

FIBA EUROPE COACHING WEBSITE

MANUAL

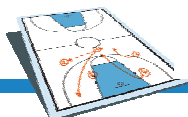
PRACTICE SECTION



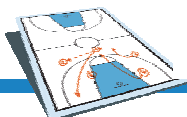
FIBA
EUROPE

We Are Basketball





CONTENTS	Page
1. HOW TO GET STARTED	3
▶ Roster Management	4
▶ Attendance	4
▶ Practice Planner	5
2. DRILLS	8
▶ Search Mask	8
▶ Overview	11
▶ Create Drill	13
3. PLAYS	16
4. PUBLICATION OF DRILLS AND PLAYS	17
5. TACTICS & EXECUTION	20



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.

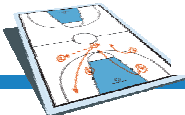
The first step in Practice Section is entering your team(s) and players under [Roster Management](#).

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.

The screenshot displays the FIBA Europe Coaching Website interface. The top header includes the FIBA Europe logo and the text 'COACHING WEBSITE FIBA EUROPE COACHES' SECTION'. The main content area features a 'CALENDAR' tab and a monthly calendar for May 2009. The calendar grid shows dates from 1 to 31, with a dropdown menu open for the 19th showing a practice plan for 18:00-20:00. The sidebar on the left contains navigation links: HOME PAGE, My profile, News, Practice section (expanded), Roster Management, Calendar (selected), Practice planner, Drills, Plays, Fundamentals, Playbooks, Coaching articles, Tournaments and clinics, Job market, Help section, and Forum. The bottom of the sidebar shows a 'Logged in:' status and a 'LOGOUT' button.

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" and 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 be sorted). Little red arrows will show you the current sorting (inclining/declining).

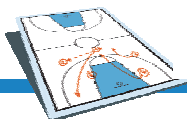
Create Teams & Players

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:

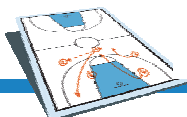
1. **Entering Topics and Goals.** In the practice plan list located in the calendar, you can search for different topics which will allow you to analyze specific points in your practice.
2. **Ordering Team Names.** The Practice Plans will be numbered by team. Numbers increase automatically and can be 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)

The screenshot displays the 'PRACTICE GROUPS' section of the coaching website. It features a table with columns for 'Sets', 'Team 1', 'Team 2', 'Team 3', and 'Actions'. Below the table, there are input fields for 'Number of players' and a 'Get Players' button. At the bottom, there are buttons for 'Create New Teams', 'Save Teams', and 'Back to Plan'.

	Team 1	Team 2	Team 3	Actions
Set 1	Dominik Blanz Hendrik Thielemann Peter Durner	Peter Durner Peter Durner Peter Durner	Nick Fischer Frank Kropp Hendrik Thielemann Frank Kropp	[Menu] [X]
Set 2	Team 1	Team 2		[Menu] [X]

Team 1 [X] Team 2 [X] Add New Team

Number of players: 5 Number of players: 5 Get Players

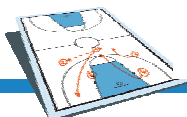
Select player Select player
Select player Select player
Select player Select player
Select player Select player

Create New Teams Save Teams Back to Plan

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:

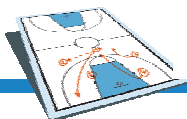
- Start at the same time, as previous (not-parallel) item
- Last the same duration as previous (not-parallel) item
- First item cannot be set as parallel
- Start-time column is automatically set empty for parallel items

Here is an example:

Time	Min	Item Details	Graphics	Actions
06:00	<input type="text" value="20"/>	Freetext:		↑ ↓ ×
06:20	<input type="text" value="30"/>	Item Type: Drill Title: chair drill Default text for your Practice Plans: chair drill Post development drill. place a chair at the free throw line and put a ball on it.	 <input type="checkbox"/> Print on first page <input type="checkbox"/> Print on other pages	↑ ↓ ×
Parallel	<input type="text" value="0"/>	Freetext:		↑ ↓ ×
06:50	<input type="text" value="10"/>	Freetext:		↑ ↓ ×
07:00	<input type="text" value="15"/>	Freetext:		↑ ↓ ×

* - 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:

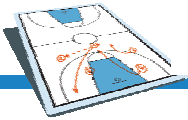
1. Look at the different drills from the drills library including animations and videos.
2. Create your own drills to use them in your Practice Plan and to share your knowledge with the other coaches.
3. Discuss a drill in the forum.

The [Search mask](#) will help you to find the drill you are looking for.

The screenshot displays the 'DRILLS SEARCH' interface. At the top, there is a 'Categories' section with four dropdown menus. Below this, the 'Age group' section includes checkboxes for U12, U14, U16, U18, U20, and Seniors. The 'Type' section has checkboxes for Fundamental, Individual, and Team. The 'Position' section has checkboxes for Guard, Forward, and Center. The 'Author' section features a dropdown menu labeled 'Select author'. The 'New Entries' section has a dropdown menu labeled 'All'. The 'Rating' section has a dropdown menu labeled 'All'. The 'Topics' section contains a grid of checkboxes for Transition, Defence, Rebounding, Shooting, Basketball Conditioning, Individual Position Training, Screens, Ballhandling / Dribbling, Warm Up, Mini Basketball, Passing / Catching, and Little Games. At the bottom, there are three buttons: 'Search', 'Show all drills', and 'Create drill'.

Figure 3

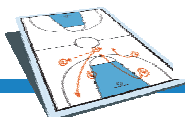
There are different ways to find the right drill. You can search within each section or you can combine your selections for even more specified results. If you want to see all drills of the database just click "Show all drills".



- ▶ 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:

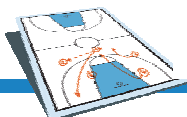
The drills are saved under three main categories: Offense, Defense and General





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
	Individual Position Training	Footwork Rebounding	
		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		





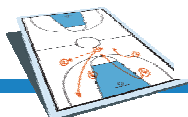
After you click on the search button you will get your results shown in the [Drills Overview](#) section (Figure 4).

DRILLS LIST										
1 / 47										
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 be 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.



DRILL VIEW

Publishing
 State: **Published**
 Date created: 29.06.2006
 Date updated: 21.09.2006
 Date published: 04.09.2006

Graphic N°: 1

Graphic N°: 2

Title: 3-2(+1) Fast Break Continuous
Author: FE Administrator

Description
 3 players will start under one basket. 2 defenders will be at both baskets. The rest of the players will line up at half court on both sides.
 As soon as the 3 offensive players cross half court, one of the players who lined up at half court will start to sprint to the half court circle. He touches the floor and then helps the other 2 defenders on defence.
 Offense gets one shot at the basket plus one offensive rebound opportunity. After a score, turnover or defensive rebound the 3 defenders will attack the opposite basket. 2 offensive players will stay for the next defence and the third offensive player will go to half court.
 After the new offensive players cross the half court line one player of the other side at half court will start to sprint and help defending etc.

Goals / purpose / skills
 Players will learn how to switch from defence to offense (transition) and play the fast break, with a quick finish. Good warm up drill.

Variations
 Make 2 teams and keep score for competition.

Tips / Hints / Emphasis
 Players should try to score quickly out of the 3-2 advantage. They should finish close to the basket.

Default text for your Practice Plans

Equipment
 1 Balls
 2 Baskets
 Cones

Players / Coaches
 10 Players
 Coaches

Age group U16
Type
☐ Fundamental ☐ Individual ☒ Team
Position
☒ Guard ☒ Forward ☒ Center
Rating 5

Figure 5

👉 **NOTE:** In the default text for your Practice Plans, 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.

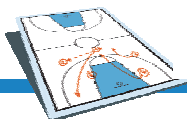
👉 **NOTE:** If you have any questions or suggestions about a drill, you can directly click to access the forum and post a new topic.

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).

Drill versions

2 00 Example How to Create a Drill:
 Gauntlet Drill

Figure 6



Concentration Combo Drill +1	Passing/Catching, Basketball conditioning, Transition drills...
Continuous Fullcourt	Shooting, Transition drills, Basketball

Figure 7

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

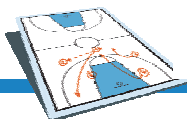
👉 **NOTE:** One of the main goals of the Coaching Website is to build a community where the coaches all over Europe exchange their ideas, experiences, thoughts and problems. The website will grow with your help.

Therefore we have provided a [Create Drill](#) 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).

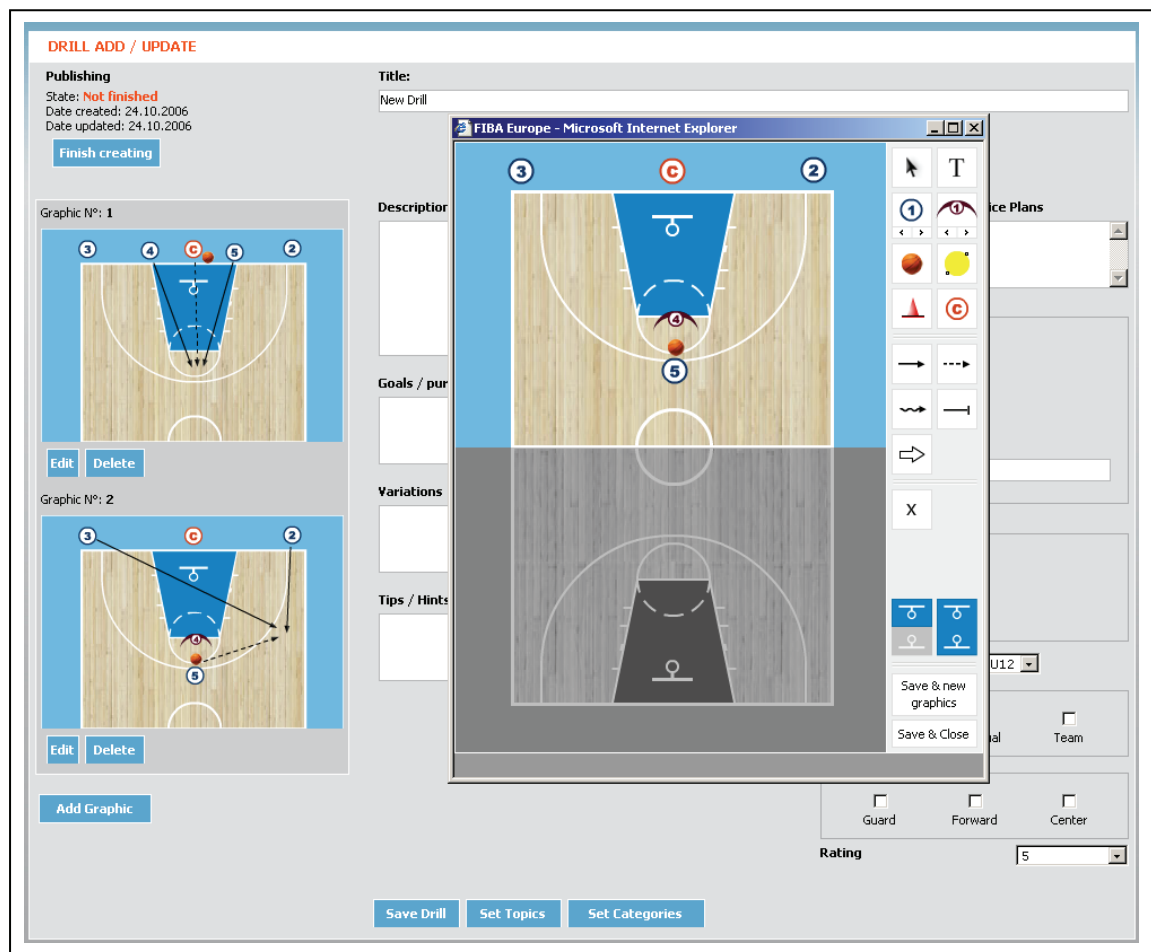


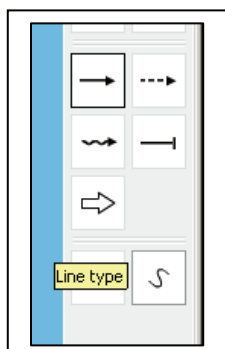
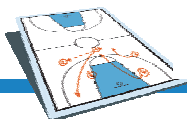
Figure 9

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

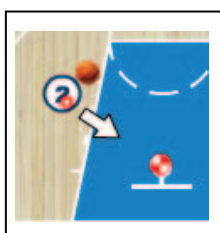
First you choose between half or full court. Then you create the first graphic. For the next graphic, you click on Save & new graphics. To finish, you click Save & Close. The symbols for players, balls, coaches and cones will be kept for a new play/drill; you just have to drag them into new positions.

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 you 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.



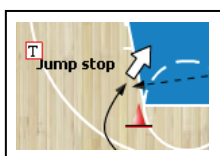
Dribbling and screen lines will be curved lines by default. If you wish to have straight angles, just click the line type symbol before or after creating a line.



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.



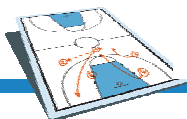
After you have used a player symbol, the same player symbol will be automatically raised by one digit. The defensive players can be rotated. Drag the triangle symbol over the defensive player by holding down left mouse button in the desired position. You can always change the numbers manually in the 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.

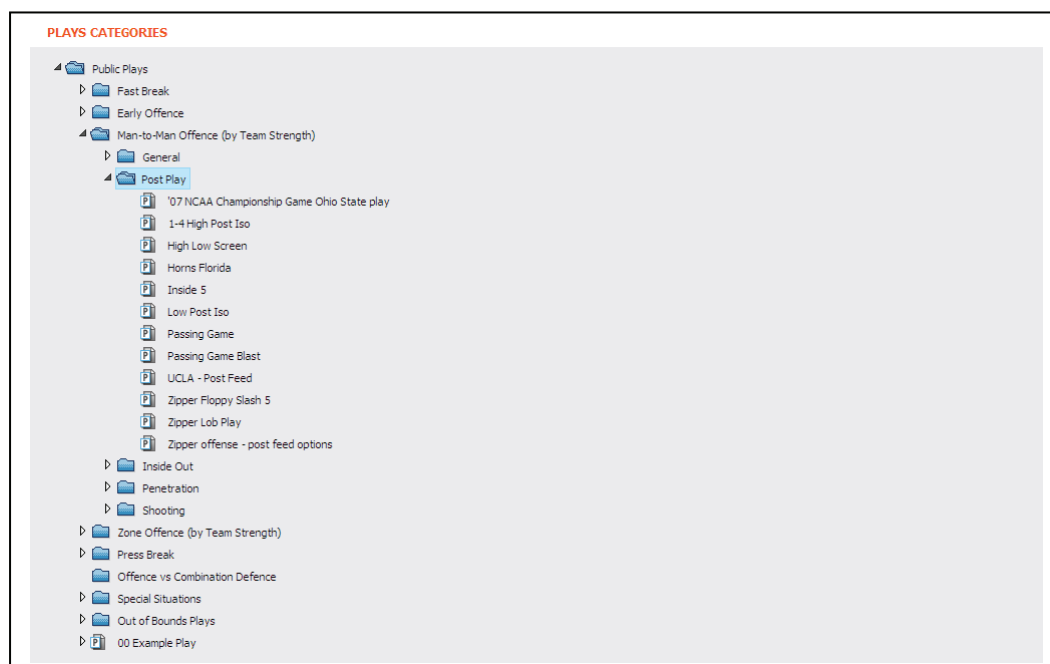


Figure 10

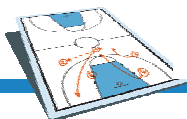
The biggest difference in the Play section is that there are [Own Plays](#) and [Public Plays](#). As we want you to upload all your plays to share them with the coaching community, we give you the possibility to decide whether you share your created plays or whether you keep them in your private Own 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:

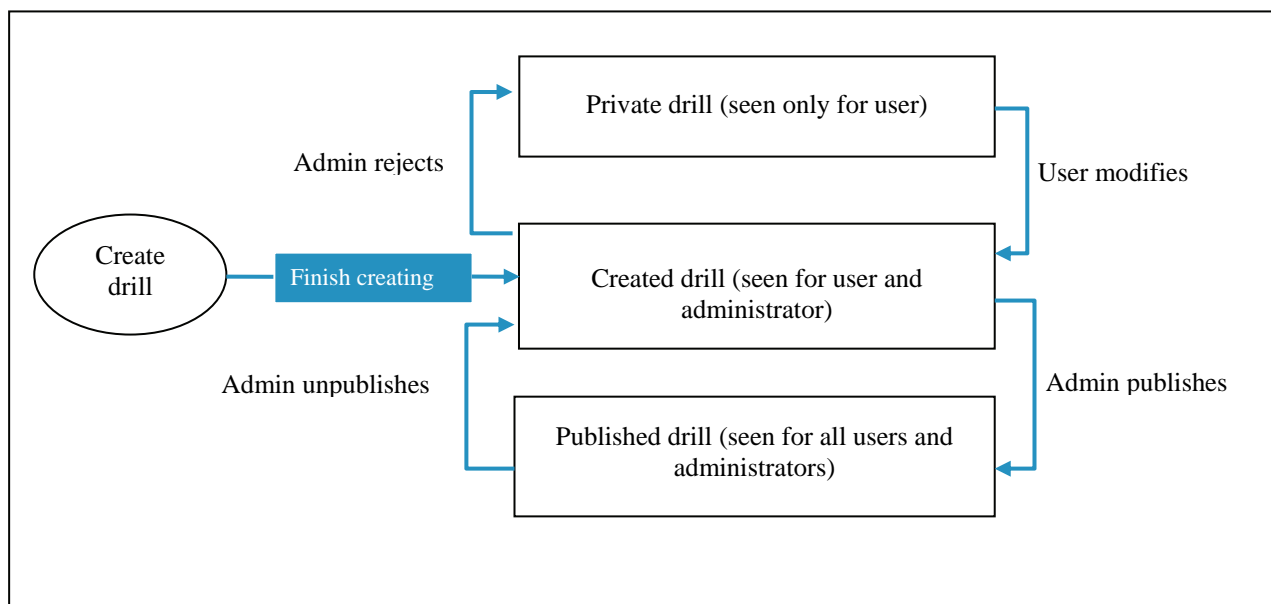
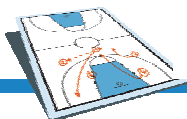


Figure 11



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

DRILL ADD / UPDATE

Publishing	Title
State: Not finished Date created: 11.09.2006 Date updated:	New Drill _2

[Finish creating](#)

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.

Figure 12

DRILL ADD / UPDATE

Publishing	Title
State: Created/Modified Date created: 11.09.2006 Date updated:	New Drill _2

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.

Figure 13

DRILL ADD / UPDATE

Publishing	Title
State: Published Date created: 11.09.2006 Date updated: Date published: 11.09.2006	New Drill _2

Description

Figure 14

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

DRILL ADD / UPDATE

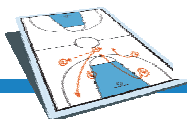
Publishing	Title
State: Private Reject reason: Not clear enough, please explain Date created: 11.09.2006 Date updated:	New Drill _2

[Ask for publishing](#)

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).

ADD / UPDATE PLAY

Play Details

*Title:

Text for practice plan print version:

Breakdown Drills

[Create new](#)

Graphics

There are no graphics.

[Update Play](#) [Add New Graphic](#) [Set category](#)

Publishing

State: **Private**

Date created: 11.09.2006

[Ask for publishing](#)

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):

ADD / UPDATE PLAY

Play Details

*Title:

Text for practice plan print version:

Breakdown Drills

[Create new](#)

Graphics

There are no graphics.

[Update Play](#) [Add New Graphic](#) [Set category](#)

Publishing

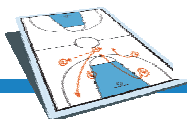
State: **Created/Modified**

Date created: 11.09.2006

Date updated: 11.09.2006

[Set private](#)

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.

TACTICS & EXECUTION CATEGORIES

- ▲ Tactics & Execution
 - ▲ Plays
 - ▷ Post Plays
 - ▷ Penetration
 - ▷ Shooting
 - ▷ OOB
 - ▷ vs. Zone
 - ▷ Transition
 - ▲ Offense
 - ▷ Pick & Roll
 - ▷ Pick & Pop
 - ▷ Horns
 - ▷ Post Split
 - ▷ etc.
 - ▲ Defense
 - ▷ Pick & Roll
 - ▷ Pick & Pop
 - ▷ Horns
 - ▷ Post Split
 - ▷ etc.
 - ▷ Defensive Concepts



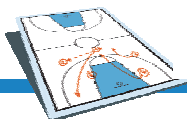


Figure 18

TACTIC "POST PLAY UP SCREEN"

Description
 This play, used by a FIBA Euro Challenge team, tries to establish a big man a solid position in the low post and a potential mismatch after a switch. O1 passes the ball to O5 who cuts to the high post area. At the same time O4 sets a back screen for O3. O1 screens for O4 who gets the ball on the wing. O1 pops out to the ballside wing and receives the ball from O4. O3 set a upscreen for O5 who cuts to the lowpost. This is the primary option if O5 doesn't get open O4 can screen for O3 to get him an open shot.

Graphics

Paused 00:08

Stop and Hide Player

Game Footage

1. post play up screen

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.