## INDEX

## A

Antecedent Stimuli: 89

- Key signal stimuli: 297, 298, 300, 302

Anticipate Difficulties: 130
Assessment

- Assessment of offensive rebounding: 289
- Assessment of players' performance during training sessions: 255
- Assessment of shooting technique: 267, 268
- Half-time self-assessment: 146

Athletic Development: 28
Attention: 13, 95, 107, 132, 139, 301
Attentional Intensity: 94
Attitude: 102, 126
Aversive Stimuli: 120

## B

Back Door: 335, 336
Base-Game

- 1 on 1 base-game: 152
- 2 on 2 base-game: 155
- 3 on 3 base-game: 157
- 4 on 4 and 5 on 5 base-game: 157

Blocking Out: 232, 260
Body Balance: 272
Body Stance: 271

## C

Changing Direction: 275, 290, 336
Changing Speed: 274, 290, 336
Coach's Attitude Towards Basketball Games: 126

Coach's Behaviour: 102, 103

- After the game: 145
- Before the game: 129
- During half-time: 144, 146
- During the game: $132,135,138$
- During training drills: 121
- Influence of coaches: 24
— Recording coach's behaviour: 121, 122
Coaches Strategies for Training Sessions: 101
Coaches Working Style: 33
Cognitive Development: 13
Comments to the Players: 106, 131, 135, 136
Commitment: 4
Concentration: 12, 133, 145
Confidence: 18
Control: 14, 16, 145
- Measures to improve control: 16
- Self-control: 27

Controlled Failure: 20
Controlled Success: 20
Contingency Management: 112
Criteria for Making Tactical Decisions: 296
Cycle: 47

## D

Decision-Making: 280, 295, 307, 337
Defense

- Advanced defense strategy: 328
- Blocking out: 232
- Defense elements: 242
- Defensive fundamentals: 216, 222, 226, 236, 248, 254
- Defense of screens: 315, 316
- Distance and positioning: 232, 236, 248, 310
- Double Team: 232, 317, 326
- Help: 312
— Practising defense: 222, 226
- Press defense: 325
- Rotation: 314
— Talking in defense: 319
- Team defense concepts: 310
- Zone defense: 320

Development

- Athletic development: 28
- Cognitive development: 13
- Development of personal and social values: 4
- Development of psychological resources: 13
- Educational development: 1

Disadvantage Situations: 230
Dribbling: 175, 184, 192, 195, 210
Drills

- Anticipation and choice: 174
- Attentional intensity of the drills: 94
- Balance: 165
- Basketball fundamentals: 175
- Body pattern development: 159
- Body orientation in space and laterality: 162
- Competitive drills: 92
- Contest drills: 258
- Coordination: 167
- Defense: 216, 217, 222, 223, 226, 227, 232, 233, 236, 237, 242, 243, 248, 249, 254, 323
- Defense and combination with dribbling, passing and shooting: 195
- Dribbling: 175, 210, 211
- Dribbling and shooting: 184
- Dribbling, passing and shooting: 192
- Drills with simple structure: 89
- Duration of the drills: 94
- Endurance: 171
- Enjoyable drills: 93
- Fast-Break: 220, 228, 244, 258, 260, 262
- Joint mobility: 173
- Lay-ups: 187
- Leading drills: 103
- Low post's moves: 293
- Mobility learning, adaptation and transformation and mobility control: 174
- Passing: 188, 192, 212, 213, 234, 235-237
- Physical development: 159
- Players' participation: 95
- Rapid-strength: 172
- Rebounding: 286
— Related drills: 91
- Respiratory education: 170
- Screening: 218, 224
- Shooting: 181, 184
- Spatial-temporal perception: 163
- Spatial-temporal and dynamic differentiation: 173
- Specific working rules: 90
- Speed: 172
- Structure: 89
- Tactical decision-making: 299, 300, 303, 305, 307
- Test drills: 96
- Training drills: 88
- Varied drills: 90
- Zone defense: 323

Double-Team: 232, 317, 326

## E

8-9 Year-Olds: 150, 203
Evaluation of the Training Session: 97
Execution vs. Decision-Making: 280

## F

Fast-Break

- Elements of Fast-Break: 238,329
- Fast-Break fundamentals: 214, 250
- Fast-Break recording: 253
- Practising Fast-Break: 220, 228, 244, 258, 260, 262

Fast-Break and Transition: 329
Faking: 230, 272, 290, 293, 336
Feedback: 111, 117
15-16 Year-Olds: 31, 320, 325, 334, 347
15-18 Year-Olds: 31, 69, 75, 265, 332, 334
Flashing: 254
Footwork: 273, 292, 293
Free Throws: 259, 347
Fun: 28

## G

Games: 72

- Coaches' Behaviour: 125
- 15-18 Year-Old teams: 75
- Mini-Basketball teams: 72
- 13-14 Year-Old teams: 74

Goals

- Chosing the most appropriate: 53
- Collective goals: 48,52
- Efficient goals: 50, 52
- Final goals: 50,51
- Goals for the game: 130, 132
- Goals of the drill: 88
- Goals of the training session: 85, 86
- Individual goals: 47, 48, 52, 54
- Inter-group outcome goals: 47
- Inter-subject outcome goals: 47
- Intermediate goals: 50, 51
- Intra-group outcome goals: 47
- Intra-subject outcome goals: 47
- Outcome goals: 46, 47, 51
- Performance goals: 46, 48, 51, 54, 132
- Setting goals: 46, 57
- Scheduling goals: 82
- Team goals: 47

Goals and Plans for the Game: 130
Guard's Play (fast-break): 330

## H

Half-Time: 144
Half-Time Self-Assessment: 146
Health Enhancement: 2
Help

- Help and recover: 312
- Help to defend dribbling penetrations: 312
- Help to defend inside passing: 314
- Help to defend screens: 315
- Helping the helper: 313

Helping Players' Concentration: 133
Helplessness: 14
High-Low Post Plays: 344
High Post: 342

## I

Individual Needs: 266
Individual Tactics: 212

Influence of Coaches: 24
Instructions to the Players: 106
Intensity: 62, 64, 80, 81

## L

Lay-Ups: 187
Leading Drills: 103
Learning to Compete: 11
Legends to Follow Diagrams: 176, 209, 269
Low Post Defense: 316
Low Post Moves: 288

## M

Man to Man Offense: 333
Macrocycle: 44
Mesocycle: 44, 45, 80
Microcycle: 44, 45, 81
Mini-Basketball: 149

- Mini-Basketball players: 30
- Mini-Basketball teams: 69,72

Mismatch: 336
Models

- Expert Models: 105
- Mastery Models: 105

Modeling: 104, 145
Moving Around Court: 244
Moving and Receiving: 277
Moving Defenders Out of their Position: 340
Moving Without the Ball: 269, 288

## 0

## Offense

- Advanced concepts for 17-18 YearOlds: 337
- Basic offense for 15-16 Year-Olds: 334
- Cooperation in offense: 256
- Man to man offense: 333
- Press offense: 346
- Set offense with screens: 228
- Zone offense: 340

Offensive Rebound: 281, 289
One-Count Stop: 277
One on One Plays: 153, 262, 337, 340
Organising the Team: 39
Organising Training Sessions: 83
Orientative Practice Plans: 201

- 6-7 Year-Olds: 201
- 8-9 Year-Olds: 203
- 10-12 Year-Olds: 204

Out-of-Bounds Plays: 347
Outlet Pass: 329

## P

Passing: 188, 192, 195, 212, 230, 234, 236, 292, 299, 329

Passing an Moving Away: 110
Pauses: 135, 137, 139
Penetrating Inside: 342
Perception of Control: 14, 79, 132
Periodization: 44
Periods of Active Participation: 133, 135
Perseverance: 4
Personal and Social Values: 4
Personal Responsibility: 6
Physical Preparation: 266
Physical Work Load: 59
Pivoting: 236, 336
Planning: 37

- Concerning games: 72
- Mesocycle planning: 45
- Microcycle planning: 45
- Planning activities: 43

Players: 39

- Players' concentration: 133
- Players' obligations: 39
- Players' participation: 95

Positioning and Moving: 232, 244, 325
Positive Experiences: 28
Preparing for the Game: 129, 130
Press Defense: 325
Press Offense: 346
Prompting: 136
Psychological Load: 65, 80, 81

- Characteristics of the psychological load: 65
- Deficient psychological load: 66
- Productive psychological load: 67
- Psychological overload: 67
- Use of psychological loads: 68

Psychological Resources: 13
Psychological Rest: 70
Punishment: 120

- Negative Punishment: 113
- Positive Punishment: 113


## Q

Questions: 107

## R

Rebound: 232, 281, 289
Receiving the Ball: 230, 277
Recording

- Coach's behaviour: 121, 122, 135
- Fast-Break: 253
- Frecuency of comments from coach: 135
- Frecuency of reinforcement from coach: 138
- Free Throw contest: 259
- Players' performance: 109, 110, 255
- Results of free throw contests: 259
- Screening recording: 76
- Training session recording: 98
- Weekly work recording: 99

Reinforcement: 113, 115, 136, 138

- Negative reinforcement: 113
- Positive reinforcement: 113
- Social reinforcement: 116
- Using reinforcement: 115

Reinforcers: 115
Reminders: 107
Resources Available: 42
Respecting Others: 8
Respecting the Rules: 8
Responsibility: 6,38
Rest: 60, 70
Rights (of young athletes): 2
Rotation: 314
Rules: 41, 299, 300, 303, 304, 305, 307
Running: 275

## S

17-18 Year-Olds: 33, 325, 328, 332, 337, 347
Scheduling: 79
Screens

- Blind screens: 338
- Cutts off the high post screens: 339
- Defense of screens: 315, 316
- Double screens: 338
- Pick and roll: 339
- Screen for a shooter: 338
- Screen for the screener: 337
- Screens against zone defense: 345
— Teaching Screens: 219, 224, 228
- Using Screens: 230

Screening: 218, 219, 279, 334, 335

- Frecuency of Screening: 76

Session (Practice Session): 44
Self-Concept: 22
Self-Confidence: 18

- General self-confidence: 19
- Specific self-confidence: 19

Self-Control: 27
Self-Esteem: 22
Shooting: 181, 184, 192, 195, 267, 268, 285, 293

6-7 Year-Olds: 150, 201
Social Values: 4
Solutions and Comments to Practical Exercises: 349

Speed: 274
Stopping: 236, 277, 278
Strategies for Training Sessions: 101

## T

Tactical Decision-Making: 295, 296, 299, 300, 302, 305, 306

Target Behaviours: 107, 109
Team Defense Concepts: 310
Team Play: 310
Team Work: 7
10-11-12 Year-Olds: 152, 204
Test Drills: 96
13-14 Year-Olds: 30, 69, 74, 207
Time-Outs: 140
Token Economy: 117
Training Contents: 56, 57, 58, 81
Training Drills: 88
Training Session: 83

- Assessment of players' performance: 109, 110
- Coach's behaviour: 122
- Coaching strategies: 101
- Contents and drills: 85,87
- Evaluation: 97, 98, 99
- Goals: 86
- Organising training sessions: 83,85
- Stages of the training session: 84
- Training session recording: 98
- Working routines: 87

Transition: 260, 332
Triple Threat: 208, 232
Two-Count Stop: 277

## V

Values (personal and social): 4
Volume: 62, 64, 80, 81

## W

Weekly Work Recording: 99
Work and Rest: 60
Work Load: 59, 62, 80
Working Rules: 41, 90
Working Routines: 87, 140
Working Style: 33

## Z

Zone Defense

- Specific concepts: 321
- Drills: 323

Zone Offense: 340

