FIBA EUROPE COACHING WEBSITE

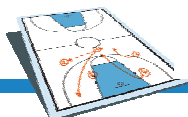# MANUAL

PRACTICE SECTION
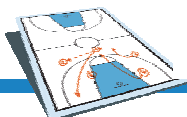
FIBA
EUROPE
We Are Basketball

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WWW.FIBAEUROPE.COM/COACHING

We Are Basketball

1. HOW TO GET STARTED

The Practice Section is divided into two main categories:

1. Practice Organizer

2. Improvement of Basketball Knowledge

The FIBA Europe Coaching Department and all the coaches throughout Europe will be your source for drills, plays, videos of fundamentals and the answers to your personal coaching problems.
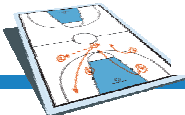
The first step in Practice Section is entering your team(s) and players under Roster Management.
You will be able to enter as much information about your players as you wish, as well as use the roster to check attendance.

Next, you can schedule your practices with the Calendar (Figure 1). You can enter practice plans, which you will specify immediately in the Practice Planner, enter notes for the practice (e.g. 60 min. jogging) or write in game dates.

Figure 1

Roster Management

The Roster Management section will help you organise and manage your teams and players. You can enter and edit teams' and players' information & contacts. You will get attendance charts for your teams and players and you will be able to create mailing lists of your players. You can also save former teams' and players' information.

☞ NOTE: To see your current team click on the team's name.

All players from the current team will be shown in the current players column. If you want to add a player to a team click on the team name first (in order to activate the team) and then click on the add button next to the player. The same procedure applies when removing a player from a team. All players will be saved and shown in the other players or former players section.

The teams and players can be sorted after each column separately by clicking on the column header. You can also combine multiple columns: for example you would like to see all players born in a specific year and within those all players that play a specific position -> You click on the YOB column header and after that you press "shift" an click on the second header, in this example "POS". You can combine up to 7 (all) columns. If you want to change the sorting order simply click again on the column header (hold "shift" and click on the header if more than one column should is sorted). Little red arrows will show you the current sorting (inclining/declining).
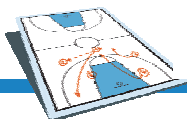
Create Teams & Players

To create a new team click the "add team" button and enter your team's information (Team name, Club name & Season are mandatory). To finish creating please click save.

To create a player click the "add player" button and enter all the information you want (only Surname, name & position are mandatory). To finish creating please click save.

Attendance

For each team and player you can get an attendance chart. The players attendance will be managed through the practise planner (for detailed description see practise plan description, 3. attendance). In the teams attendance chart you will get the attendance of all players on the team. In the players attendance chart you get detailed information about the attendance in each practice. In both attendance charts you can sort each column and you can sort combined column similar to the sorting in the roster management. All attendance charts are printable.

Practice Planner

The Practice Planner will help you to organise a practice. You can enter the content of the practice in your own words and/or enter Drills and Plays from the database. You can also manage your practice teams for your drills.

The calendar can be viewed in a monthly or weekly layout.

A print out of the calendar will help your players to be at practice on time. It also serves as information for your assistant coaches, sport director, parents, etc. It can also be exported to a .ics file and then used in your outlook (or similar) calendar.

After you have entered your practices in the calendar, the Practice Planner will help you plan your activities. The following features are offered:
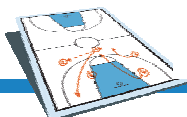
1. **Entering Topics and Goals**. In the practice plan list located in the calendar, you can search for different topics which will allow you to analyze specific points in your practice.

2. **Ordering Team Names.** The Practice Plans will be numbered by team. Numbers increase automatically and can be reset to one. This tool particularly helps in keeping track of the number of practices at a camp, in pre-season, for the season, etc.

3. **Attendance.** Select the players, who should attend the practice and after practice you will enter the attendance of each player or the reason of his absence:

   Selection:
   - Attended
     - All practice
     - Was late by (enter minutes)
   - Not attended
     - Injured
     - Sick
     - Unexcused
     - Other (enter text)

   In the roster management section, you can get the player attendance reports.

4. **Manage Teams for your Drills** (e.g. 3 vs. 3, 5 vs. 5)

Figure 2

5. **Adding Drills from the Database:** You can add one Drill or multiple Drills to your practice plan by marking the box in the select column and click the "adds elected drills" button.

6. **Adding Own Plays or Public Plays from the Databases.**

7. **Add Break-down Drills of various Plays**

8. **Add Free Text Entries**

9. **Graphics Utilisation:** Decide what graphics you want to add on the main page of your Practice Plan and how many graphics you want to print all together.

10. **Time Planner:** You can enter the estimated time for each drill to help you stay on schedule. There will be warning message shown if the duration of all items is greater than the duration of practice.
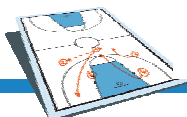
11. **Parallel Items:** Parallel items allow you to plan several drills during a specific time (i.e. – a 30 minute session is divided into two parts of the court – one for guards/forwards, the other for centers). Each PP item can be set as parallel by entering "0" in the minutes' field or by leaving this field empty.

Parallel items:
- Start at the same time, as previous (not-parallel) item
- Last the same duration as previous (not-parallel) item
- First item cannot be set as parallel
- Start-time column is automatically set empty for parallel items

Here is an example:

* - first item duration cannot be set to "0"

12. **Dissemination**. Print out the Practice Plan for yourself and your assistant coaches.
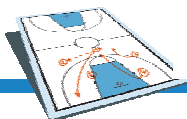
2. DRILLS

The Drills section can be accessed through the Practice Planner or directly through the menu. There are different possibilities for usage:

1. Look at the different drills from the drills library including animations and videos.

2. Create your own drills to use them in your Practice Plan and to share your knowledge with the other coaches.

3. Discuss a drill in the forum.

The Search mask will help you to find the drill you are looking for.

Figure 3

There are different ways to find the right drill. You can search within each section or you can combine your selections for even more specified results. If you want to see all drills of the database just click "Show all drills".
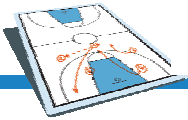
▸ Age group: This section will sort the drills by age (i.e. – U18, senior level, etc).

▸ Type: Fundamental drills are basic drills to learn about basic basketball fundamentals. Individual drills or teams drills can be selected.

▸ Author: You can search for drills sorted by the creator of the drills.

▸ Rating: All the users will be able to rank the drills they are using and search by rating accordingly.

▸ Topics: Provides general overview.

▸ Categories:

The drills are saved under three main categories: Offense, Defense and General
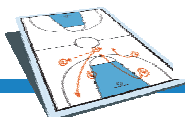
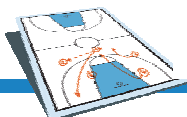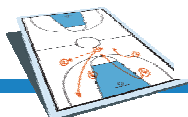| Main category	1. Sub-category	2. Sub-category	3. Sub-category
Offence	Fundamental Techniques	Ballhandling and Dribbling Passing and Catching	
		Shooting	Layups Jump Shots Free Throws
		Footwork Rebounding	
	Individual Position Training	Guards	1-1 Ballhandling and Dribbling Passing and Catching Shooting Footwork Moves Rebounding
		Forwards	1-1 Ballhandling and Dribbling Passing and Catching Shooting Footwork Moves Rebounding
		Center	1-1 Ballhandling and Dribbling Passing and Catching Shooting Footwork Moves Rebounding
	Team tactics	General Give and Go Ball Screen Off Ball Screen Penetrate & Kick Offensive Fundamentals Fast Break Fundamentals	
Defence	Individual Defense	Footwork On ball defence (1-1) Off Ball Defence (1-1) Box out / Rebounding (1-1)	
	Team Defence	Man-to-Man Defense	General Help and Recover Defensive Rotation Switching Defence Trapping Defence Transition Defence Box out / Rebounding Press Defence
		Zone Defence	Half Court Full Court
		Defending Screens	Ball screens Off Ball screens
General	Warm up	Basketball Specific	
		Generic	
	Little Games		
	Mini Basketball		
	Basketball Conditioning		

After you click on the search button you will get your results shown in the Drills Overview section (Figure 4).

DRILLS LIST

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Title	Topics	Date	Author	Age	Pos	Type	My R.	R	Pl.	Co.	PS	Actions
Georgia round	Warm Up, Transition, Passing / Catching	11.04.2007	magicbertrand	U16		Team		3.8	10			
3-2(+1) Fast Break Continuous	Warm Up, Transition	04.09.2006	FE Administrator	U16	All	Team		4.2	10			
Craps	Warm Up, Shooting	13.02.2007	kickz	U14	All	Team		4.3	9+			
Shoot & Follow Warmup Drill	Warm Up, Shooting	05.09.2006	FE Administrator	U12	All	Individual		3.6	2	0		
3 - 0 fast break with outlet pass	Warm Up, Rebounding, Ballhandling / Dribbling	07.03.2007	gadeberg	U12		Fundamental Team		4.1	7+	1		
Half Court Passing Layups No Dribble Warm Up Drill	Warm Up, Passing / Catching	20.09.2006	FE Administrator	U16	All	Team		4.1	6	0		
2 ball break	Warm Up, Passing / Catching	30.05.2007	FE Admin	U12	All	Fundamental Individual Team		5	3			
Kercso's Rapid Fire Full Court Passing Drill	Warm Up, Passing / Catching	26.10.2006	kercsoz	U12	All	Team		4	8	0		
"2 men V-Cut" by Carlo Recalcati	Warm Up, Passing / Catching	07.03.2007	FE Admin	U12	All	Fundamental Individual		4.1	4+			
"Hunter" by Carlo Recalcati	Warm Up, Mini Basketball	07.03.2007	FE Admin	U12	All	Fundamental Team		3.6	5+			

[Create drill] [Search Mask]

Figure 4

The displayed drills will be sorted by "My Rating" by default, which will allow your favourite drills to always be on top of the list. Different sorting is possible by just clicking on the appropriate column title. The "Rating" will give you the result of all user ratings. To get further information about a single drill, click on the drill title. You can sort the drills after each column separately by clicking on the column header. You can also combine multiple columns: for example you would like to see all drills for the U16 age group and you would like to have them listed by topics. -> You click on the Age column header and after that you press "shift" and click on the second header, in this example "topics". You can combine up to 12 (all) columns. If you want to change the sorting order simply click again on the column header (hold "shift" and click on the header if more than one column should is sorted). Little red arrows will show you the current sorting (inclining/declining).

The Drill View section (Figure 5) gives you information about a drill. Next to the written description and purpose of the drill, there will always be an X&O graphic displayed. Also, some of the drills will have animation and there will be links to videos fundamentals.

Figure 5

☝ <u>NOTE:</u> In the default text for your <u>Practice Plans</u>, you can insert a personalised text. If you choose this drill for a Practice Plan, this text will always appear instead of the original title. You will even be able to edit this text in the Practice Planner itself. The edit text will then only be saved for that specific Practice Plan.

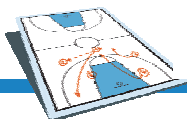The Drill view also gives you the possibility to rate the drill.

☝ <u>NOTE:</u> If you have any questions or suggestions about a drill, you can directly click to access the forum and post a new topic.

Whenever you find a drill in the database which you like but does not quite meet your expectations, you will be able to create your own new version of the original drill (Figure 6).

Figure 6

Figure 7

If the drill version is accepted, it will be displayed in the drill overview as a + 1 (number of versions) (Figure 7).

☝ <u>NOTE</u>: One of the main goals of the Coaching Website is to build a community where the coaches all over Europe exchange their ideas, experiences, thoughts and problems. The website will grow with your help.

Therefore we have provided a <u>Create Drill</u> section (Figure 8), where you can create your own drills.

Figure 8

After you have entered a title you should first save the drill to get all functionalities of this section. Now you can enter all details of your drill.
Do not forget to categorise the drill and to choose one to max. three topic(s) in the topic list.
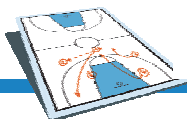
With the Graphic Tool (Figure 9), which you access through the Add Graphic button, you can create your own X&O graphic(s).
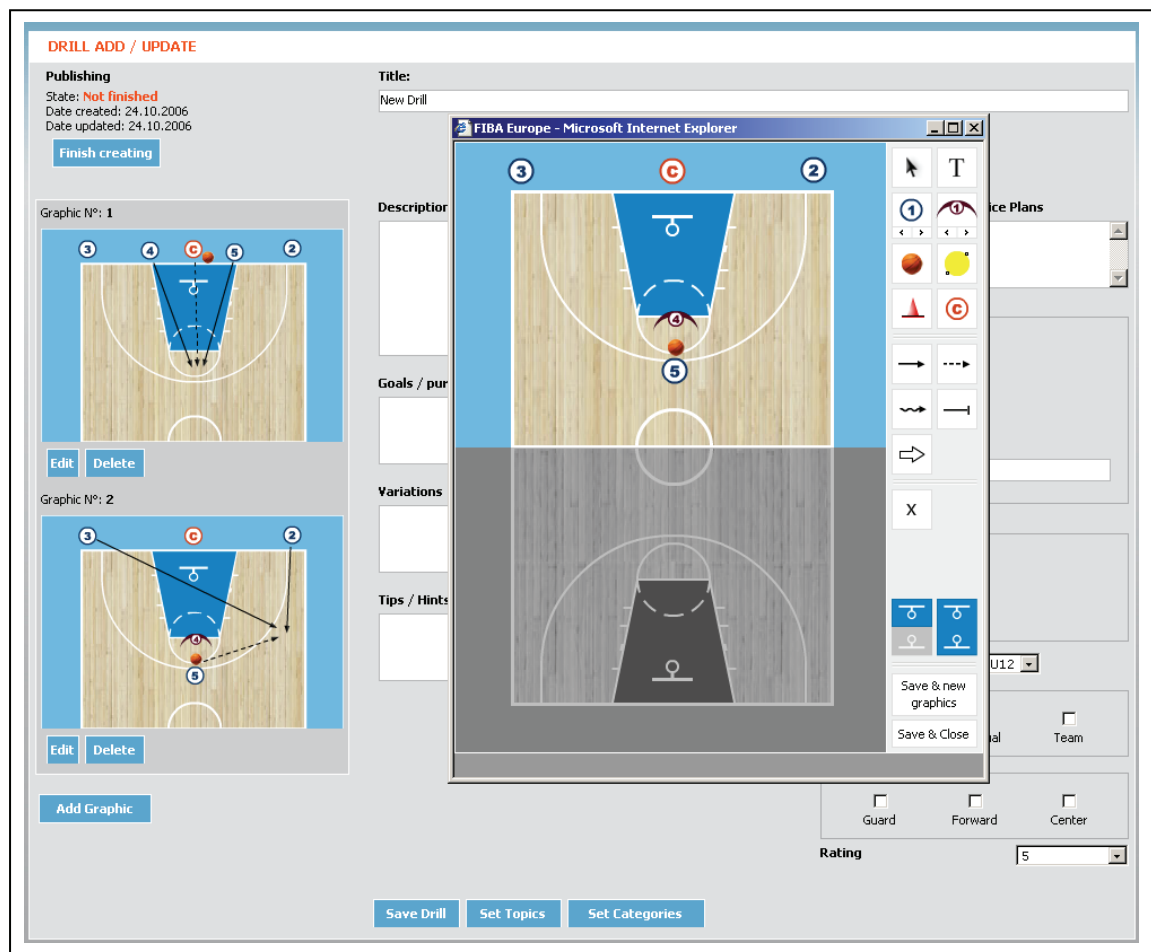

Figure 9

The Graphic Tool is easy to use, yet very precise.

First you choose between half or full court. Then you create the first graphic. For the next graphic, you click on Save & new graphics. To finish, you click Save & Close. The symbols for players, balls, coaches and cones will be kept for a new play/drill; you just have to drag them into new positions.

All symbols can be activated by either clicking on them or by using keyboard shortcuts (can be seen by mouse over), which are particularly useful if want to create more than one symbol at a time.

To draw a movement (passing, dribbling, screen, movement without the ball) activate the desired symbol and go onto the court. Mark the starting point of the line by clicking at the desired location and then go to the next position and click again (do not drag the mouse). To finish a line, just double click.
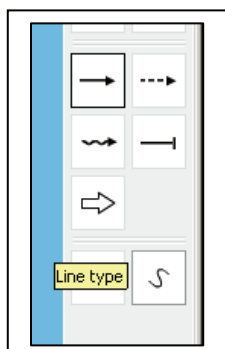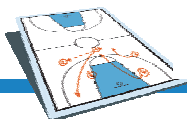
Dribbling and screen lines will be curved lines by default. If you wish to have straight angles, just click the line type symbol before or after creating a line.
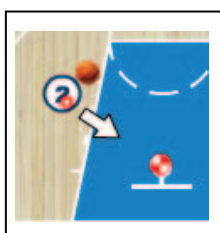
The shooting arrow will always point automatically in the direction of the upper basket. If you want to shoot on the lower basket, just click on the basket.
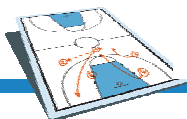
After you have used a player symbol, the same player symbol will be automatically raised by one digit. The defensive players can be rotated. Drag the triangle symbol over the defensive player by holding down left mouse button in the desired position. You can always change the numbers manually in the graphic tool box
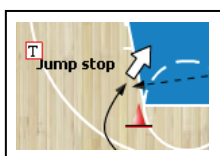
The T symbol lets you add a short text or comment onto the graphic. After you have typed the text, you can drag the text box to the desired position. Click on the small T on the activated textbox to edit the text.

If you want to delete a symbol, just click on the X symbol or press the keyboard shortcut DEL or X.

As the graphic tool is a pop up window, you will always have the possibility to see the previous graphic while drawing the next one. Therefore you will have a complete overview of what you have done so far. Every created graphic can be edited or deleted.

3. PLAYS

The Plays section offers similar tools to the Drills section. You can find plays in the different categories. The sub-categories are separated by team strength, meaning that if you are looking for a man-to-man play to get your strong inside player into the game, you will need to look in the category titled man-to-man offense -> post play.

☞ NOTE: If you want to open a category click on the category name, if you want to open a play double click on the play's name.
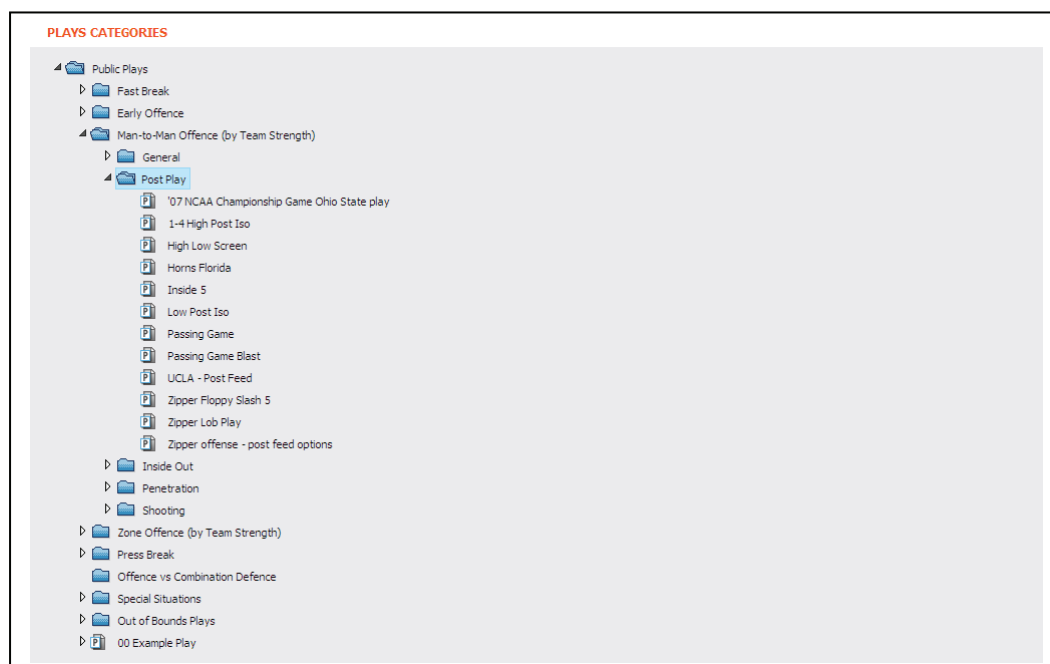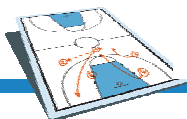

Figure 10

The biggest difference in the Play section is that there are Own Plays and Public Plays. As we want you to upload all your plays to share them with the coaching community, we give you the possibility to decide whether you share your created plays or whether you keep them in your private Own Plays section. After the actual season is over and there is no need to keep the plays secret, you are free to decide to upload your plays or not.

Creating a Play is almost the same procedure as in the drills section. First you insert a title and save the play. Then add a graphic and next to each graphic enter your description of the play (see page 9).

If you find parts of a play interesting, you can easily modify it. ☞ NOTE: If you want to change the order of the graphics with in a play simply drag and drop the graphic to where you want it! Another possibility is to add other options to your plays (click on "See variations").

Along with a play, you can enter a Break Down Drill to go over specific aspects of a play. Preparing Break Down Drills before practice makes it easier to run a Breakdown drill in practice. There are many questions to consider: How do you set up the drill the right way? Which position should rotate and in which direction during the drill? How do you want the drill to be executed?

The Break Down Drills will be created with the Drills creating tool, but only be saved to the specific play.

If you decide to use a play for your Practice Plan or the Playbook, you have the chance to set a personalised default text.

4. PUBLICATION OF DRILLS AND PLAYS

The FIBA Europe Coaching Website will be a communication platform for all coaches. It depends on you, the user of the website, to create information for this website. Then, to make it easier for the user to share information, a publishing option exists for your drills and play sections.
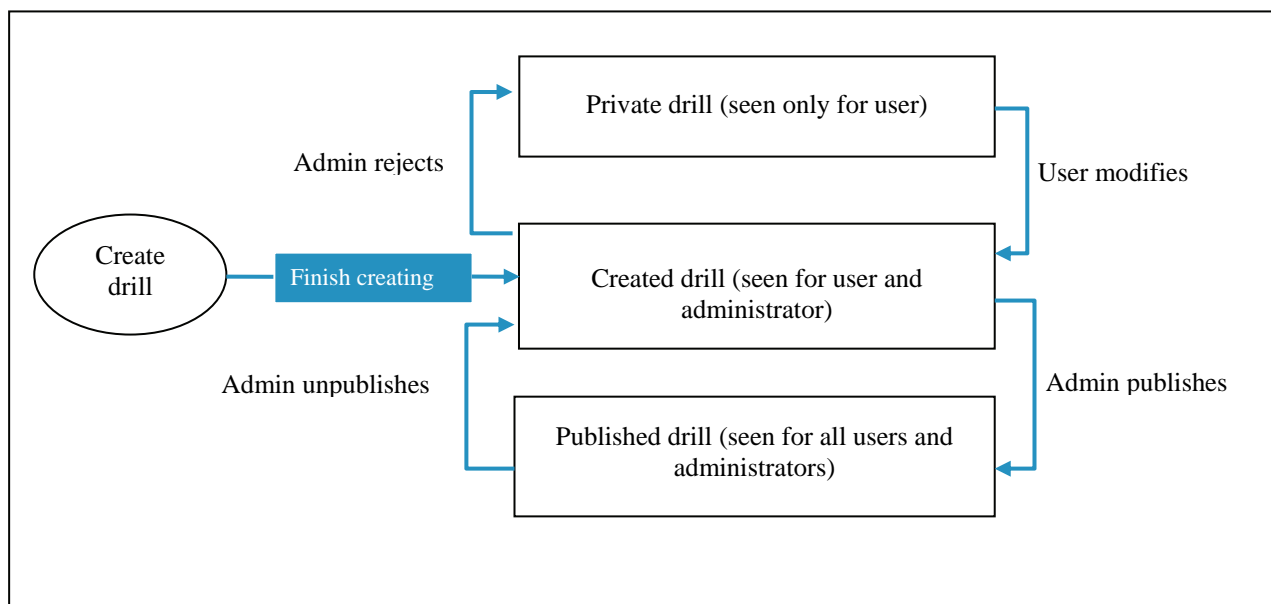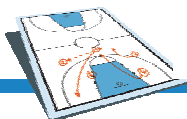
The procedure for the drill section will be as follows:

Figure 11

This flowchart will give you an overview of the publishing functionality:

DRILL ADD / UPDATE

Publishing
State: **Not finished**
Date created: 11.09.2006
Date updated:

Finish creating

Title
New Drill _2

Figure 12

You start creating a drill. After you finished (it might not be done immediately) you will click "Finish creating". Now you will be able to use it for the Practice Planner.

DRILL ADD / UPDATE

Publishing
State: **Created/Modified**
Date created: 11.09.2006
Date updated:

Title
New Drill _2

Figure 13

In this situation, the coaching administrators can check the drill and publish or reject it. At this status you are still able to change the drill.

DRILL ADD / UPDATE

Publishing
State: **Published**
Date created: 11.09.2006
Date updated:
Date published: 11.09.2006

Title
New Drill _2

Description

Figure 14

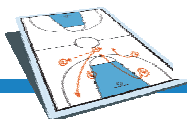Your drill has been published and all the users are able to use it.

DRILL ADD / UPDATE

Publishing
State: **Private**
Reject reason: Not clear enough, please explain
Date created: 11.09.2006
Date updated:

Ask for publishing

Title
New Drill _2

Figure 15

Here you see the reject reason. Please correct the Drill and send it again by clicking "Ask for publishing"

The publishing functionality for the play section is slightly different, because now we have an Own Plays and Public Plays section. We explained the reason for the partitioning in Chapter 3. Plays (Page 12/13).

Figure 16

If you do not want to share your play with the community, you just set your category and upload the play. The play is saved under Own Plays.

To share the play with the community, click on "Ask for publishing" (Figure 16) and the Publishing State will change as seen below (Figure 17):

Figure 17

The further possibilities are the same like in the drills section. As long as the coaching administrators did not publish the play, you can click on "Set private" to change it. If rejected, you will get a message with the reason. The play will then need to be updated.

If the play has been set on published, you will find your play in the public as well as in the own plays section.

5. TACTICS & EXECUTION

The Tactics & Execution section offers you plays and execution of the most used basketball actions (such as Pick & Roll, Horns etc.) in :
1) Live video footage
2) Graphics
3) Text description
4) Attached drills/plays
5) Copy functionality of drill/play

They are described, shown in graphics and displayed in live games from Top level teams. You can find offensive as well as defensive execution and plays for all kinds of situations. Similar to the Drills section you can make personal copies of the plays and use them in your own plays section.

✍ NOTE: Tactics & Execution section is administered and created by the FIBA Europe Coaching Department. You cannot create nor publish your own Tactics & Execution.

Figure 18

Figure 19

To watch the video clips of the Tactic & execution click the camera symbol on the right side. The video player will be hidden when you first enter the Tactic & execution.