



**FEDERATION INTERNATIONALE DE BASKETBALL
INTERNATIONAL BASKETBALL FEDERATION**

BASKETBALL FOR YOUNG PLAYERS

GUIDELINES FOR COACHES



EUROPEAN ASSOCIATION BASKETBALL COACHES



WORLD ASSOCIATION BASKETBALL COACHES

All rights reserved. The reproduction or utilisation of this work in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including xerography, photocopying, and recording, and in any information storage and retrieval system, is forbidden without the written permission of FIBA.

Published by the International Basketball Federation (FIBA) in collaboration with the European Association of Basketball Coaches (EABC).

FIBA
Boschetsrieder Str. 67
D-81379 München, Germany
P. O. Box 700607
D-81306 München, Germany

EABC
Jorge Juan, 82, 5.º - 1.ª A
28009 Madrid, Spain

Written by Jose María Buceta, Maurizio Mondoni, Aleksandar Avakumović and László Killik. Edited by Jose María Buceta.

© 2000, FIBA

I.S.B.N.:

Depósito Legal: M.

Printed in Madrid, Spain,
by Editorial DYKINSON, S. L.
Meléndez Valdés, 61
28015 Madrid, Spain
in collaboration with
SAFEKAT, S. L. and JACARYAN, S. A.

ACKNOWLEDGMENTS

This book was written following the guidelines of the working group organised by FIBA with the purpose of developing the Young Coaches 2000 Programme.

This working group was chairmaned by:

Patrick Baumann, Deputy Secretary General of FIBA.

Anton María Comas, President of the European Association of Basketball Coaches.

Other members of the group were:

Aleksandar Avakumović, President of the BAM Passerelle Movement.

Jose María Buceta, Secretary General of the European Association of Basketball Coaches.

Maurizio Mondoni, Member of FIBA Mini-Basketball European Committee.

László Killik, Member of the Executive Committee of the European Association of Basketball Coaches.

Mr. Avakumović, Dr. Buceta, Mr. Mondoni and Mr. Killik, experts in this field, were assigned to write the book and Dr. Buceta to edit it.

FIBA would like to acknowledge the outstanding work of this group, and thanks the following people and institutions who provided the photographs for this book: Paloma Romero, Susana Fernández, Germán García Casanova, Antonio Paterna, Aleksandar Avakumović, Carlos Sainz de Aja, Jose María Buceta, Asociación Española de Entrenadores de Baloncesto, Bulgarian Basketball Federation, Club Estudiantes de Madrid, Club El Palo de Málaga, Colegio Virgen de Atocha de Madrid, Real Canoé de Madrid, and Real Madrid Club de Fútbol.

FIBA would also like to thank Mrs. Sheila Ingrisano and Miss Maika Zurita for their efficient work on the English text, as well as Mr. Antonio Parrón for his remarkable drawings, Miss Dolores del Pino for her valuable help, and Editorial Dykinson for its careful attention to the editorial process of the book.

Finally, FIBA would like to acknowledge the excellent contribution to this project of the **European Association of Basketball Coaches**.



As the twentieth century draws to a close, basketball can be seen to have spread throughout the world, becoming one of the most practised sports amongst boys and girls today. FIBA has 208 affiliated national federations, which means that hundreds of thousands of players are dedicated to the practice of our sport. Many of these young people are children and teenagers for whom basketball can be an excellent educational opportunity for their athletic, personal and social development. Among other things, basketball should serve to develop values that help make our future adults better citizens, stimulating the peaceful and respectful coexistence of the people and countries of the twenty-first century.

FIBA is aware of the enormous importance of basketball in the development of young people and of the fundamental role of coaches within this context, because it is the coaches who, by working daily with the players, must make the experience of playing basketball a beneficial one. For this reason, in collaboration with the European Association of Basketball Coaches, FIBA has set up the Young Coaches 2000 programme for the training of coaches working with players from mini-basketball to the junior category at the age of eighteen. The objective of this programme is for these coaches to understand and assume their responsibility, learning concepts and strategies that allow them to successfully develop this undertaking with the boys and girls who depend so much upon them.

Within this framework, different experts, chosen by FIBA, have formed a working group to elaborate this book. It is meant to be a powerful working tool for any basketball coaches clinic held around the world under the name of FIBA, Olympic Solidarity or a national federation. I hope that readers will appreciate the contents presented herein and that they will use these appropriately to enrich their working methodology with young players.

BORISLAV STANKOVIĆ
Secretary General of FIBA



To teach is more difficult than to learn. We all know this, but we often forget it.

Why is teaching more difficult? Not only because a teacher needs to have a far greater knowledge at all times, but also because teaching is essentially a more difficult task: it means teaching *how* and *what* to learn.

The World Association of Basketball Coaches (WABC) is honoured to be associated with this important step in the «teaching» of basketball coaching to young players, part of a programme initiated by FIBA.

Coaches' clinics are held every other day the world over. Too few of these, however, concentrate on working with young basketball players. FIBA has recognised that these players will be the future of basketball as it enters the new millennium and has therefore decided to create this reference guide for basketball coaches worldwide.

Although only a European project at the very beginning, it clearly appeared that its value goes far beyond the geographical limits of Europe. This book can now be used everywhere around the globe, at every coaches' clinic held under the auspices of FIBA.

We, the World Association of Basketball Coaches, as an officially recognised body of FIBA, will use these guidelines as a reference in all of our world activities.

We hope that readers, coaches and players will welcome this initiative and support FIBA, EABC and WABC in their efforts to spread this work throughout the world.

The future is in our hands.

CESARE RUBINI
President of WABC



For the European Association of Basketball Coaches (EABC), the advanced training of European coaches is an important priority. It is therefore a great honour that FIBA has approved the Young Coaches 2000 programme for the training of young coaches working with young players.

Coaches who work with young players cannot coach in the same way as coaches working with professionals, but should develop their own working style that takes into account the athletic and personal development of their players. Thus, it is important that these coaches acquire knowledge specific to working with children and adolescents.

The objective of the Young Coaches 2000 programme, and of this book, is not to substitute existing training programmes for coaches developed by the respective national federations, but to complement these. Thus, the programme and the book are intended for people who are already certified coaches in their countries and who therefore already have a broad understanding of the technical aspects of basketball. With this in mind, our aim is that these coaches expand their resources by means of specific training centred on the work of young players, highlighting those methodological points and contents that should predominate from mini-basketball to juniors.

This book is one more element of the Young Coaches 2000 programme, complementing courses to be held in coming years in different countries. However, it can be useful for any coach working with young players. The aim of the book is not to cover every aspect of basketball but to serve as a guideline for coaches who work with children and adolescents including aspects that the experts of the working group selected by FIBA consider most relevant. I feel that this book will be a valuable working tool for any coach.

ANTON MARÍA COMAS i COMA
President of EABC

ABOUT THE AUTHORS



Jose María Buceta is a Doctor in Psychology from the Complutense University of Madrid, Spain, and a Master of Science from the University of Manchester, England. He is an expert in the field of Sport Psychology and Health Psychology as well as Professor of Psychology at UNED University, Spain. He also has extensive experience as a basketball coach with élite young players, including the Cadet, Junior and Senior Women's National Teams of Spain.



Maurizio Mondoni has a degree in Physical Education from the Catholic University of Milan, Italy. He is Professor of Theory and Methodology of Teaching and Training at the School of Sport of the Italian Olympic Committee, and of Theory and Methodology of Sport Games and Basketball at the Catholic University of Milan. He has extensive experience as a basketball coach of young players and is considered an international expert in the field of Mini-Basketball.



Aleksandar Avakumović is a lawyer and a basketball coach with the highest degree from the University of Belgrade, Yugoslavia. A former basketball player in Yugoslavia, he is an expert working as a coach with young girls and boys. He and his wife Biljana Markovic founded the first private basketball school in Europe «Basket Bam» for young players. He has developed the «BAM Passerelle Basketball Movement» across Europe.



László Killik has a degree as a teacher of Physical Education from the Higher Institute of Physical Education of Budapest, Hungary. He has extensive experience as a basketball coach, including the Men's Junior National Team and the Women's Senior National Team of Hungary, and the National Teams of Egypt. He has worked at the Institute for Scientific Research in Physical Education in Budapest and has been responsible for the development of basketball coaches in Hungary. He is a recognised expert in developing élite young players.

CONTENTS

PREFACE

INTRODUCTION

1. THE ROLE OF BASKETBALL IN THE EDUCATIONAL DEVELOPMENT OF YOUNGSTERS	1
2. PLANNING BASKETBALL ACTIVITIES	37
3. ORGANISING TRAINING SESSIONS	83
4. COACHING STRATEGIES FOR TRAINING SESSIONS	101
5. COACHES' BEHAVIOUR AT GAMES	125
6. MINI-BASKETBALL	149
7. TRAINING SESSIONS WITH 13-14 YEAR OLD PLAYERS	207
8. COACHING 15-18 YEAR OLD PLAYERS	265
APPENDIX: SOLUTIONS AND COMMENTS TO PRACTICAL EXERCISES	349
INDEX	359

INTRODUCTION

The Young Coaches 2000 programme was created by FIBA to promote the training of young coaches who coach young players. This book was written as part of the programme, its purpose being to provide useful guidelines for coaches who work with boys' or girls' teams, from mini-basketball to juniors.

The book is made up of eight chapters and an appendix. The first five chapters were written by Jose María Buceta. They cover methodological contents and aspects specific to coaching young players of any age that coaches should take into account when working with these players. These aspects make up an area of work specific to coaches working with young players, different to that of a coach who works with professional teams. The main objective of these chapters, and of the whole book, is precisely for coaches who work with young players to accept that their task is different to that of a professional coach, to understand what that task consists of and to master specific concepts and strategies needed to carry out that task correctly.

As a starting point, Chapter 1 refers to the role of basketball in the educational development of youngsters, emphasising the importance that basketball can have in the athletic and human development of young players and stressing the importance of the coach in this process. The chapter points out how the practice of basketball, from mini-basketball to junior, can contribute to enhancing the health of young players, to developing personal and social values such as commitment, perseverance, responsibility, teamwork and respect for rules and others, to developing psychological resources such as self-confidence, self-concept, self-esteem and self-control, to providing the players with positive experiences such as having fun, feeling competent and receiving the appreciation of others and, of course, to the development of the basketball skills of the young player. In order to achieve all of these objectives, the coach must take advantage of the opportunities provided by practice sessions and games along the lines explained throughout the chapter, adopting a working style the principal characteristics of which are listed at the end.

Using Chapter 1 as a basis, Chapters 2, 3, 4 and 5 include specific strategies that the coaches can apply in carrying out their work. Chapter 2 concen-

trates on planning the overall basketball activity when working with young players. Chapters 3 and 4 refer to training sessions and Chapter 5 to basketball games.

Chapter 2 attempts to guide coaches who work with young players concerning the methodology they should adopt in planning their team's activities: how to organise the team, what working periods to bear in mind throughout the season, the most appropriate goals, how to choose the most important contents, aspects to take into account in order to correctly control the physical and psychological workload of the activities, how to focus games according to the age of the players, and how to schedule the activities.

From there, Chapter 3 centres on the organisation of training sessions, and is divided into three sections. In the first, the principal characteristics of a training session are explained: its stages, goals, contents and working rules. In the second and longest, we discuss the principal characteristics that should be included in the session's drills in order for these to be more efficient. In the third, some simple suggestions are offered for evaluating the training session. The objective of this chapter is for the coach to learn how to make the best use of available training time in order to obtain the maximum benefit from it.

Chapter 4 also centres on training sessions but in this case, on the coach's behaviour in directing them. The aim of this chapter is for coaches to learn psychological strategies that they can incorporate into their usual working method in order for their players to achieve better performance and greater satisfaction. After properly planning the activities (Chapter 2) and organising each training session correctly (Chapter 3), the coach should develop the ability of conducting the training session as productively as possible, getting his/her players to assimilate the contents of the session and thus obtain the maximum benefit from their work.

The basketball activity of young players should not be limited to training sessions but should also include games throughout the season. For this reason, the coach must be prepared to manage games as beneficially as possible. Chapter 5 refers specifically to the coach's behaviour before, during and after games, including strategies for preparing the game, controlling the players' expectations of success, stimulating their concentration during game-time, making efficient use of time-outs and half-time, and achieving maximum benefit from the game as an educational experience.

To facilitate the study of these first five chapters, the book includes *practical exercises* and *test exercises*.

The practical exercises present situations characteristic of a basketball coach's work, to which the reader should apply the contents of the book. The purpose of this is that, in this way, the reader can better assimilate the knowledge found in the book by reflecting actively in order to do the exercises.

The test exercises pose questions that the reader answers in order to check how well he/she has assimilated the contents of each chapter. The appendix

includes the solutions to these questions along with explanatory comments.

Chapters 6, 7 and 8 include technical contents specific to each of the three age groups into which the experts have decided to divide basketball for young players: *mini-basketball*, 12 years and under (Chapter 6), *passerelle*, 13/14-year-olds (Chapter 7) and both 15-16 *cadets/cadettes* and 17-18 *junior* categories (Chapter 8).

The chapter dedicated to mini-basketball was written by Maurizio Mondoni. The first part includes general guidelines for working with three age groups: 6/7-year-olds, 8/9-year-olds and 10/12-year-olds, and the basic characteristics of the base-game, the starting point for a coach when teaching mini-basketball. Next, the two central parts of the chapter include numerous drills intended for the physical development of children who practise mini-basketball and for the progressive development of basketball fundamentals. These drills were previously published in another FIBA book, «From Mini-Basketball to Basketball», written by the same author. The final section of the chapter includes orientative plans for organising training sessions for mini-basketball teams.

Chapter 7 was prepared by Aleksandar Avakumović. It includes a list of methodological advices for working with 13/14-year-old players and twenty-four training sessions as examples of the type of work that can be carried out with players of this age group. For each session, this chapter specifies the principal goal of the session, its total length, the drills to be used in the session including diagrams to aid understanding, and remarks highlighting key aspects for the coach to keep in mind.

Finally, Chapter 8 was written by Jose María Buceta and László Killik. It is made up of four sections centred on coaching 15/18-year-old players. The first, very brief section, looks at the importance of considering the players' individual needs in order to improve their resources. The second section explains the basketball fundamentals that should be given special attention at this age, such as movements without the ball, offensive rebounding and the mid/low post's back-to-the-basket play. The third section deals with the development of tactical decision-making, including basic concepts and some examples. The fourth section centres on building team play, including concepts that young players should learn progressively. In many cases throughout this chapter, a distinction is made between 15/16-year-olds (cadets) and 17/18-year-olds (juniors), specifying the particular characteristics of the coach's work with each age group. And, as in the first five chapters of the book, practical exercises are included to facilitate the study of the contents.

Overall, the book is an attempt to transmit a progressive working scheme for young players. During the mini-basketball stage, it is suggested that global standardised work be carried out with all of the children to help their physical and psychological development, making this a satisfying experience which will provide opportunities for the players to develop basketball fundamentals.

Later, with 13/14-year-olds, the work should continue to be predominantly

global and standardised, and at the same time, more detailed concerning the development of the more basic fundamentals (passing, dribbling, etc.). During this stage, multiple 1 on 1, 2 on 2, 3 on 3, 2 on 1, 3 on 2, etc. situations should be practised in order to begin to develop the most basic tactical decisions, bearing in mind the importance of strengthening the players' self-confidence.

From the age of 15 onwards, work should be more analytical and individualised, taking into account what each player needs in order to continue progressing. At this stage, training time should be devoted to perfecting essential details when performing basketball fundamentals. It is also important to work more carefully on the development of tactical decision-making and to confront progressive learning of team play, using more basic concepts with 15/16-year-olds and more advanced ones with 17/18-year-olds.

This book is not a handbook that attempts to cover every aspect of basketball from the most elementary to the most complex, but rather a volume intended for coaches who are already certified and who, therefore, have a technical understanding of the sport. With this in mind, the methodological questions which are considered the most relevant for working with young players are explained, while looking more carefully at technical aspects that, although very important, tend to receive less attention, emphasising the importance of basketball fundamentals as well as specific training so that young players learn to use these within the appropriate context.

Obviously, the purpose of the book is not to tell coaches exactly what they have to do but to guide them by means of solidly based knowledge so that each coach can then develop his/her own working methods.

With this aim, we have tried to keep the contents highly practical so that



Bulgarian participants in the FIBA Young Coaches 2000 programme.

coaches can apply them easily to their daily work. We have therefore included photographs, tables, practical examples and diagrams to complement the written text and to make it easier to understand. Some tables also include simple tools as examples to guide the coaches concerning the practical tools they can incorporate into their work when planning, scheduling, recording and assessing.

In short, this is meant to be a book to be studied, not skimmed, intended for coaches working with young players, both girls and boys. We hope that it will be useful for everyone studying it.

The book was edited by Jose María Buceta, following the guidelines drawn up by the working group chosen by FIBA for this project.