine and pre-draft training program offers everything an athlete needs to reach their goal of playing in the NBA.

### SYSTEM FOR SUCCESS

EXOS uses a training system that has supported champions across sports and around the world. This system continually evolves based on the most innovative and cutting-edge training techniques and is the foundation of our athletes' success at the highest levels. Each athlete trains with confidence knowing they have the tools needed to achieve their greatest results at the combine and during individual workouts.

### INDIVIDUALIZED TRAINING FOR INDIVIDUAL GOALS

To get maximum results and meet their specific needs and goals, each athlete receives individual skills development coaching and performance training. Dedicated on-court sessions with skills experts enhance their basketball abilities and address areas of improvement before going in front of NBA personnel. Training with EXOS performance specialists, athletes also work on improving strength, speed, and power. These sessions focus on improving areas tested at the combine as well as areas to make participants better athletes overall.

### WE ARE A TEAM

In the same way that coaches and staff work together to help an NBA team succeed, our skills coaches and performance specialists are experts in their fields. They're dedicated to working together to help our athletes reach their goals. Our coaches, physical therapists, nutritionists, massage therapists, chiropractors, and other specialists use a team approach, constantly communicating to ensure that each athlete's individual plan is helping them succeed.

YOUR GOAL IS OUR GOAL.

## PRE-DRAFT PREPARATION

While our short-term goal during training is to ensure the best performance at the combine and improve overall draft status, our long-term goal is to help set up our athletes for career success in the NBA. Working with EXOS performance specialists, athletes train to become faster and stronger while also learning injury-prevention strategies to promote career longevity. Athletes also work with experienced skills coaches to improve basketball and position-specific skills, preparing them for combine and career success.

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### PRE-DRAFT DRILL PREPARATION

EXOS performance specialists focus on preparing athletes for the specific drills they'll be tested on at the combine and during individual workouts.

Using proven training techniques and the latest technology, athletes are shown how to best execute each drill for maximum performance and results.

#### PERFORMANCE TRAINING FOCUSES ON:

- + 3/4 court sprint
- + Lane agility drill
- + No-step vertical
- + Maximum vertical
- + 185-pound bench press

### POSITION-SPECIFIC WORK

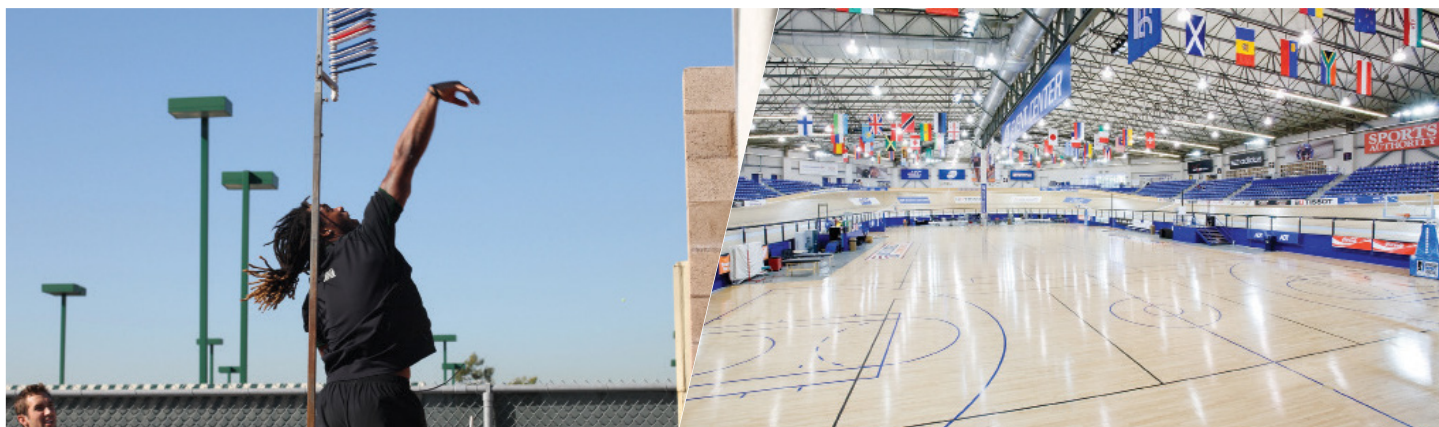
EXOS brings in experienced skills coaches to best prepare athletes for the skills and tactics needed to excel at the NBA level.

Working with coaches and other top collegiate players, athletes who train at EXOS have an advantage for position drills at the combine, individual workouts, summer league competition, and their first NBA training camp.

#### SKILLS TRAINING FOCUSES ON:

- + Offensive skill development
- + Defensive skill development
- + Basketball IQ development
- + Video analysis

\*Athletes may bring in their own skills coaches.





## INTEGRATED SYSTEM FOR THE NEXT LEVEL



### **SPEED TRAINING: Faster on the break and quicker to the basket**

Speed is an essential part of the combine evaluation process and a necessary skill for meeting the up-tempo style of the NBA. To best prepare for the combine and the NBA, athletes train to improve their overall speed and lateral quickness as they:

- Work on first-step quickness to be faster on each play
- Develop greater top-end speed to be faster on the break and excel at the 3/4 court sprint
- Enhance multidirectional agility and speed to get into better defensive positions and perform well in the lane agility drill

### **POWER DEVELOPMENT: Strong in the paint, powerful through the lane**

Upper- and lower-body strength and power is essential for showcasing athleticism at the combine and for withstanding the daily grind of the NBA season. Our strength and power training focuses on:

- Lower-body explosiveness to increase an athlete's overall vertical abilities and help them excel
- Upper-body strength to be stronger when battling in the paint and through the lane and for the bench press

### **NUTRITION SUPPORT: Fuel for peak performance**

Combine and individual workouts are opportunities to showcase an athlete's abilities to NBA personnel. To perform at its best, the body needs to be properly fueled. EXOS nutrition support includes:

- Customized meal plans created by registered dietitians to help athletes reach their ideal body composition
- On-site food services to provide daily customized meals
- Pre- and post-workout supplement strategies to properly fuel training sessions and on-court performance

### **PHYSICAL THERAPY SERVICES: Get back in the game ready to compete**

To compete in the combine and during individual workouts, reducing injury risk is crucial. Physical therapy services include:

- Recovery sessions designed to minimize injury risk and reduce muscle soreness
- Access to an integrated team of physical therapists, athletic trainers, chiropractors, and soft-tissue specialists, plus top sports medicine doctors for any rehabilitation needs

NBA DRAFT  
RESULTS

2018

**DEANDRE AYTON** / 1<sup>st</sup> PICK  
PHOENIX SUNS

**AARON HOLIDAY** / 23<sup>rd</sup> PICK  
INDIANA PACERS

**ROBERT WILLIAMS** / 27<sup>th</sup> PICK  
BOSTON CELTICS

**DE'ANTHONY MELTON** / 46<sup>th</sup> PICK  
HOUSTON ROCKETS

2017

**EDRICE ADEBAYO** / 14<sup>th</sup> PICK  
MIAMI HEAT

**T.J. LEAF** / 18<sup>th</sup> PICK  
INDIANA PACERS

**IKE ANIGBOGU** / 47<sup>th</sup> PICK  
INDIANA PACERS

2016

**KAY FELDER** / **54<sup>th</sup> PICK**  
CLEVELAND CAVALIERS

**TYRONE WALLACE** / **60<sup>th</sup> PICK**  
UTAH JAZZ

2015

**KEVON LOONEY** / **30<sup>th</sup> PICK**  
GOLDEN STATE WARRIORS

**JORDAN MICKEY** / **33<sup>rd</sup> PICK**  
BOSTON CELTICS

**ANTHONY BROWN** / **34<sup>th</sup> PICK**  
LOS ANGELES LAKERS

**NORMAN POWELL** / **46<sup>th</sup> PICK**  
TORONTO RAPTORS

**AARON WHITE** / **49<sup>th</sup> PICK**  
WASHINGTON WIZARDS

**TYLER HARVEY** / **51<sup>st</sup> PICK**  
ORLANDO MAGIC

## TESTIMONIALS



“I couldn’t be happier with my decision to train with EXOS for my pre-draft. EXOS helped me get my body in great shape for the long workout schedule, and the skills trainers were great and will help you get your game right. They did a great job of individualizing my workouts and working on my weaknesses. They’ve coached and know what the workouts entail along with knowing what teams are looking for.”

- *AARON WHITE, WASHINGTON WIZARDS | SECOND-ROUND PICK*

“Working with EXOS really helped me in my pre-draft process. They really prepared me for the combine testing and got me stronger and faster. The basketball training really helped me improve my shooting and ball handling during the pre-draft process. The skills coaches really know and understand the game and helped me with my reads and decision-making.”

- *NORMAN POWELL, TORONTO RAPTORS | SECOND-ROUND PICK*

“In just a matter of a couple months, the skills coach was able to teach me tons of new information about how to play in the NBA — terminology, coverages, etc. I saw an improvement in my game play and learned something new every day. He was always willing and able to work out whenever I wanted, no matter the time of day. I’m definitely glad he was the one to prepare me as I embarked on my NBA journey.”

- *TYLER HARVEY, ORLANDO MAGIC | SECOND-ROUND PICK*

“Working with EXOS and the skills coach helped prepare me for the next level both mentally and physically. In just a few months, I was able to improve my weaknesses and master my strengths. There wasn’t a day I came into the gym that I wasn’t pushed to my limit. The performance training at EXOS really helped my mobility and strength, specifically in my hips and ankles, allowing me to move more freely on the court and be a more explosive player.”

- *ANTHONY BROWN, LOS ANGELES LAKERS | SECOND-ROUND PICK*

“Training at EXOS helped me get into the best shape of my life for the NBA draft process and my first year as a pro. The facilities and staff are truly on an elite level, and I look forward to working with them again.”

- *KAY FELDER, CLEVELAND CAVALIERS | SECOND-ROUND PICK*



## LOCATIONS WITH ON-SITE FULL COURTS

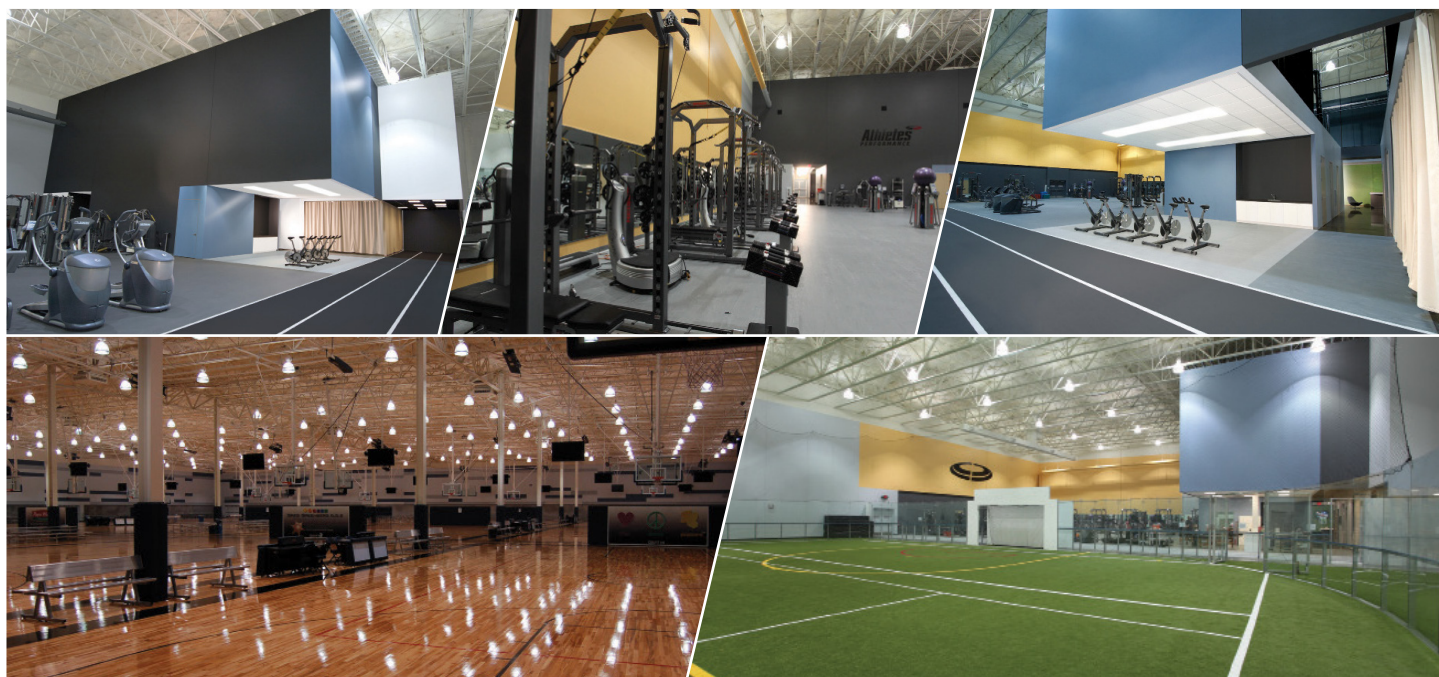
### LOS ANGELES, CALIFORNIA

### EXOS AT STUBHUB CENTER



### DALLAS, TEXAS

### EXOS AT FIELDHOUSE USA



## WHO IS EXOS?

EXOS prides itself on providing personal attention to each and every athlete. Whether a potential lottery pick or an undrafted free agent, every athlete's needs and goals are met with an equal level of passion and commitment.

**+TRAIN FOR THE COMBINE**

**+TRAIN FOR RESULTS**

**+TRAIN FOR YOUR FUTURE**

EXOS realizes the importance of executing a seamless pre-draft training experience to ensure athletes are fully prepared to showcase their basketball skills and athletic capabilities. To simplify the experience, we've created a total solution to provide athletes and agents with a turnkey experience and seamless pre-draft training period.

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## CONTACT

Space in the EXOS NBA combine and pre-draft preparation program is limited to ensure personalized attention for each athlete. For more information and to reserve a spot, contact our team today.

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EXOS®