

INTENSIVE COURSE FOR BASKETBALL COACHES

LANGUAGE: ENGLISH, RUSSIAN

DURATION: 14 DAYS

ACADEMIC HOURS: 108

COURSE LOCATION: KAUNAS, LITHUANIA.

TOPICS COVERED:

- Organizational system of Lithuanian basketball (Federation - leagues - clubs)
- Basketball players multi-year development;
- Basics of basketball tactics;
- Basics of basketball players technique;
- Basketball training process management;
- Injuries prevention for basketball players;
- Testing and evaluation of basketball players fitness level and technique;
- Visits to youth basketball organisation;
- Visits to Euroleague/ Eurocup/ LBL games.
- Meetings with basketball stars: players and coaches.



Timing / Days	Monday / Day 1	Tuesday / Day 2	Wednesday / Day 3	Thursday / Day 4	Friday / Day 5	Saturday / Day 6	Sunday / Day 7
9.00 - 10.30 Lecture (class)	Lithuanian basketball system	Lithuanian basketball leagues system	Youth basketball club management	Professional basketball club organisation	Multi-year basketball training	Youth Basketball game analysis	Youth Basketball game analysis
11.00 - 12.30 Lecture (class)	Planning basketball pre-competition period	Management of competition period in basketball	Planning basketball off-competition period	Micro, meso and macro cycles of basketball training process	Basics of youth players preparation		
14.00 - 15.30 Practice (gym)	Basics of basketball tactic	Individual tactical actions in basketball game	Group tactical actions in basketball game	Team tactic actions in basketball game	Skills of basketball players technique	Mens basketball game analysis	
16.00 - 17.30 Practice (gym)	Offensive tactic: playing pick and roll	Shooting technique development	Setting screens in the game	Players actions in defence	Individual defence 1x1		
18.00 - 21.00 Visits to schools/ clubs/ games	Tornado BC visit	Sabonis BC visit	Kaunas BC visit	Euroleague/Eurocup/ LBL game	Jonava BC visit		

Timing / Days	Monday / Day 8	Tuesday / Day 9	Wednesday / Day 10	Thursday / Day 11	Friday / Day 12	Saturday / Day 13	Sunday / Day 14
9.00 - 10.30 Lecture (class)	Basics of basketball fitness training	Basics of players technical preparation	Basics of players psychological preparation	Basics of basketball scouting	Injuries prevention for basketball players	Youth Basketball game analysis Women's basketball game analysis	Certificate award ceremony
11.00 - 12.30 Lecture (class)	Sensitive periods for physical abilities development	Studies on players fitness level	Studies on players technical preparation	Studies on players shooting performance	Recovery application after physical loads		
14.00 - 15.30 Practice (gym)	Teaching ball dribbling technique	Teaching ball passing technique	Ball shooting technique drills	Ball rebounding drills	Free throws shooting improvement drills		
16.00 - 17.30 Practice (gym)	Meeting with Vl. Garastas, Legendary coach of LTU basketball	Testing players physical preparation	Practice with former NBA player V. Praskevicius	Testing players technical preparation	Practice with one of LTU national team coach		
18.00 - 21.00 Visits to schools/ clubs/ games	Youth basketball practice	Youth basketball practice	Youth basketball practice	Euroleague/Eurocup/ LBL game	LBL game		

Price of the course:

390 Eur per person (for group of 20 participants or more)

320 Eur per person (for group of 25 participants or more)

280 Eur per person (for group of 30 participants or more)

Accommodation and meal:

Full boarding: 3 stars hotel + 3 times catering a day - 42 EUR per person per day (staying in double room).

Accommodation and breakfast: 3 stars hotel + breakfast - 30 EUR per person per day (staying in double room).