

# Coaching Pre-season Course Basketball

DOCUMENTATION | SATURDAY 12.9.2020 SPZ NOTTWIL

Topic	Information	Notes
General	<p><b>Course Administration</b>            Your coaching recognition will be prolonged for two years by the Swiss Wheelchair Sports Association (education).</p>	
Athletic preparation/ coordination	<p><b>9.15-9.45 Insury prevention / warm-up</b>            Video from warm-up with different exercises can be watched under:  <a href="https://www.youtube.com/playlist?list=PLaiEq1Wqrspf-vnsfQXPhpelxrWiNJ7af">https://www.youtube.com/playlist?list=PLaiEq1Wqrspf-vnsfQXPhpelxrWiNJ7af</a></p> <p><b>9.45-10.15 Life Kinetik Excercises for Basketball</b>            Basic Setting:  <a href="https://www.youtube.com/watch?v=fHRJYXUOWuU">https://www.youtube.com/watch?v=fHRJYXUOWuU</a>            One Basketball:  <a href="https://youtu.be/PqYIqEL7Kfg">https://youtu.be/PqYIqEL7Kfg</a></p> <p><b>10.15-10.45 Chair Skills</b>            We try to train as game like as possible. Therefor we try to include a lot of starting, stopping and turning into our chair skills and try to break as precise as possible.</p> <p><b>Important points:</b></p> <ul style="list-style-type: none"> <li>- find the center of your body weight over your axels for starting and stopping</li> <li>- max. speed after three pushes</li> <li>- advice players with more mobility to use their bodyweight</li> <li>- to get good grip hold wheel including tire</li> </ul> <p><b>Example Quicky Test (graphic)</b></p>	

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### 10.45-11.15 Force- and Intervall-Training Force Training

We organize the force training planning for national team athletes normally in two or three cycles.

One cycle contains:

- hypertrophy (8-12 reps, 2-3 sets) during 8-12 weeks
- intramuscular coordination (6-8 reps, 2-3 sets)
- convert into speed (pre-fatigue with sprints, pause 3 times longer than work time)

If you want to do force training during practice time, use circuits of 30"-1' work time 1' break.

### Interval

Use HIIT methods such as 10x30":30" or 15x15":15" involving game like chair, movement.

Involve starting, stopping, turning maybe even shooting or dribbling (but attention, intensity will diminish with the ball, less cardio impact).

Use also extra weight (player behind at his chair) if your players can absorb it.

### FTEM Basketball

#### 11.30-12.00 Presentation FTEM

You will get all the documents as soon as they are finally approved by Swiss Olympic and layouted by Swiss Wheelchair Sports.

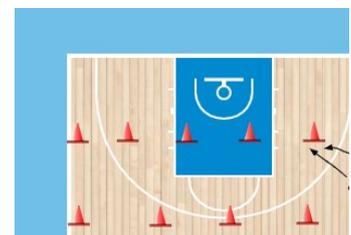
### Tactics

#### 15.30-16.30 Defense (stopping the 1<sup>st</sup> wave/Triple Switch Concept)

##### 1. Individual responsibility:

- Start outside 3-Point circle
- Turn your chair towards your own basket
- Turns have to be made always towards own basket
- Box out
- Communicate

#### Exercise 1:1 defense



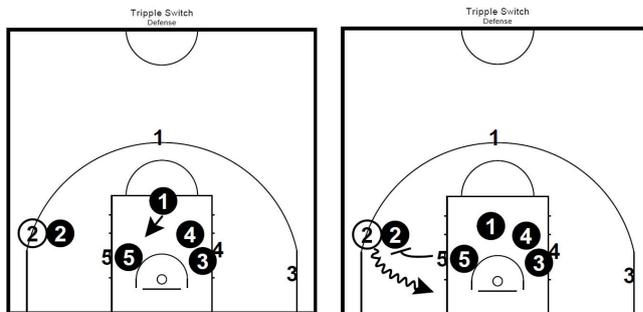
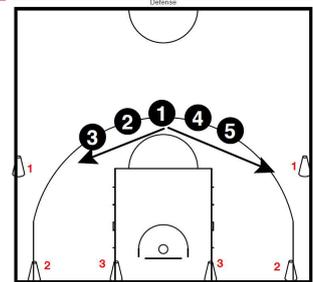
Example for levels

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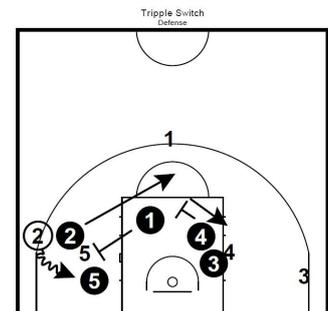


## 2. Team Defense

- Set reference points (for levels you want to stop the other team)
- Clear each other's back, communicate where help is coming from, or which side does not have help
- Close the baseline
- Switch crossing defenders
- Clarify rotations on shooters (Tripple Switch)
- Box out



Notes:

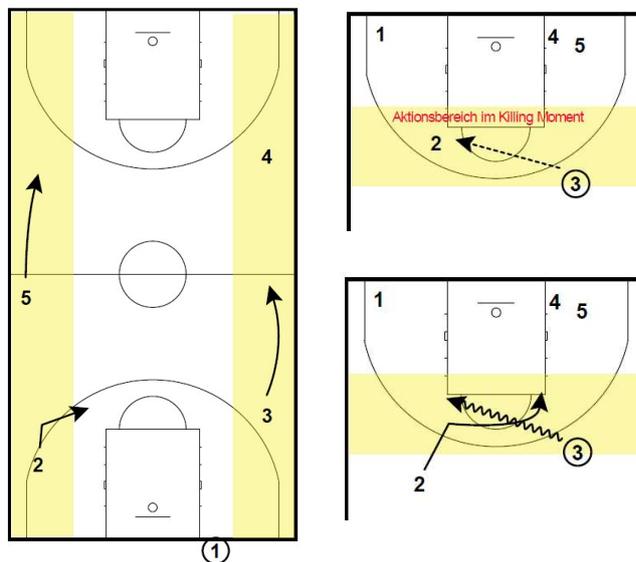


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### 16.30-17.30 Offense (Transition Offense)

- Define roles
- Create rules and ability to make a good outlet pass (transition starts by boxing out)
- Move diagonal to receive outlet pass
- Cross to create space and hold lanes
- Always fill up low positions first
- Advance the ball
- Attack from the wings
- Pay attention to passing angles



17.30

### Workshop

17.30-18.00 Drill-Design from technique to game like drills.

18.00-18.30 Drill-Conduction with variation and progress (with National Team Players) à15'

18.30 Feedback

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