

INTENSIVE COURSE FOR BASKETBALL COACHES

LANGUAGE: ENGLISH, RUSSIAN

DURATION: 5 DAYS

ACADEMIC HOURS: 54

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;
- Visits to Basketball clubs, Euroleague/ Eurocup/ LBL games.

Timing / Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 - 10.30 Lecture (class)	Lithuanian basketball system	Multiyear basketball training	Planning basketball pre-competition period	Basics of basketball fitness training	Basketball players technical preparation	Departure day	Arrival day
11.00 - 12.30 Lecture (class)	Lithuanian basketball leagues system	Basics of youth players preparation	Management of competition period in basketball	Sensitive periods for physical	Research in basketball shooting topic		

				abilities development			
14.00 - 15.30 Practice (gym)	Team tactical actions in basketball game	Basics of basketball tactic	Individual tactical actions in basketball game	Group tactical actions in basketball game	Skills of basketball players technique		
16.00 - 17.30 Practice (gym)	Shooting technique development	Offensive tactic: playing pick and roll	Individual defence 1x1	Setting screens in the game	Players actions in defence		
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		

Price of the course:

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

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

250 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).