

## ANNEX 2

For a better overview of the FECC programme please see below the detailed content of the first and second stages of the 1<sup>st</sup> FECC 2007-2009.

### FECC CLINIC TOPICS

#### Stage 1 (2007)

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##### Selection of Talent

Coach Izic will present a theoretical overview of the topic, focusing on:

- Turkish model and the development of the selection programme in Turkey
- Comparison with the Yugoslav system and players
- Aza Nikolic's book and the way this material is used in Turkey

Lucien Legrand will present the French system (INSEP) and provide details regarding the methods for selection of youth talent used in France.

##### Player Profiling

This clinic will be run by Coach Pesic, the task being to stress the importance of producing well rounded players with a good basketball physique, technical skill, mental strength and team spirit. The key skills required for each position and the methods used in developing them will be discussed.

##### Macro Cycles Practice Planning

This clinic will be presented by Coach Dettmann. The purpose of the clinic is to explain the best methods of planning practice for young players, setting short and long term individual goals and concentrating on the key factors affecting players' development.

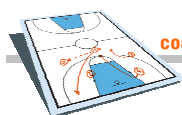
#### Stage 2 (2008)

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##### Long and short term players' development plan

Coach Pesic will present a general players' development plan in regards to:

- Career planning
- Season planning



## FECC ON COURT CLINIC TOPICS

### Stage 1 (2007)

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#### Shooting

Coach Legrand will discuss the correct way to teach shooting techniques. He will stress the importance of teaching shooting before all other skills as it is something all players love to do.

#### Developing Perimeter (outside) Players

Coach Laso will focus on how the Spanish work with perimeter players. A short video clip will be used during the clinic to show comparisons between great guard plays and poor performances.

#### Developing Inside Players

Coach Izic will deliver a clinic on developing power forwards and centers. He will focus on teaching specific skills relating to post play such as power moves, rebounding and shooting.

### Stage 2 (2008)

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#### Individual techniques - Getting open (Cuts) & Give & Go

Coach Legrand will present this clinic

#### Individual techniques - Boxing out, Rebounding & Outlet pass

Coach Laso will present this clinic

#### Defensive concept from 1-1 to 3-3

Coach Pesic will develop a defensive concept from 1-1 to 3-3 including the close out, deny and helpside principles.

#### Individual techniques & tactics - Role of the position 4 player in the modern basketball

Coach Herbert will explain the role of the position 4 player in the modern basketball. In the second part he will demonstrate a complete and general individual practice for a position 4 player.

#### Individual techniques & tactics – Improve shooting: Shooting out of transition

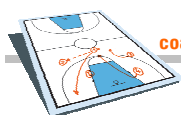
Coach Legrand will continue his shooting clinic from last year and will demonstrate how the shooting of players will improve, especially on transition.

#### Group tactics - Spacing and Penetration & Pass

Coach Herbert will present the basic principles of offense, emphasizing on spacing and penetration & pass. He will start from 2-0 and develop the penetration & pass concept to 5-5.

#### Group Tactics - Off ball screens (Defense & Offense)

Coach Laso will present an on court clinic on Off ball screens from the offensive and Coach Pesic from the defensive point of view.



## FECC WORKSHOPS

### Stage 1 (2007)

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#### **Discussion on Selection of Talent**

This clinic is set-up to provide opportunities for you to ask questions and express opinions regarding the selection of young talent in your own countries and in general. All Project Group members will be present at this clinic and actively involved in this Question and Answer session. The idea is to encourage you to be proactive and to use the vast experience of the PG members to increase your knowledge.

#### **Strengths & weaknesses of individual players**

Each group will get one player (PG, wing, centre) of the tournament to analyse. They should prepare the presentation as if they are talking to their player. Psychological elements are to be taken in consideration.

In the second part of the workshop the coaches will divide into groups to prepare a 60 min. individual practice for a specific player. The practice should explicitly work on the weaknesses of the determined player.

#### **Ideal skills of an individual player by position**

Each group will get one position to analyse. They will cut a video with the needed skills & strength's for this position. In the second part of the workshop the coaches will divide in groups to prepare an ideal profile for a specific position.

#### **Special Situations, like Baseline exits, P&R, Horns**

Each group will get one situation to analyse. They will cut a video with the different executions of the situations. In the second part of the workshop the coaches will divide in groups to create a catalogue of ways to defend the special situations.

### Stage 2 (2008)

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#### **Pre-game analysis of opponent**

You will work on a pre-game analysis of the next opponent as a coach of your "own" team (one of the EC participating teams). You will act as a coach of the participating team in the EC who wants to prepare his team for the next game.

You will concentrate on the analysis of the next opponent and present the following 3 topics to your team:

1. Strengths & weaknesses of the individual players
2. Strengths & weaknesses of team play in Offense and Defense
3. Game plan/ Prep-talk: e.g. match-ups, keys for the game in Offense and Defense, first play, etc.

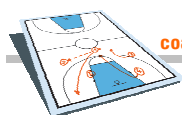
You will receive a video footage from the opponent's games.

#### **Post-game Analysis of "Own" Team**

You will work on a post-game analysis of your "own" team (one of the EC participating teams). You will act as a coach of the participating team in the EC who is analysing his team's performance from the last game. You will concentrate on and present to your team the following 3 topics (each team member has to cover one topic):

1. Strengths & weaknesses of the individual players (use max. 3 players for presentation)
2. Evaluation & correction of the execution of the team's Defensive concept
3. Evaluation & correction of the execution of the team's Offensive concept

You will receive a video footage from the team's last game and will have the opportunity to see them play live in advance.



## Presenting Homework

You will present your homework assignments. Each participant has to present one part of the homework:

- 3.1 Individual practice – PG
- 3.2 Individual practice – Forward
- 3.3 Individual practice – Center
- 3.4 Season planning

## Monitoring of a National Team Coach

You will work on the monitoring of a selected national team coach participating in the EC focussing on two main aspects:

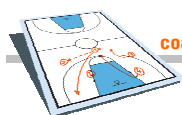
- 4.1 Psychological and mental
- 4.2 Tactical

In 4.1 you will analyse the coach in his approach of the game from the psychological (mental) side. Questions like “How the body language (gestures) of the coach reflects on his players?”, “How does his prep- talk motivate his players?” have to be discussed.

In 4.2 you will analyse the coach in his approach of the game from the tactical side. Some of the questions which should be discussed are:

- How does he substitute?
- How does he use his time-outs?
- How is he reacting on the decisions of the opposition’s coaching staff?
- How does he react on game situations?
- How does he approach the game in the final 2 minutes?

The National Team coach will be wired (wear a microphone) and you will receive a video footage of the game including time-outs, practice, prep-talk and you will also see him coach live.



## FECC EXTERNAL EXPERTS

### Stage 1 (2007)

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#### **Strength & Conditioning Part I**

A clinic focused on the development of the physical conditioning of the young basketball players. This clinic will be delivered by Dr. Duncan French, strength and conditioning coach for basketball.

#### **Doping: A critical issue in basketball and the fight against it**

Cristina Tsitsimbikou, Head of Anti-Doping Program in OCOG (Organizing Committee of Olympic Games) Athens 2004

#### **The role of nutrition in young basketball players' performance**

Stavros Kavouras, Harokopio University of Athens.

#### **First Aid for Coaches**

Dr. Costas Parisis, President of FIBA Medical Commission

### Stage 2 (2008)

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#### **Strength & Conditioning Part II – Tactical Metabolic Training' for Effective Speed, Agility and Conditioning**

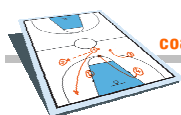
Dr. French will present the second part of a basketball specific strength & conditioning concept.

Having explored basic concepts of strength and conditioning, and the development of individual physical qualities at Level I, Level II of the FECC S&C curriculum will serve to address more specific issues relating to the correct 'structure', 'progression' and 'programming' of S&C activities. Using the concept of 'Tactical Metabolic Training' to guide our programming, this session will explain how the specific demands of the game of basketball should be used to direct effective performance enhancement. Basketball speed, multi-directional agility, and conditioning will all be addressed, with the objective of developing such physical components specifically to meet the time-motion demands of the game. This session will provide generic and basketball-specific skill-sets, but will also serve to expand the delegates understanding of physical development and how it should be integrated into the holistic basketball programme. Tactical Metabolic Training, be it for speed, agility, or game conditioning, will act as the model to drive efficient and effective, but most importantly 'specific' performance enhancement activities.

#### **Basics of mental coaching & performance issues in team sports - Part I**

This clinic will be delivered by the external expert Ms Aysim Altay.

- Basic Principals of Human Communication
- How to read from Body Language
- Introduction to Mental Issues
- What Does Subconscious Mind do for us? (Effect on Performance)
- Different Types of Intelligence
- Right and Left Brain Functions for Performance
- DOs and DO NOTs



## **Basics of mental coaching & performance issues in team sports - Part II**

This clinic will be delivered by the external expert Ms Aysim Altay.

- How to create a strong mind?
- Further Mental Issues.
- Knowing our and our players' behavioral styles.
- What will happen on the court
- Steps to build a team
- Opportunities and Threats caused by different types of players.
- What we should take care on and off the court

### **Rules**

Reuven Virovnik will give an overview of the new rules for the upcoming season, the most important rules and its interpretations, followed by a discussion round.

