

MIDDLE EAST SPORTS MANAGEMENT BASKETBALL CAMP
(SUMMER 2007)

GOALS AND TASKS OF BASKETBALL CAMP

Dominant camp goal in seven-day conditions of concentrate and intensive work is to make transformation and optimal shift in beginners' practice and abilities of young basketball players, that is camp's participants. Besides dominant goal, camp concept must cover other essential characteristics which are substance in forming and developing of young basketball players. In that sense, goals which will characterize our work concept are:

- Training process and work technology must help camp's participants in forming new and correcting "bad" habits and mechanisms of basketball techniques and individual tactics, as well as advancing the most of fundamental skills, which makes basketball game;
- Creating correct and quality habits toward intensive training process;
- Learning, correcting and advancing basic techniques, individual, group and team tactics in defense and offense;
- Intensive influence on education and socialization of young basketball players;
- Developing of love and enthusiasm toward basketball and whole "basketball family".

PLANNED CAMP TASKS

- Work on basketball education (learning and advancing basketball basics through training activities and competitions), will be realized through 12 training units, individual competitions and 2 to 4 team competitions in scope of camp championship.
- Skilled pedagogue coaches training.
- Organization and realization of individual competitions.
- Organization of revue games.
- Praises and rewards for the best.
- Organization of cultural and amusing activities on free time.

RIGHTS OF YOUNG BASKETBALL PLAYERS

Young players are not coach's toys. They are men, kids, teenagers who have their rights and coach who works with them must start his work with knowing, accepting and respecting their rights.

In present time numerous youth organization acknowledges the following rights of young players:

- Right to train and participate on sports competition.

- Right to participate on competitions who's level is suitable to abilities of each child.
- Right to have qualified coach.
- Right to appear as child or teenager, not as adult person.
- Right to participate in decision making which are concerned of his sports career.
- Right to take activities in safe and healthy environment.
- Right to get appropriate level of preparation in order to compete.
- Right to enjoy going in for sports – basketball.

BUILDING SYSTEM IN BASKETBALL

Basketball is very complex game by its technique and tactic. It is complicated because of very large number of elements in offense and defense. Those elements we call basketball base. For its complexity it is not all the same when, how and which elements we will learn.

We can observe basketball game as system which stands on four basic elements – bases, which are regulated with four basic rules. Therefore in basketball system building it is very useful to start with four basic rules and its combinations.

LEARN FIRST RULE

“With ball it is not allowed to walk or run, so it is necessary to strike the ball against the floor.” Therefore: DRIBBLE

LEARN SECOND RULE

“In order to win you have to throw the ball in rival's basket more times than he throws in yours.” Therefore: SHOOT

COMBINE FIRST AND SECOND RULE

“In order to come to rival's basket you must dribble.” Therefore: DRIBBLE AND

LEARN THIRD RULE

“We can not play alone against everyone. Therefore you should work together with teammates.” Therefore: PASS.

COMBINE FIRST, SECOND AND THIRD RULE

“You can come to basket dribbling or passing the ball.” Therefore: DRIBBLE, PASS AND SHOOT

LEARN FOURTH RULE

“In order to win your rival is not allowed to achieve many points that are way you need to protect the basket.” Therefore: PLAY DEFENSE

When you possess the ball – defense (PROTECT) it, when you lose the ball protect your hoop.

COMBINE THOSE FOUR BASIC RULES!

PRIMARY METODICAL INSTRUCTIONS AND TRAINING PROCESS RULES

One of basketball segments, which is the same for all coaches in training process are the basic basketball elements, for they never change, except for some details and “finesse-tricks” which are integral part of technique advancing. Basic elements in basketball game always stands as basketball foundations (for example, run into is always run into, passing is always passing, block is always block, “give and go” is always “give and go”),

however in learning structure of individual basketball game foundations, there are probably various coach's accesses and orientations.

Generally, probably there are two orientations:

1. When all players in development pass through all basic basketball elements.
2. When all players adopt and advance several types of basic and advanced basketball foundations (some kind of shoots, dribbling, passing...), in order to practice it on high automatism level and adapting them to situation conditions.

It's been considered that quick and correct perform of various fundamental skills in basketball game is "secret" of successful individual and collective game. Therefore in our work with camp participants on every training the special attention will be paid, players must know how end when to perform single technique (shoot, pass, stop), what they can do in certain game situations. To achieve those mental principles we will allow the players to see, read and anticipate what the rival's intentions are. Effective advancing of these abilities will be realized by method: correction, stopping and constant pointing to what can be done with more quality in some typical and atypical game situation and how we can outplay the rival.

Special attention will be paid to mental vigilance of the players, for mental vigilance (concentration) is condition of quick reaction and quickness of tactical opinion.

In order to teach the kids successfully and to help them to advance basketball skills, we have to accept the fact that all kids are not equally able to quickly adopt basketball elements, and in this segment we have to be patient and tolerant on trainings and games.

PRIMARY DIDACTICAL PRINCIPLES AND METODICAL ADVICES WHICH SHOULD CHARACTERIZE BASKETBALL WORK IN TRAINING PROCESS

WE HAVE THE OBLIGATION TO:

- While planning and realizing training activities we have to use a lot ball and hoops.
- To pay equal attention to offense and defense. Remember that one comes from the other, in other word "one improves the other."
- Before every training we should have preparation for the training (outline) with introductory remarks and accent on reinforcement motivation for work. By ending the training we will give short analysis of training.
- Remarks will be short and clear, especially if the players are younger.
- On games we will practice and apply what we worked on trainings. The duty of the coach is to use the games in function of correcting and advancing training activities, that is what has be done on trainings.
- In selection of training exercises we will use the exercises of teaching, corrections and situation exercises in process of advancing player's abilities. At the same time we will take care of player's capabilities (age, sex, level of training etc.) and training exercises from aspect of volume and intensity.

METODICAL ADVICES

- Forget about tactic as long as the players do not learn technique, because knowing tactic without technique gives bad basketball product.
- Require full engagement, high concentration and discipline from young players.

- Learning process starts with simple goals which gradually becomes complex.
 - Details have to be accented, demonstrated and required during performance.
 - On every training maximally 25% of new elements can be involved.
 - Offense and defense have to be trained parallel.
 - At first exercises should be performed on small space, and then on larger space.
 - We can influence on quickness expanding the space and reducing the time.
 - Tall players have to work on same exercises as the short one, in order to learn technique.
 - Special attention is paid to stop and pivot shot.
 - Accent the balance of player's body, position of feet, hands and body.
 - "Triple threat" (the ball is ready for shoot, dribble, pass) is crucial in offense.
 - When we play on two hoops, it is necessary to insist on quick game with simple actions between two and three players.
 - One should be energetic while criticize and loud when give support.
 - Allow the players to ask when they don't understand something. The answer has to be short and clear.
 - Keep high work level and high concentration level among the players.
 - Demand from player's total concentration.
 - Do not forget: good game is the result of hard work, more mental, then physical.
- Do not try to find "talented" children, they will show themselves if we work good.

**WISH YOU A LOT OF AMUSEMENT WITH BASKETBALL
LEARNING!!!**