

# INTENSIVE COURSE FOR BASKETBALL COACHES

LANGUAGE: ENGLISH, RUSSIAN

DURATION: 28 DAYS

ACADEMIC HOURS: 216

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;
- Psychological preparation for players;
- Injury prevention for basketball players;
- Optimum physical loads application;
- Development of most important physical abilities for basketball players;
- Talents identification;
- Basketball scouting;
- Teaching methodics;
- Practical placement as assistant coaches during practice;
- Coaching team during games as assistant coach.

- 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	
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		



Timing / Days	Monday / Day 15	Tuesday / Day 16	Wednesday / Day 17	Thursday / Day 18	Friday / Day 19	Saturday / Day 20	Sunday / Day 21
9.00 - 10.30 Lecture (class)	Game scouting	Game scouting	Talent identification process	Talent identification process	Teaching methodology	Youth Basketball game analysis  Women's basketball game analysis	
11.00 - 12.30 Lecture (class)	Game scouting	Game scouting	Talent identification process	Nutrition for basketball players	Meeting with T.Pacesas, Olympic medal winner		
14.00 - 15.30 Practice (gym)	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process e	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process		
16.00 - 17.30 Practice (gym)	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces		
18.00 - 21.00 Visits to schools/ clubs/ games	National league team practice	Amateur basketball game	Women's' basketball game	Euroleague/Eurocup/ LBL game	LBL game		



Timing / Days	Monday / Day 22	Tuesday / Day 23	Wednesday / Day 24	Thursday / Day 25	Friday / Day 26	Saturday / Day 27	Sunday / Day 28
9.00 - 10.30 Lecture (class)	Psychology of young players	Power training for basketball players	Speed training for basketball players	Basics of basketball scouting	Optimization of physical loads in basketball	Youth Basketball game analysis	Certificate award ceremony
11.00 - 12.30 Lecture (class)	Psychological preparation for elite players	Coaching philosophy	Meeting with Olympic champion Modestas Paulauskas	Special endurance training for basketball players	Summarization of the course		
14.00 - 15.30 Practice (gym)	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process	Assisting head coach for 6 - 12 year old players training process	Women's basketball game analysis	
16.00 - 17.30 Practice (gym)	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces	Assisting head coach for 13 - 18 year old players training proces		
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:

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

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

600 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).