Individual Development

The backbone of MAC’s basketball program is the coaching staff’s commitment to player development. Individual work-outs include: drills to improve shooting, ball handling, scoring situations, post-moves, footwork, agility, and strength.

“Individual work-outs allow us to work on fundamental areas like shooting, and reading screens.” Sophomore guard DeAlan Hicks

Strength & Conditioning

The coaching staff is committed to the Cardinal Strength & Conditioning program throughout the entire season. The pre-season and post-season are vital to the program’s success. The program focuses on strength development, agility, increasing speed and vertical jump, plyometrics, flexibility, conditioning, and stamina. The program is results driven, and has a variety of training methods.

“The strength program at MAC is awesome. The coaches really push you, but it works! I have really increased my strength and vertical jump on the program.”
- Sophomore guard T. J. Britton